

Name:

Date:

Reading Passage

Hola, me llamo María. Mi objetivo es estar sana y en forma. Para eso, es esencial comer sano y evitar la comida basura. Siempre bebo mucha agua y como mucha fruta.

Hago ejercicio cada mañana en el parque. Después del ejercicio, me ducho. Es muy importante dormir suficiente para tener un buen descanso. También me lavo las manos a menudo. La higiene personal es clave. Si me siento estresada, busco un momento para relajarme.

Questions

1. What is María's name?

_____ [1 mark]

2. What is her goal?

☐ A. To be rich

☐ B. To be healthy and fit

☐ C. To travel the world

☐ D. To read many books

[1 mark]

3. What two things are essential for her goal?

_____ [2 marks]

4. What two items does she consume a lot of?

_____ [2 marks]

5. When and where does she do exercise?

_____ [2 marks]

6. What does she do after exercise?

[1 mark]

7. Why is it very important to sleep enough?

- ☐ A. To dream more
- ☐ B. To study better
- ☐ C. To have a good rest
- ☐ D. To play games

[1 mark]

8. What is key for her?

[1 mark]

9. What does she do if she feels stressed?

[1 mark]

10. What does "dormir suficiente" mean?

[1 mark]