

Name:

Date:

Reading Passage

Hola, me llamo Ana. Para estar sana y en forma, me esfuerzo mucho. Siempre intento comer sano, con mucha fruta y verdura. No me gusta la comida basura.

Hago ejercicio cada día, voy en bicicleta al colegio. También es muy importante beber mucha agua. Por la noche, duermo suficiente, unas ocho horas. Me lavo las manos a menudo y me ducho todos los días. Para mí, la higiene personal es muy importante. Intento relajarme y no tener mucho estrés.

Questions

1. What is Ana's name?

[1 mark]

2. What two things does Ana try to be?

[2 marks]

3. What does she always try to do regarding food?

☐ A. Eat a lot of meat

☐ B. Eat healthily

☐ C. Eat junk food

☐ D. Eat sweets

[1 mark]

4. What kind of food does she not like?

[1 mark]

5. How does she do exercise every day?

[2 marks]

6. What is very important to drink a lot of?

[1 mark]

7. How much does she sleep at night?

☐ A. Five hours

☐ B. Six hours

☐ C. Seven hours

☐ D. About eight hours

[1 mark]

8. What two things does she do for personal hygiene?

[2 marks]

9. What does she try to do to avoid stress?

[1 mark]

10. What does "el estrés" mean?

[1 mark]