

Name:

Date:

**Reading Passage**

Hola, me llamo Pedro. Para vivir una vida sana, es necesario hacer deporte regularmente. Yo juego al fútbol dos veces por semana. También es crucial comer muchas verduras. No fumo y no bebo alcohol.

Es muy importante cepillarse los dientes tres veces al día. El descanso también es vital; es bueno dormir suficiente para tener energía. Si tengo estrés, intento salir a la calle para tomar aire fresco. La salud mental es tan importante como la física.

**Questions**

1. What is Pedro's name?

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[1 mark]

2. What is necessary to live a healthy life?

- A. To earn a lot of money       B. To play video games  
 C. To do sport regularly       D. To watch TV all day

[1 mark]

3. How often does he play football?

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[1 mark]

4. What kind of food is crucial to eat a lot of?

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[1 mark]

5. What two things does Pedro avoid regarding habits?

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[2 marks]

6. How many times a day is it important to brush your teeth?

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**7. Why is it good to sleep enough?**

- A. To watch more movies
- B. To have energy
- C. To grow taller
- D. To avoid homework

[1 mark]

**8. What does Pedro do if he has stress?**

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[2 marks]

**9. What is as important as physical health?**

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[1 mark]

**10. What does "la dieta" mean?**

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[1 mark]