

Name:

Date:

## Reading Passage

Bonjour, je m'appelle Maxime. Mon objectif est d'être sain et en forme. Pour cela, il est essentiel de manger sainement et d'éviter la malbouffe. Je bois toujours beaucoup d'eau et je mange beaucoup de fruits.

Je fais de l'exercice tous les matins au parc. Après l'exercice, je me douche. Il est très important de dormir suffisamment pour avoir un bon repos. Je me lave les mains souvent aussi. L'hygiène personnelle est la clé. Si je me sens stressé, je cherche un moment pour me détendre.

## Questions

## 1. What is Maxime's name?

[1 mark]

## 2. What is his 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 his goal?

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[2 marks]

[2 marks]

#### 4. What two items does he consume a lot of?

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[2 marks]

[2 marks]

## 5. When and where does he do exercise?

[2 marks]

**6. What does he do after exercise?**

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[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 him?**

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[1 mark]

**9. What does he do if he feels stressed?**

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[1 mark]

**10. What does "faire de l'exercice" mean?**

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[1 mark]