

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?

_____ [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?

_____ [1 mark]

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

_____ [1 mark]

5. What two things does Pedro avoid regarding habits?

_____ [2 marks]

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

[1 mark]

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?

[2 marks]

9. What is as important as physical health?

[1 mark]

10. What does "la dieta" mean?

[1 mark]