

2 Reading Worksheet

1. Read the article. Why are Kelsey and Lara writing to Anita?

Dear Anita

What are your bad habits? Share them with me and we can change your bad habits into good habits.

Dear Anita,
My mom says I need to change my bad study habits. I'm not very good at doing my homework on time.
I usually leave things until the last minute, and I often stay up late to finish my homework. When I stay up late, I don't get enough sleep, and I can't concentrate at school. What can I do?
Kelsey, 16

Hi Kelsey,
Thanks for your message. I understand your mom's point of view. It's very important for you to get enough sleep. I think it's a good idea to talk to your mom about your homework and she can help you plan your time. It isn't easy to change bad habits, but it's easier with help!

Dear Anita,
My best friend is eating a lot of junk food at the moment, and she isn't getting enough exercise. I'm worried about her.
I want to help her.
Lara, 15

Hi Lara,
It's good to look out for friends. Junk food isn't always bad, but eating healthy food is better. Why don't you invite your friend to your house after school? You can cook a healthy meal with her. It's fun to cook and eat together.

2. Understand meaning from context

Choose the best definition for the underlined words and phrases from the article.

- Doing your homework on time means not doing your homework ...
 a. too late or too early.
 b. at all.
 c. at home.
- If you leave things until the last minute, you ...
 a. do them early.
 b. do them in a minute.
 c. don't always have enough time to do them.
- To concentrate means to ...
 a. do lots of different things at the same time.
 b. give all your attention to what you are doing.
 c. think about doing something.
- If you understand someone's point of view, it means you understand ...
 a. everything they say.
 b. their opinion.
 c. their personality.
- To look out for someone means ...
 a. to pay attention to someone you care about.
 b. to watch someone.
 c. to find a person you are looking for.

3. Scan for information Choose the correct answer.

- Kelsey writes to Anita because ...
 a. he can't do his homework.
 b. his mom wants him to change his study habits.
 c. he finds it hard to do his homework on time.
 d. his mom stays up late to do his homework.
- Anita suggests that Kelsey should ...
 a. discuss his study habits with his mom so she can help him.
 b. try to change his study habits without help.
 c. listen to his mom.
 d. ask his mom to do his homework.
- Lara writes to Anita because ...
 a. she isn't getting enough exercise.
 b. she's worried about her friend.
 c. her best friend is worried.
 d. her friend is lazy at school.
- Anita tells Lara that ...
 a. good friends are important.
 b. she has to watch her friend and the food she eats.
 c. it's important to help your friends.
 d. helping her friend isn't Lara's problem.