

Jane is reading an article about being a good kid. Read it carefully, choose the best answers for Questions 1-5 and complete Question 6.

(12 marks @ 2 marks)

### How to Be a Good Kid

In Hong Kong, many parents are always busy. In the daytime, they need to go to work. After work, they need to make dinner and teach us to do our homework. Therefore, they often feel **exhausted** as they don't get enough rest. If you want to help them, here are some useful tips on how to be a good kid.

#### *Be Clean and Healthy*

First it is important to take good care of yourself. You need to keep yourself clean all the time. For example, wash your hair once a day even if you have short hair. Brush your teeth twice a day. Having healthy teeth is very important. You should visit the dentist at least twice a year. To be healthy, eat three regular meals with **nutritious** food every day and cut down on fatty food. When you can take care of yourself, your parents will feel less **pressure** and more relaxed as they don't need to worry about you.

#### *Manage Your Time Well*

You should make a timetable to help you study more regularly and **develop** good study habits. Before you take a test or an exam, do revision. Do not wait until your parents ask you to do **it**. Although studying is important, there are negative **effects** when you study all the time. Therefore, you should take breaks in between your studying time. Besides, you need to have enough sleep. You should go to bed earlier and at a regular time every night.

#### *Help around the House*

You should help your parents do the housework. For example, you can wash the dishes and clean up after dinner. You can also sweep and mop the floor. They are really easy to do and don't take long to finish. Most importantly, your parents can take a rest when you help them.

To sum up, taking good care of yourself, managing your time well and helping around the house can help you become a good kid. Remember to **keep up** these good habits. Your parents will surely be proud of you!



1. In paragraph 1, '**exhausted**' means \_\_\_\_\_.
- A. happy      B. sad      C. tired      D. angry
2. Which is **TRUE** about the part 'Be Clean and Healthy'?
- A. You should eat junk food every day.  
B. You should wash your hair every day.  
C. You should brush your teeth once a day.  
D. You should keep your hair short.
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3. Which of the following is **NOT** suggested as a way to be a good kid?
- A. Studying all the time  
B. Having a dental check-up twice a year  
C. Sweeping the floor  
D. Washing the dishes
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4. In paragraph 3, what does '**it**' refer to?
- A. A good study habit      B. An exam  
C. A test      D. Revision
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5. What is the main purpose of the article?
- A. To state a problem      B. To offer suggestions  
C. To give instructions      D. To express an opinion
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6. Jane's friends, Linda and Ken, do not behave well. Jane is writing each of them a message. Read the article and help Jane finish them by using only **ONE** word for each blank. Make sure your answers are grammatically correct.

Hi, Linda. Don't play online games until midnight. Try to go to bed (i) \_\_\_\_\_ and then you will become healthier.  
Cheers!

Ken, I know your mum is always busy at home. Help her do some housework. She will feel more (ii) \_\_\_\_\_!  
Cheers!