
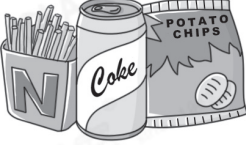




## Learn more words.

## Write the missing letters.

			
over _____ t	j ___ k f ___ d	c ___ h	b _____ d d ___ t

## Read the newsletter article.

Health Club

1<sup>st</sup> March 20XX, Issue 16

## Fit Kids

After joining the fitness programme of our club, three members would like to share their thoughts about keeping fit.

'I was overweight before I joined the programme. I used to like junk food such as French fries, potato chips and cookies. The doctor in the programme told me to eat more fruit and vegetables. I eat healthily now. I hated exercising in the past. Now, I really enjoy it!'



Katie, 12



Jack, 10

'I was too thin in the past. I was the shortest in class. In my PE lessons, I always got tired after running for just a few minutes. In the programme, the coach taught me to do simple exercises for 30 minutes a day. I am taller and stronger! I can run for a longer time now.'

'I was weak in the past. I got sick all the time. I used to skip meals and only eat snacks. The doctor in the programme told me to eat three meals a day and have a balanced diet. I have regular meals and have fruits as snacks now. I also drink enough water every day. I am much healthier!'



Eric, 11

## Test your understanding.

1. What is the **main idea** of the newsletter article?

- A. how to eat right
- B. how to lose weight
- C. how to stay healthy
- D. how to join a fitness programme

2. What did Katie and Eric like doing in the past?

- A. sleeping
- B. doing exercise
- C. drinking soft drinks
- D. eating junk food

3. How long does Jack exercise every day?

- A. 5 minutes
- B. 11 minutes
- C. 30 minutes
- D. 1 hour

4. Read lines 12-13. How does Jack feel when he runs now?



A.



B.



C.



D.

5. Who is thinner after joining the programme?

- A. Jack
- B. Katie
- C. Jack and Eric
- D. Katie, Jack and Eric