



Lucas is reading some comments in an online forum.

TEENS' CHAT ROOM

15th April, 20XX 21:00

 Posted by Thomas

Topic: Can drinking juice keep you fit?

My sister Angie started eating less three months ago but she did not lose a pound. Someone told her to have only juice in her regular meals. I'm afraid it is not healthy. I am worried about her.



15th April, 20XX 22:30

 Posted by Charlene

Topic: Re: Can drinking juice keep you fit?

Thomas, don't worry too much about your sister. I think she will be fine because one of my aunts has tried the same diet before. She successfully lost weight and became very slim in a few months! How amazing it is!

15th April, 20XX 22:59

 Posted by Joe

Topic: Re: Can drinking juice keep you fit?

I would like to do exercise rather than **go on a diet** because I like eating. My mum says having regular and balanced meals on a daily basis is very important for getting nutrients. Thomas, tell your sister not to do that!

16th April, 20XX 00:03

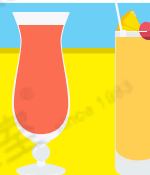
 Posted by Alice

Topic: Re: Can drinking juice keep you fit?

Certainly not! There is nothing better than doing exercise if you want to keep fit. My dad is a dietician and he never supports anybody not to eat!



1. Underline the name of the online forum.
2. Circle the posting time of the feedbacks.



× CLOSE AD

Date:

A Choose the best answer by blackening the circle.

1. How many members support keeping fit by only drinking juice in regular meals?

- A. none
- B. 1
- C. 2
- D. 3



The last one or two sentences usually give the conclusion.

2. Which of the following about the comments is **NOT** true?

- A. Thomas started the topic.
- B. Joe prefers having balanced diet and doing exercise.
- C. Charlene is worried about her aunt.
- D. Alice has the opposite opinion to Charlene.



3. In line 15, 'go on a diet' means to _____.

- A. eat more food
- B. eat less and limited food
- C. do more exercise
- D. do less exercise

B Answer the questions in complete sentences.



4. Who did not reply on the same day?

5. What is Alice's dad?

C Who says the following? Write the correct names in the boxes.

Joe, you should not eat meat only. You should also eat rice and vegetables in your everyday meals.

6.

I tried to eat less but still did not lose any weight. Shall I have juice only for dinner?

7.

You should eat something, sister! Otherwise, you won't have enough energy!

8.