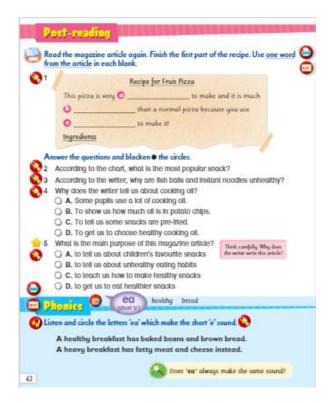
## 4. Reading Comprehension

4a. Open your English Book 4B and turn to P. 40, 41.

Read the passage.



### 4b. Finish Book P. 42



# 4c. Open your My Study Buddy (MSB) 4B and turn to P.55.

### Finish the extra reading questions.

Post-reading (Book p.42) (Extra questions)												
Date:  Will you take the challenge? (Q6-Q10)  Answer the question and blacken • the circles.												
											Read the last paragraph on p.40: <u>These choices</u> are not good.  What do 'these choices' refer to?	
											<ul> <li>Look at the chart on p.40. Which sentence is true?</li> <li>O. A. Potato chips are less popular than chocolate.</li> <li>O. B. Fish balls are less popular than biscuits.</li> <li>O. C. Chocolate is more popular than fish balls.</li> <li>O. D. Fish balls are the least popular snack.</li> </ul>	_
The chart tells us  O A. which snack is the least healthy O B. how many children chose healthy snacks O C. unhealthy snacks are popular with children O D. how to choose healthy snacks												
Brown Bear and Fruit Pizza  A. both contain grain products  B. both contain fruit  C. both contain fat and salt  D. are healthier than brown bread and fruit												
O A. There are not many good snacks to choose from. O B. It is important to eat healthy snacks. O C. It is not easy to choose healthy snacks. O D. It is important to eat health food.  How well did you o	607											
60 60 6												

#### 4d. Reading worksheet (RWS)

Diana is reading an article in the library. Blacken • the circles next to the best answers for Q1-5 and fill in each blank with <u>ONE word</u> only for Q6.

Today, more and more children in Hong Kong are overweight. In fact, one out of five children is too fat.

Many Hong Kong children often eat a lot of junk food like hamburgers, fried chicken and French fries. Junk food contains a lot of fat and salt. Too much of them are bad for us. Children in Hong Kong also drink a lot of soft drinks. Soft drinks are high in sugar so they can make us fat. At the same time, many children only have a few vegetables and a little fruit in their diets. As a result of these eating habits, many of them are overweight.

5

10

15

Some parents think babies are healthier when they are fat so they feed them a lot of milk. When these babies are older, they often have a big appetite. They need more food in order to feel full and most of them seldom do exercise. They may spend hours every day watching TV or playing computer games but they spend little or no time doing exercise. This is another cause of the overweight problem.

Being overweight may lead to serious diseases like heart disease and high blood pressure. It may also affect children's social life. Other children may make fun of overweight children by calling them nasty names like 'Fatty'.

To solve this problem, children need to have a balanced and healthy diet. They need to eat less junk food and more vegetables and fruit, and drink fewer soft drinks. They also need to exercise more often. It is a good idea for parents to exercise with their children in order to set a good example.

1. Read the first two paragraphs. Which of the following about Hong Kong children is **NOT** true?

) <b>a</b> .	them are overweigh <sup>.</sup>	them	1/5 of	Oa.
$\cup A$ .	them are overweigl	them	1/5 of	$\cup A$ .

- OB. Their diet contains too much fat and salt.
- $\bigcirc C$ . Their drinks are not sugary.
- OD. They need to eat more vegetables and fruit.

2.	Read	Read line 9: they often have a big appetite. What does the writer mean?						
	OA. The children are heavy and big.							
	OB.	The child	children like drinking milk.					
	$\bigcirc c$ .	The child	dren eat a lot.					
	OD.	The child	dren are healthier.					
3.	What does the writer think are the causes of the overweight problem?							
	1	Children	en have bad eating habits.					
	2	Children	n think they look healthier when they are fat.					
	3	Children do not exercise often.						
	4	Children	have serious diseas	es.				
	OA.	1 & 2		○B. 1 & 3				
	$\bigcirc c$ .	3 only		OD.	1,3 & 4			
4.	Which of the following is <b>NOT</b> a piece of advice from the last paragraph?							
	_	. Children need to eat more broccoli and lettuce.						
			need to drink more					
			need to drink less o					
	OD.	Children	need to eat fewer F	French fries.				
5.	What is the best title for this article?							
	OA. Bad Eating Habits in Hong Kong							
	OB. Doing Exercise is Good for Your Heart							
	OC. How to Have a Balanced Diet							
	OD.	The Prob	lem of Overweight	Children				
			_					
6.	Diana'	s classmat	e Peter is overweig	ht. Diana is wri	ting him a messag	ge. Finis	h the message	
	with	only <u>ONE</u>	word for each blan	nk.				
			Peter,					
			,					
			Don't eat so many			·		
			have a healthy <u>(i)</u> fruit. Also, don't					
			computer. Do (ii)					
			walking up and do			- 1		
			first. We can do th		_			
			Diana					