ENGLISH A2 · UNIT 8 · READING Name: _____ Date: _____

Reading: How I changed my habits

Focus: reading a blog post about food and fitness habits: quantifiers, verb patterns, to + verb

I'm Mark, 35, and I work in an office in Berlin. Last year I decided to get fit because I was always tired.

Before, I ate too much fried food and not enough fruit or vegetables. I drank five cups of coffee a day, but not much water. I often ordered takeaways after work. I didn't do any exercise.

Now I eat a lot of vegetables and only a little meat. I drink two cups of coffee a day and a few glasses of water. I started jogging to sleep better and to have more energy. I also joined a gym to meet people, and I enjoy swimming there. I still love dessert, and I hate cooking after work. But I feel much healthier, and I lost six kilos in a year.

1 Read the text. True or false?

1. Mark works in a restaurant in Berlin. ☐ T ☐ F
2. He decided to get fit because he was always tired. ☐ T ☐ F
3. Before, he drank a lot of water. ☐ T ☐ F
4. Now he eats a lot of vegetables. ☐ T ☐ F
5. He started jogging to meet people. ☐ T ☐ F
6. He doesn't like cooking after work. ☐ T ☐ F

2 Answer the questions about the text.

Example: How old is Mark? → He is 35.

1. What did Mark eat too much of before?

   _____

2. How much coffee does he drink now?

   _____

3. Why did he start jogging?

   _____

4. What does he enjoy doing at the gym?

   _____

ANSWER KEY

1 1 F, 2 T, 3 F, 4 T, 5 F, 6 T **2** 1 He ate too much fried food. | 2 He drinks two cups a day. | 3 He started jogging to sleep better and to have more energy. | 4 He enjoys swimming.

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