

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.