



Educando desde 1968

COLEGIO DIEGO OLVERA ESTRADA

S E C U N D A R I A

READING BIENNIAL GUIDE

CLAVE: 22PES0017G

DATE: _____ register number: _____

NAME: _____ 2ND grade

ANSWER THE FOLLOWING QUESTIONS

1. How can you protect yourself against cancer?
2. What vitamins do strawberries contain?
3. What should smokers do?
4. What is the best way to cook vegetables?
5. Write four ways to get more exercise

Choose one heading for each tip

- A. Be active
- B. Drink less
- C. Eat less fat
- D. Eat less red meat
- E. Eat more vegetables
- F. Fish is fine
- G. Take more vitamins
- H. Snack healthily
- I. Stop smoking
- J. Watch your weight

ANSWER THE FOLLOWING QUESTIONS:

What's your opinion about healthy lifestyle?

Add three tips

What are the benefits of vitamins?

What advice is given about weight?

What is the best way to cook meat?

What is easiest to digest?

write *n* (noun), *v* (verb) *adj* (adjective)

a) _____ vegetables

e) _____ goodness

b) _____ low-fat

f) _____ smoke

c) _____ difficult

g) _____ drink

d) _____ vitamin

h) _____ burgers