SCHOOLWORK Name: _____ Class: _____ Date: ___/___/_____

7° ano e 8° ano | Reading comprehension (interpretação) | EF07LI09 | EF07LI07

Rotina, ações agora e conselhos de saúde

1 Sofia's morning

Read the text and choose the correct answer.

Sofia's morning

Sofia usually checks her phone in the morning. She watches short videos, replies to messages, and reads news. After that, she gets ready for school and has breakfast.

1. What does Sofia do first in the morning?

( ) **a)** She has breakfast.
( ) **b)** She checks her phone.
( ) **c)** She goes to school.

2. When does she have breakfast?

( ) **a)** After checking her phone
( ) **b)** Before waking up
( ) **c)** At school

3. What kind of content does she read?

( ) **a)** Comics ( ) **b)** Books ( ) **c)** News

2 Right now

Read the text and decide: true or false?

At Leo's house

Right now, Leo is cleaning his room. His brother is watching a movie, and his parents are cooking lunch in the kitchen.

1. Leo is cleaning his room.

( ) True ( ) False

2. His parents are in the living room.

( ) True ( ) False

3. His brother is studying.

( ) True ( ) False

3 Stay healthy

Read the text and choose the correct answer.

Healthy tips

To stay healthy, you should eat fruits, drink water, and sleep well. You must not eat too much junk food. You can also do exercises or walk every day.

1. Which of these does the text recommend?

( ) **a)** Drinking soda
( ) **b)** Sleeping well
( ) **c)** Eating junk food

2. What should we avoid?

( ) **a)** Too much junk food
( ) **b)** Fruits
( ) **c)** Water

3. Which physical activities are mentioned?

( ) **a)** Swimming and dancing
( ) **b)** Soccer and volleyball
( ) **c)** Exercising and walking

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4 Simple present or present continuous

Complete with the correct form of the verbs in parentheses.

1. She usually _____ (check) her phone in the morning.

2. Sofia _____ (not go) to school without breakfast.

3. She _____ (read) the news online every day.

4. Look! Leo _____ (clean) his room.

5. His parents _____ (cook) lunch now.

6. His brother _____ (not study) at the moment.

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5 Modal verbs

Complete with should, must not or can.

should | **must not** | **can**

1. You _____ sleep 8 hours every night. It's a good idea.

2. You _____ eat too much sugar. It's bad for you.

3. You _____ go for a walk in the afternoon if you want to.