

1. Read the text and tick the appropriate box.

ADVICE	David	Philip	Ben	Jane
Help from friends and people around you is important.				
You shouldn't spend lots of hours doing work without a break.				
You should get some medical advice.				
Doing meaningful work and meeting others with the same interests can be good for you.				
Help the planet and get fit at the same time.				

2. Answer the questions below.

a) What can a person do in order to be more environmentally friendly in your city?

.....

b) Why do you think people spend hours in front of their computers?

.....

c) Is it easy to make friends in your school? Why / Why not?

.....