

**1. What is the text about in general?**

- a) advice on how to be healthy                      b) the life of a teenager                      c) useful advice for teenagers

**2. Write Y (yes) if the advice is given in the text and N (no) if it isn't in the text.**

- a) You should be polite and helpful to people. \_\_\_\_\_
- b) You should ask a lot of questions to old people. \_\_\_\_\_
- c) You should help the ones you know. \_\_\_\_\_
- d) You should have a hobby that makes you happy. \_\_\_\_\_
- e) You should talk to someone close to you when you have a problem. \_\_\_\_\_
- f) You shouldn't make new friends. The old ones are there for you. \_\_\_\_\_
- g) When you feel down, you should stay away from people. \_\_\_\_\_

**3. Answer the questions.**

- a) How did the writer feel about people giving advice when she was young?

\_\_\_\_\_

- b) Which piece of advice do you find the most useful? Why? Explain your answer.

\_\_\_\_\_

\_\_\_\_\_