

Teens today | Reading

NOME: _____

N.º: _____ TURMA: _____

DATA: ____ / ____ / ____

NÍVEL: A NOTA: _____

Small changes, better days [A]

A Read the following text carefully.

When Inês started Year 9, she often felt tired in the morning. She stayed up late watching videos and rarely ate

breakfast. Her best friend noticed that Inês was struggling to concentrate and suggested making a few changes.

First, Inês began leaving her phone outside her bedroom at night. Then she started walking to school and

preparing breakfast the evening before. She also joined an after-school dance group because she enjoyed music

and wanted to meet more people. The first two weeks were not easy. Sometimes she forgot her new routine, but

she did not give up. Three months later, she was sleeping more and felt calmer before tests. She still uses social

media, but she has learned to choose when to switch off. For Inês, a healthy lifestyle is not about following strict

rules. It is about finding habits that make everyday life easier.

B Answer the questions in complete sentences.

1. Give the text a different title and explain your choice.

2. Identify the main character(s) and the setting.

3. Describe two important activities or events from the text.

4. What changed between the beginning and the end of the story?

5. Find two words connected with the unit topic.

C Check your understanding.

1. Write T (true) or F (false): The story involves teenagers.

2. Write T or F: The experience changes someone's ideas or habits.

3. Find an expression showing time.

4. Give your opinion in 35-45 words.
