

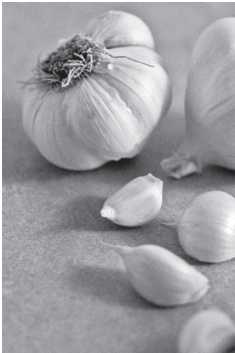
# 9 Reading Worksheet

## 1. Read the posts. What sport does Jay play?

http://www.teenagehealth.com


**Q:** I'm singing in a competition with my school's show choir next week, but I have a very bad cold. I really want to sing. What can I do?  
*Lena, 14, Missouri*

**A:** You should drink lots of water and juice. My grandma says that chicken soup is great for a cold, too. You can also eat garlic, but that isn't very nice for other people. 😊  
*Heidi, 15, Chicago*



**Q:** I have a headache and a fever. In three days I'm playing basketball for my school team. I'm the captain. I don't want to miss it. Please help!  
*Jay, 13, Baltimore*

**A:** Try a green apple for the headache. Don't eat it, smell it! The smell helps you relax, and this should help your headache. For the fever, make sure you rest and drink a lot of water. You shouldn't look at any computer or TV screens. Go to your doctor if you aren't feeling better tomorrow.  
*Max, 14, Austin*



## 2. Circle T (true), F (false), or NI (no information) according to the posts.

- Lena is playing with her school orchestra. T /  F / NI
- Lena's choir performance is next week. T / F / NI
- Lena is singing on her own during the performance. T / F / NI
- Jay has a headache and a fever. T / F / NI
- Jay plays baseball. T / F / NI
- Jay is the captain of his school basketball team. T / F / NI

## 3. Choose the correct answer. Circle a or b.

- What is wrong with Lena?
  - She has a cold and a headache.
  - She has a very bad cold.
- What should Lena do, according to Heidi?
  - She should drink water or juice.
  - She should eat an apple.
- Why is eating garlic not always a good idea?
  - Because it isn't nice for other people.
  - Because you can feel nauseous.
- When is Jay's team playing basketball?
  - Next week.
  - In three days.
- What does Max suggest for Jay's headache?
  - Smelling a green apple.
  - Eating a green apple.
- What advice does Max give Jay for his fever?
  - He should rest, drink water, and he shouldn't look at TV or computer screens.
  - He should go to bed and sleep for a long time.