

## LESSON 5

Read this journal entry written by Michael's grandfather. Then choose the best answer for Numbers 1 to 12.

3 September

Not too long ago, I went to my doctor for my annual check-up. This was a routine visit and, as in previous years, I expected it to have routine results. Well, that was not so. After the examination, the doctor invited me to her office to discuss the status of my health. We talked – or I should say, she talked. The bottom line of her conclusions strongly indicated that I had to change some of my unhealthy habits. First, she explained that my cholesterol level was much too high. Next, I was told that my blood pressure was also much too high. Third, I would have to lose at least eight kilos. After learning about my health problems, the doctor discussed two major changes I must make: improve my diet and exercise more. Of the two, I was more worried about succeeding with the exercise. How could I motivate myself to walk three kilometres daily? Other than occasional gardening, my exercise program had consisted of short walks from the couch to the refrigerator and back.

Today, Father's Day, the exercise issue was resolved in a unique way. It was my grandson Michael who came to the rescue. I shouldn't have been surprised, for he often devises creative ways to help family and friends.

This afternoon, Michael presented me with a hand-drawn card. The message on the card described his gift – a gift of himself. I plan to save this letter in my journal for those days when I need inspiration to stay committed to my healthy new lifestyle.

Dear Gramps,  
Your Father's Day gift from me is a walking gift. I hereby promise that I will walk three kilometres with you every morning before school for one full year. This exercise will not only help you, but will also help me. It will keep us both in good health.

Love,

Michael, your walking companion

P.S. When the winter mornings are too cold, you and I can walk indoors at the shopping centre. This way, we have no excuses to miss a day. How's that for good thinking!

<p><b>Finding Main Idea</b></p> <p>1. In the journal entry, what is the main idea of the first paragraph?</p> <p>(A) A man is told he must begin an exercise program.</p> <p>(B) A man does not receive expected results from a check-up.</p> <p>(C) A man discovers that he has high blood pressure.</p> <p>(D) A man goes to his doctor for an annual check-up.</p>	<p><b>Recognising Cause and Effect</b></p> <p>4. Michael's grandfather is saving the letter from his grandson because</p> <p>(A) he wants to share it with his friends and family.</p> <p>(B) he wants to remember how Michael came to the rescue.</p> <p>(C) he wants a keepsake of a unique gift.</p> <p>(D) he wants to use it whenever he needs to motivate himself.</p>
<p><b>Recalling Facts and Details</b></p> <p>2. Michael's grandfather was most concerned about</p> <p>(A) succeeding with lowering his cholesterol level.</p> <p>(B) establishing a healthy diet.</p> <p>(C) finding the motivation to exercise daily.</p> <p>(D) affording the necessary medication to lower his blood pressure.</p>	<p><b>Comparing and Contrasting</b></p> <p>5. How was the grandfather's latest check-up different from earlier check-ups?</p> <p>(A) His latest check-up revealed a problem with infection and prior check-ups did not.</p> <p>(B) Prior check-ups detected problems with weight, but the most recent one did not.</p> <p>(C) His most recent check-up had detected health problems, but prior ones had not.</p> <p>(D) Prior check-ups were done by a different doctor than the latest check-up.</p>
<p><b>Understanding Sequence</b></p> <p>3. The numbered phrases below describe some of the things that the doctor discussed with Michael's grandfather.</p> <p>1. a high cholesterol level</p> <p>2. a problem with weight</p> <p>3. a change in diet and an exercise program</p> <p>4. a blood-pressure concern</p> <p>Which of these tells the order in which these things were discussed?</p> <p>(A) 2, 1, 4, 3                      (C) 3, 1, 2, 4</p> <p>(B) 1, 4, 2, 3                      (D) 1, 3, 4, 2</p>	<p><b>Making Predictions</b></p> <p>6. Predict what will probably happen as a result of the walks shared by grandfather and grandson.</p> <p>(A) Both grandfather and grandson will lose eight kilos.</p> <p>(B) The relationship between the two will grow even closer.</p> <p>(C) Both Michael and his grandfather will lower their blood pressure.</p> <p>(D) The two will discover that keeping an exercise program is more difficult than they thought.</p>

### Finding Word Meaning in Context

7. The best meaning of the word *status* is
- (A) 'unhealthy situation'.
  - (B) 'a major concern'.
  - (C) 'a surprising result'.
  - (D) 'the current condition'.

### Identifying Author's Purpose

10. What is the author's purpose in the last paragraph of the journal entry?
- (A) to inform readers about a special Father's Day gift
  - (B) to explain the unusual gift he received from his grandson
  - (C) to describe the contents of his grandson's letter
  - (D) to persuade others to have a yearly check-up

### Drawing Conclusions and Making Inferences

8. From the letter, you can conclude that
- (A) Michael will eventually break his promise to his grandfather.
  - (B) Michael's grandfather will seek the opinion of another doctor regarding his health concerns.
  - (C) Michael and his grandfather will walk at least 15 kilometres each week.
  - (D) though Michael's grandfather will appreciate his grandson's offer, he will decide to walk alone.

### Interpreting Figurative Language

11. The phrase *bottom line* means
- (A) 'main point'.
  - (B) 'last item discussed'.
  - (C) 'medical findings'.
  - (D) 'a change in lifestyle'.

### Distinguishing Between Fact and Opinion

9. Which of these is an *opinion* expressed in the journal entry?
- (A) The two major changes the doctor suggested involved diet and exercise.
  - (B) This afternoon, Michael presented me with a hand-drawn card.
  - (C) I have to change some of my unhealthy habits.
  - (D) Michael often devises creative ways to help family and friends.

### Summarising

12. Which of these best summarises Michael's letter?
- (A) A grandson has difficulty finding an appropriate gift for his grandfather.
  - (B) A grandson describes his concern for his grandfather.
  - (C) A grandson tries to help his grandfather with an exercise program.
  - (D) A grandson explains the consequences of bad habits.

You have now completed Lessons 1–5.  
Go to page 31. Complete Self-assessment 1.

