



How to Enjoy a Happier, Healthier Flight

Level:	A2
Topic:	Body and health
Competence area:	Reading for gist
CEFR Descriptor:	Can understand the main points of short texts dealing with everyday topics (e.g. lifestyle, hobbies, sports, weather).
Source:	Englisch Aufgabenbeispiele 5.-8. Schulstufe > BIST Code 170



Read the text about how to enjoy a happier and healthier flight and do the tasks that go with them.

Dress loose: Loose-fitting clothes are simply more comfortable in the air.

Drink up: Keeping your fluid levels up is probably the biggest favour you can do your body on a flight. So drink plenty of water – aim for one or two glasses an hour.

Be a sucker: The pop in your ears as your plane lands is caused by changing air pressure. Sucking sweets or chewing gum helps ...

Tick (✓) the sentence that best sums up what the text says.

- ☐ Don't chew gum during a flight but drink lots of water and wear wide clothes.
- ☐ Don't drink a lot, but suck sweets and wear loose-fitting clothes.
- ☐ Don't wear your tight jeans but get a lot of water, and have some sweets or gum ready.
- ☐ Don't suck sweets but get a lot of water and put on tight-fitting clothes.

Solution

- ☐ Don't chew gum during a flight but drink lots of water and wear wide clothes.
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