



# Module 7

## Reading

**10** Read the article below. Then, write *T* (true) or *F* (false) next to the statements that follow.

### OH NO! You've Got a Cold!

You feel tired and you have no energy. You can't breathe out of your nose and your throat hurts. Don't be afraid — you have probably just got a cold. Every year, many kids experience this sick feeling. Some kids have up to eight colds every year. So, what exactly is a cold?

Well, a cold is an infection. It affects your nose, ears and throat and makes you feel sick and weak. It's very easy to catch a cold. When someone sneezes or coughs near you, bacteria travel through the air and enter your body and then make you sick. Also, if you touch your nose or eyes after touching something that has bacteria on it, like a door or your desk at school, you can get sick.

Some of the symptoms of a cold include, a temperature, a sore throat, and a cough. If you sneeze, or if your nose is runny and your eyes are watery, you've probably got a cold. Most people who have got a cold feel very tired and don't have much energy to do anything.

A cold is not a pleasant thing to experience. However, there are some things you can do to feel better. You should have hot drinks if you've got a sore throat and cough. You should eat healthy food full of vitamins and get a lot of rest so your body can have the strength to fight your cold. If you've got a temperature, or if you aren't feeling better within a few days, you should visit your doctor and take some medicine.

A cold can be frustrating, but just remember that there are many things you can do to feel better and get stronger. Take care of your body and stay healthy!



- 1 Some kids have up to nine colds every year. ....
- 2 A cold can affect your nose, ears and throat. ....
- 3 It's difficult to catch a cold. ....
- 4 If you've got a temperature, a sore throat and a cough, you've probably got a cold. ....
- 5 When you've got a cold, you have a lot of energy. ....
- 6 If you've got a sore throat, you should have a hot drink. ....
- 7 You shouldn't get too much rest. ....
- 8 If you aren't feeling better within a few days, you should visit your doctor. ....

## Writing

**11** Read the fact file. Then, write a short text about Tiger Woods.

**NAME:** Tiger Woods

**SPORT:** Golf

**DATE OF BIRTH:** 30 December 1975

**COLLEGE:** Stanford University in California, USA



**Some competitions Tiger Woods has competed in:**

**1994:** He was the youngest person (18 years old) to win the US Amateur competition. He also won the same competition in 1995 and 1996.

**1997, 2001, 2002 and 2005:** Won the Masters competition

**1999, 2000, 2006 and 2007:** Won the PGA Championships

**2000 and 2002:** Won the US Open Championships

**2000, 2005 and 2006:** Won the British Open

In total, Tiger Woods has won about 86 competitions so far.