

Grade 8 LA (extract)

I want to give you two pieces of advice. First, eat a healthy and regular meal at school every single day. With long study hours, it is very easy to lose your focus if you do not eat well at school too. Staying nourished will keep you from getting burned out or hungry later. Second, you should follow a set sleep schedule or nightly bedtime plan. Middle school is more fun when you have energy, and it is the best way to be your best.

Source: NoteBook LM

Question:

Circle the correct answer. Based on paragraph two, what advice is being given?

- A) To improve organizational skills by using a calendar for every school subject.
- B) To stress healthy nutrition and a regular rest routine to stay focused.
- C) To participate in many after-school sports and clubs to build a better community.
- D) To spend more time memorizing facts from textbooks to prepare for difficult tests.