

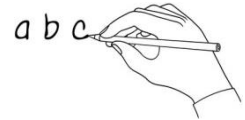


# Hiking

Level 2

Have you ever been hiking? Practise your reading in English with this interview.

## Reading practice



### Preparation

Write the word under the pictures.

nuts

a map

a compass

a first-aid kit

a plaster

matches

a torch

a whistle



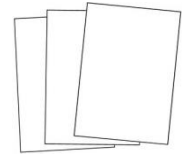
nuts





## Reading text

Read the interview.



## Interview of the week

Have you ever been hiking? Hiking is great fun, but it's important to be careful. We asked Hanna Dunne, an expert hiker, to share some top tips.

### Can anybody go hiking?

Yes, but it's important to prepare before you go. It's important to take the right things.

### What do we need to take?

Always take enough water and lots of healthy snacks. Fruit and nuts are great. Take a map and a compass too. Don't forget to pack a first-aid kit with plasters and antiseptic cream. Finally, pack some matches to start a fire, a torch and a whistle.



### A whistle?

If anything happens, you can use it to call for help.

### Great! These are all important things. What about clothes? Can we wear normal clothes?

It's important to wear good hiking shoes. Boots are better. Wear lots of layers. Not just one T-shirt, but two or three. Not just one pair of socks, but two. Then if you are hot, you can take off a layer. If it's sunny, wear a cap.



### What about the hike?

Always go in a group and always go hiking with an adult, of course. It's a good idea to take regular breaks to have a rest, and don't forget to enjoy the view too.

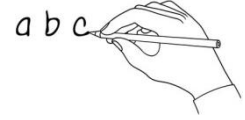


### Great! Any more tips?

Please respect the countryside. Don't pick wild flowers and take your rubbish home with you! And, of course, the most important tip. Enjoy your hike! It's a great activity.



Thanks, Hanna! We can't wait to go!

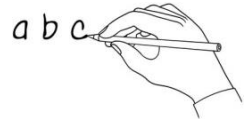


1. Fill it in!

Complete the sentences.

cap	matches	breaks	rubbish	group	flowers	boots	whistle
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- a. Take some matches to start a fire.
- b. Use a \_\_\_\_\_ to call for help.
- c. Wear hiking \_\_\_\_\_ or comfortable shoes.
- d. Wear a \_\_\_\_\_ in the sun.
- e. Go hiking in a \_\_\_\_\_.
- f. Take regular \_\_\_\_\_ on a hike.
- g. Don't pick \_\_\_\_\_ on a hike.
- h. Take your \_\_\_\_\_ home.



2. Where does it go?

Write these words in the correct group.

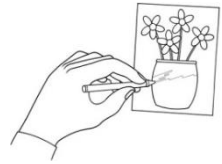
<del>Take lots of snacks.</del>	Forget to pack a first-aid kit.
Wear normal shoes.	Take a whistle.
Go hiking alone.	Take lots of breaks.
Take your rubbish home.	Pick wild flowers.

Do	Don't
Take lots of snacks.	



Write and draw!

Would you like to go hiking? What activities do you like to do outside? Draw a picture and write about it!



A large rectangular area for drawing and writing, containing several horizontal dotted lines for text.