

1A

Develop your reading

- **Goal:** understand an article
- **Focus:** reading for general understanding

- 1 Which of the following are the most important qualities of a good friend?
 - a They always tell you the truth.
 - b They are good listeners.
 - c They make time for you.
 - d They are loyal and trustworthy.
 - e They make you feel good about yourself.
- 2 You're going to read about the qualities of a real friend. First, read the Focus box. What kind of words help you get a general understanding of a writer's message?

Reading for general understanding

Before you read a text in detail, it is a good idea to look through it quickly first to get a general idea of the content and identify the writer's message.

To do this, focus on content words - adjectives, nouns and verbs - not grammar words.

*For many of us, **real friends** are like **family**. They are very **important** for our **health** and **happiness**. They **listen** to us when we **have problems** and they **help** us when we **need** it. They **celebrate** our **happy moments**, too.*

Don't stop if you don't understand a word. Keep reading. You don't have to understand every word to get the main ideas.

- 3 a Read the article and match sentences a-e in Exercise 1 with paragraphs 1-5.
 - b Underline the words that help you identify the main idea in each paragraph.
- 4 Read the article again and answer the questions.

According to the text, ...

 - 1 how are real friends like family?
 - 2 why are good friends important to us?
 - 3 why is it sometimes difficult to meet up with friends?
 - 4 in what way are friends good listeners?
 - 5 how do they make you feel good about yourself?
 - 6 why do they tell you when you do something wrong?
 - 7 why is it OK to tell your real friends secrets?
- 5 Work in pairs and discuss the questions.
 - 1 Which of the ideas in the article do you agree/disagree with?
 - 2 Do you have a best friend?
 - 3 Are your friends similar to you or very different?
 - 4 Do you think you are a good friend? Why/Why not?



The qualities of a real friend

Real friends are like family. You can always depend on them to be there for you. They are very important for our health and happiness. Here are five key qualities of real friendships.

- 1 We all lead busy lives, trying to deal with work and family, so it can be difficult to find the time to keep a friendship going. However, real friends always make time for you. They call you to chat about your latest news and take advantage of your shared interests and activities, like going to the cinema or the gym together.
- 2 Real friends are interested in what you say. They don't just talk about themselves. They listen to you as well and pay attention to what you say. They don't keep looking at their phones when you're talking.
- 3 Real friends encourage you and make you feel happy and self-confident. A real friend never makes you feel bad or stupid. When you're feeling sad and depressed, real friends try to make you feel cheerful again.
- 4 Good friends are honest with you. They tell you when you do something wrong, but they do it in a nice way. They don't do it to be cruel or unkind but because they want to help you be a better person. This kind of honesty is the sign of real friendship.
- 5 You can share your personal secrets with a real friend and trust them not to tell other people. You know your secrets are safe with them. And real friends don't say nasty things about you when you're not around.

