

## QUESTION 1: READ A TEXT ALOUD



Directions: In this part of the test, you will read aloud the text. You will have 45 seconds to do so.

Healthy kids are active kids. And most kids love being active. But sometimes they need a little encouragement to get an hour or more of moderate to vigorous activity every day. Look for activities you can enjoy together. That way you can provide your kids with a valuable role model. Encourage your kids to walk more, or ride their bikes. And try limiting their time in front of the TV or computer to no more than two hours a day. For more information go to [healthyactive.gov.au](http://healthyactive.gov.au)