

Q1. Choose the right answer:

1. The article says that one common cause of tiredness is ____.
A) drinking water B) eating vegetables C) staying up late D) going for a walk
2. The writer thinks that a balanced lifestyle includes ____.
A) only exercise B) only healthy food C) a mix of habits D) no sleep
3. According to the text, too much screen time can make people ____.
A) relaxed B) stressed C) taller D) hungry
4. One reason to walk regularly is to improve ____.
A) fitness B) shopping skills C) homework D) memory only
5. The reading suggests that breakfast is important because it gives ____.
A) calories B) energy C) anxiety D) stress
6. The article says many teenagers skip breakfast because they ____.
A) are late B) don't like food C) are never hungry D) want to save money
7. Eating too much fast food can lead to ____.
A) better health B) more vitamins C) weight gain D) stronger bones
8. The writer recommends doing sports at least ____.
A) once a day B) once a month C) once a week D) every three hours
9. The reading says that stress can cause ____.
A) headaches B) good sleep C) stronger muscles D) taller height
10. People who drink enough water feel more ____.
A) exhausted B) energetic C) stressed D) confused

Q2. Fill in the Blanks

1. The article explains that a healthy diet helps the body stay strong.
2. When you don't sleep well, you may feel ____.
3. The reading says that daily exercise improves your ____.
4. To avoid dehydration, you should drink enough ____.
5. Eating fruit gives your body important ____.
6. Teenagers need good sleep so they can focus at ____.
7. The writer warns that too much sugar can affect your ____.

Q3. True or False


1. The reading says that sleep is important for staying healthy.
2. The writer believes fast food should be eaten every day.
3. The text explains that exercise helps reduce stress.
4. Drinking sugary drinks is the best way to stay hydrated.
5. The reading suggests making small changes to improve health.
6. The article says teenagers need fewer hours of sleep than adults.

Answers:

Q1: 1. C 2. C 3. B 4. A 5. B 6. A 7. C 8. C 9. A 10. B	Q2: 1. Diet 2. Tired 3. mood / health 4. Water 5. Vitamins 6. School 7. energy	Q3: 1. True 2. False 3. True 4. False 5. True 6. False
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