

READING COMPREHENSION. TEXT 1

1. 4UYOUTH sports centre is for children...
 - a. under ten.
 - b. between eight and ten.
 - c. between ten and fourteen.

2. You can learn sports and _____ at 4UYOUTH sports centre.
 - a. meet new friends
 - b. discover Wales
 - c. languages

3. You can practise _____ at 4UYOUTH sports centre.
 - a. a lot of water sports
 - b. only open-air activities
 - c. indoor and outdoor sports

4. According to the text, cricket and rugby are the most popular in...
 - a. Italy.
 - b. Germany.
 - c. United Kingdom.

5. 4UYOUTH sports centre is...
 - a. in city centre.
 - b. in the west of Swansea.
 - c. next to Swansea University.

6. To go to this sports centre, you can take...
 - a. a bus.
 - b. 8 buses.
 - c. bus number 20.

7. You get off at _____ station to go to 4UYOUTH sports centre.
 - a. Swansea University Campus
 - b. Swansea city centre
 - c. Sainsbury

8. The bus journey takes _____ minutes.
- a. twenty
 - b. thirty
 - c. ten
9. In the sentence “you only need to wear a tracksuit and a pair of trainers” what does ‘tracksuit’ mean?
- a. Clothes used when doing exercise.
 - b. A costume for swimming.
 - c. A type of sandals.
10. At the library, there are magazines about...
- a. Swansea University.
 - b. sports of all types.
 - c. sports and music.
11. info@4UKIDS.co.uk is _____ of the sports centre.
- a. the email account
 - b. the website
 - c. the blog
12. This text is about...
- a. sports.
 - b. a sportsman.
 - c. a sports centre.

READING COMPREHENSION. TEXT 2

13. We spend _____ time looking at screens.
- a. no
 - b. too little
 - c. too much

- 14. The text says that people look at screens...**
- a. only in class.
 - b. in their daily lives.
 - c. just to read books.
- 15. Some people say that they suffer from _____ after looking at a computer monitor too much.**
- a. strong headaches
 - b. eye irritation
 - c. sore ears
- 16. The text says that eye problems occur when...**
- a. your eyes are tired.
 - b. the monitor is blue.
 - c. you don't wear glasses.
- 17. In the sentence "take a break from the computer", what does 'take a break' mean?**
- a. Wash your eyes.
 - b. Make a pause.
 - c. Have a drink.
- 18. You should look at the distance for _____ to rest your eyes from digital screens.**
- a. twenty seconds
 - b. twenty minutes
 - c. two seconds

READING COMPREHENSION. TEXT 2

19. The blue light emitted by digital devices _____ sleep.
- affects
 - increases
 - is beneficial for
20. Do NOT look at your smartphone or tablet when you...
- do your homework.
 - play outside.
 - go to bed.
21. The excessive use of electronic devices is not good for our...
- school marks.
 - attention.
 - health.
22. The text recommends _____ rather than using digital devices.
- going outside
 - staying at home
 - playing video games
23. Put the sentences as they appear in the text.
- | | | |
|--|--|---|
| A.
Consequences of too much screen time for your eyes. | B.
How often we use digital devices. | C.
Recommendations for using digital devices in an intelligent way. |
|--|--|---|
- $C \rightarrow A \rightarrow B$
 - $B \rightarrow A \rightarrow C$
 - $A \rightarrow C \rightarrow B$
24. Find an alternative title for the text.
- Screen time and your health
 - How to become a computer genius
 - Smartphones can make you happier