

Read the following passages and determine the main idea:

1. **"A balanced diet is essential for good health. Eating a variety of foods, including fruits, vegetables, proteins, and grains, ensures that the body gets necessary nutrients. Avoiding excessive sugar and unhealthy fats can help prevent diseases."**
 - A. People should eat more fruits and vegetables.
 - B. A balanced diet is important for health.
 - C. Sugar and fats are harmful.
 - D. Proteins are the most important nutrient.
2. **"Rainforests are home to a wide variety of plants and animals. They provide oxygen and help regulate the Earth's climate. Unfortunately, deforestation is destroying these valuable ecosystems."**
 - A. Rainforests provide oxygen.
 - B. Deforestation is a major problem.
 - C. Rainforests are important ecosystems.
 - D. Many animals live in rainforests.
3. **"Technology has changed the way people communicate. Smartphones and social media allow instant connections across the world. However, some argue that digital communication reduces face-to-face interactions."**
 - A. Smartphones are useful.
 - B. Technology has transformed communication.
 - C. Social media is popular.
 - D. Face-to-face communication is important.
4. **"Drinking enough water is crucial for maintaining good health. It helps regulate body temperature, supports digestion, and keeps the skin hydrated. Experts recommend drinking at least eight glasses of water a day."**
 - A. Water keeps skin healthy.
 - B. Drinking water is important for health.
 - C. People should drink eight glasses a day.
 - D. Hydration helps digestion.
5. **"Recycling helps reduce waste and protect the environment. By reusing materials such as paper, plastic, and glass, people can decrease pollution and conserve natural resources."**
 - A. Recycling is beneficial for the environment.
 - B. Paper should always be recycled.
 - C. Plastic is a major pollutant.

- D. Natural resources are important.

6. **"Exercising regularly has numerous benefits. It strengthens the heart, improves mental health, and increases energy levels. People who work out frequently tend to be healthier overall."**

- A. Exercise improves mental health.
- B. Exercise makes people stronger.
- C. Regular exercise has many benefits.
- D. People should work out daily.

7. **"The internet has revolutionized education. Online courses and digital resources provide learning opportunities for people worldwide. Students can now access information instantly, making learning more flexible and convenient."**

- A. The internet helps students learn.
- B. Online courses are popular.
- C. Education has changed with the internet.
- D. Digital resources are helpful.

8. **"Volunteering benefits both individuals and communities. It helps people develop new skills, make friends, and give back to society. Many organizations rely on volunteers to function effectively."**

- A. Volunteering is good for communities.
- B. People make friends by volunteering.
- C. Volunteers are needed everywhere.
- D. Volunteering is beneficial for everyone.

9. **"Reading books regularly improves vocabulary and comprehension. It also enhances concentration and provides knowledge on different topics. People who read often tend to have better communication skills."**

- A. Books provide knowledge.
- B. Reading improves vocabulary and comprehension.
- C. Reading helps with communication skills.
- D. Concentration improves through reading.

10. **"Solar energy is a renewable source of power that is becoming more popular. It reduces reliance on fossil fuels and helps combat climate change. Many countries are investing in solar technology to create a sustainable future."**

- A. Solar energy is good for the environment.
- B. Many countries invest in solar power.

- C. Solar energy reduces fossil fuel use.
- D. Solar power is becoming popular.