

7. Some sellers tried to claim they invented the cone.  
A) True                      B) False                      C) No Information
8. Ernest's waffles were called "zalabia."  
A) True                      B) False                      C) No Information
9. All cones are made of chocolate today.  
A) True                      B) False                      C) No Information

### **Exercise 3**

*Read the following text for questions 1-9.*

#### **A DAY WITHOUT TECHNOLOGY**

Last year, my school asked students to take part in a special project: spend one whole day without using any technology. This meant no phones, no computers, no television, and no video games. At first, I thought it would be easy. But when the day arrived, I quickly realized how difficult it was to live without modern devices.

Technology is a big part of our daily lives. We use it to communicate, learn, work, and relax. In fact, many people check their phones as soon as they wake up. Some send messages, others watch videos, or read the news online. Without these things, my day felt very different.

When I woke up, I usually check my phone for the time, but on this day, I used an old clock. Then, I went to make breakfast, but I couldn't watch videos while eating like I normally do. Instead, I talked with my family. We had a longer breakfast because no one was looking at a screen. That was actually nice.

During the day, I went outside and spent time in the park. Without my phone, I noticed more things around me: birds singing, children playing, and the wind moving the leaves. I even started reading a book, something I hadn't done for a long time. I found out that reading can be just as interesting as scrolling through social media.

Many studies show that using too much technology can make people tired or stressed. Sometimes, it even causes problems with sleep because of too

much screen time. That's why some experts recommend taking breaks from technology now and then.

Of course, technology is not all bad. It helps us stay connected to people far away and makes many jobs easier. It also provides quick access to information and entertainment. But when we use it too much, we might forget how to enjoy simple activities like walking, reading, or having conversations.

After my day without technology, I learned to spend less time on my phone. Now, I try to have at least one hour a day without any screens. It helps me feel calmer and more focused. Maybe everyone should try it at least once.

***For questions 1-4, choose the correct answer A, B, C, or D. mark your answers on the answer sheet.***

**1. What was the writer asked to do for the school project?**

- A) Use technology for 24 hours.
- B) Teach other students about technology.
- C) Spend one day without using any technology.
- D) Create a new computer game.

**2. How did the writer feel during breakfast without technology?**

- A) It was difficult to eat without a phone.
- B) The breakfast was longer and more enjoyable.
- C) The family watched television together.
- D) The writer ate breakfast alone.

**3. What does the writer say about reading a book?**

- A) It was boring compared to social media.
- B) It made the writer feel sleepy.
- C) It was as interesting as scrolling online.
- D) It was a school assignment.

**4. Why do experts recommend technology breaks?**

- A) Because people need to save money on phones.
- B) To help people sleep and feel less stressed.
- C) To teach people how to build websites.
- D) Because technology will disappear soon.