

How People Spend Their Free Time

Having free time is essential for a balanced life. People spend their weekends and evenings in various ways, depending on their personal interests and lifestyles.

Some people prefer **outdoor activities**. For example, Sarah loves playing football with her local team every Saturday morning. She says it helps her stay active and fit. On the other hand, her brother Mark enjoys nature and spends his Sundays cycling through the park or hiking in the mountains.

Other people prefer **indoor hobbies**. David likes to stay at home and read adventure books or play video games with his friends online. Cooking is another popular indoor activity; Maria loves baking delicious cakes and trying new recipes for her family every weekend.

Finally, creative and artistic hobbies are very common. Many people enjoy painting, playing the guitar, or listening to music to relax after a busy week. No matter what hobby you choose, spending time doing what you love is a great way to reduce stress.

2. Multiple Choice Questions (4 Preguntas)

Choose the correct option according to the text:

1. Why does Sarah play football every Saturday?

- ☐ A) Because she wants to win a prize.
- ☐ B) Because it helps her stay active and fit.
- ☐ C) Because her brother asks her to do it.
- ☐ D) Because she plays online with friends.

2. What indoor activity does David enjoy doing?

- ☐ A) Cooking cakes and trying recipes.
- ☐ B) Cycling in the park.
- ☐ C) Reading adventure books and playing video games.
- ☐ D) Painting and playing the guitar.

3. What does Mark do on Sundays?

- ☐ A) He bakes delicious cakes.
- ☐ B) He plays football with Sarah.
- ☐ C) He listens to music at home.

- D) He goes cycling through the park or hiking in the mountains.

4. **According to the text, what is a benefit of having a hobby?**

- A) It helps reduce stress.
- B) It earns you money.
- C) It makes you sleep all day.
- D) It takes away all your free time.

3. **True or False Questions (3 Preguntas)**

Read the statements and decide if they are **True (T)** or **False (F)**:

1. (____) Maria enjoys outdoor activities like hiking and cycling.
2. (____) Many people listen to music or play the guitar to relax after a busy week.
3. (____) Sarah and Mark are brother and sister.

4. **Matching Questions (3 Preguntas de Emparejamiento)**

Match the person on the left (1–3) with their favorite hobby on the right (A–C):

Person	Favorite Hobby
1. Sarah	A) Baking cakes and trying new recipes
2. Mark	B) Playing football with a local team
3. Maria	C) Cycling and hiking in nature