

Additional English/ Matthayom 4



Name: _____ No. ____ M. 4/____

Choose the best answer.

I. According to this passage, all of the following are true EXCEPT

- (A) Sitting less can help you live longer than if you spend a lot of time sitting daily.
- (B) Katzmarzyk never makes changes in his whole life based on his research findings.
- (C) Exercising regularly is an important part of a healthy lifestyle.
- (D) Research has made employers more aware of their employees' health.

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2. What is the main purpose of Katzmarzyk's research?
- (A) to decide if it is too late to change to exercise daily
 - (B) to get data on how long US citizens watch TV daily
 - (C) to discover the effect of sitting all day on mortality rates
 - (D) to determine what kinds of physical activities people should do on a daily basis
3. Why do some offices have standing desks and treadmill desks?
- (A) because research has shown that working while standing improves performance
 - (B) because standing desks are cheaper and take up less office space
 - (C) because Katzmarzyk inspired the employers
 - (D) because research shows that sitting less daily is healthier for humans