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

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8. **The bus journey takes _____ minutes.**

   a. twenty

   b. thirty

   c. ten

9. **In the sentence "you only need to wear a <u>tracksuit</u> 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

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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

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READING COMPREHENSION. TEXT 2

19. The blue light emitted by digital devices _____ sleep.

a. affects

b. increases

c. is beneficial for

20. Do NOT look at your smartphone or tablet when you...

a. do your homework.

b. play outside.

c. go to bed.

21. The excessive use of electronic devices is not good for our...

a. school marks.

b. attention.

c. health.

22. The text recommends _____ rather than using digital devices.

a. going outside

b. staying at home

c. playing video games

23. Put the sentences as they appear in the text.

A.	**B.**	**C.**
Consequences of too much screen time for your eyes.	How often we use digital devices.	Recommendations for using digital devices in an intelligent way.

a. C → A → B

b. B → A → C

c. A → C → B

24. Find an alternative title for the text.

a. Screen time and your health

b. How to become a computer genius

c. Smartphones can make you happier

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