

Text A

The Easiest Way to Stay Healthy

In this era, healthy life is expected as something that is expensive. It is not totally wrong but isn't totally right, there is inexpensive activity to get a healthy life. That is jogging. Jogging is a sport that everyone can do because this sport does not require a lot of costs to carry out but is as good as other sports that require high prices for the health of our bodies. Jogging is an excellent sport for everyone. You can go jogging anytime and anywhere and also you can either do it alone or with your friends.

On average, jogging burns about 100 calories every mile, but it depends on your weight and the intensity of your workout. For example, a man weighing 68 kg can burn 600 calories per 10 km. Then, jogging can keep your cardiovascular (heart pumping) in good condition. Moreover, you will also avoid heart attacks and strokes if you do it regularly.

Besides being good for health, jogging is also perfect for mental health. Every time you finish jogging, you will feel refreshed. Several studies revealed that people who like jogging will tend to have a better outlook on life and make them happier than people in general.

Those reasons above should make us realize and keep maintaining our health with the easiest and lowest cost of exercises, jogging. Thus, there should be no excuses not to exercise, because we know the benefits of exercise besides eating healthy food. Therefore, by taking a little time to jog, it means that we love our lives more.

Adopted from: Astuti, Puji dkk. 2022. Bahasa Inggris: English for Change untuk SMA/MA Kelas XI. Jakarta. Kementerian Pendidikan, Kebudayaan, Riset dan Teknologi. halaman 112

1. According to the text, jogging is considered a healthy activity because it
 - Requires expensive equipment
 - Can only be done by trained athletes
 - Needs a special place to be effective
 - Is inexpensive, accessible for everyone
 - Is only effective for younger people
2. If a person weighs 50 kg and jogs 10 km, how many calories would they approximately burn, based on the information given in the text?
 - 300 calories
 - 400 calories
 - 500 calories
 - 600 calories
 - 700 calories
3. Which of the following is not mentioned as a benefit of jogging in the text?
 - Improved mental health
 - Prevention of heart disease
 - Reduction in stress
 - Weight loss support

Improved sleep quality

4. The main purpose of the text is to
- Encourage people to spend money on expensive sports
 - Encourage a healthy activity by jogging
 - Describe various exercises that promote mental health
 - Discuss the risks involved in cardiovascular activities
 - Compare jogging with other forms of exercise

5. Select all the benefits of jogging mentioned in the text?
- Burns calories
 - Improves cardiovascular health
 - Reduces the risk of heart attacks
 - Increases stress levels
 - Enhances mental outlook

6. Match each of the following descriptions with the correct benefit of jogging based on the text:

Description	Benefit
Keeps the heart in good condition	A. Mental Health Benefits
Reduces risk of stroke and heart attacks	B. Cardiovascular Health
Makes people feel refreshed after exercise	C. Weight Loss
Helps people see life more positively	D. Heart Condition
Can burn 600 calories per 10 km for a person weighing 68 kg	E. Calorie Burning

- Keeps the heart in good condition
- Reduces risk of stroke and heart attacks
- Makes people feel refreshed after exercise
- Helps people see life more positively
- Can burn 600 calories per 10 km for a person weighing 68 kg

7. Why does the author consider jogging an ideal exercise for both physical and mental health?
- Because it is affordable, widely accessible, and improves mental outlook
 - Because it requires high endurance and a carefully structured workout plan
 - Because it is easy to prevent common injuries while jogging consistently
 - Because it can be done indoors or outdoors without special equipment
 - Because it requires guidance and training from a coach or trainer

8. How might jogging contribute to a person's overall quality of life according to the text?

- It can eliminate the need for any other physical activities altogether.
- It improves both physical and mental health, leading to a better outlook on life.
- It primarily helps with physical health, with no effects on mental well-being.
- It provides an opportunity to socialize with friends in an enjoyable way.
- It allows individuals to maintain health without much time commitment.

Text B

The Importance of Sleeps for Health

Sleep plays a vital role in good health and well-being for the rest of your life. Adequate quality sleep at the right time can help to protect your mental health, quality of life, physical health, and safety. Why is sleep so important? Sleep can help your brain work properly. When you sleep, your brain prepares to run the next day. This will undoubtedly form a new path to help you learn and remember information.

Studies suggest that a good night's sleep can improve learning. Whether you're learning how to play the piano, do the math, play golf, or drive a car, sleep will help you improve your learning and problem-solving skills. Sleep will also help you make decisions, pay attention, and be creative.

Physical health is often also related to the quality of sleep. That's why sleep plays a vital role in your physical health. For example, rest is involved in healing and repairing your heart and blood vessels. Sustained sleep deprivation is associated with an increased risk of kidney disease, heart disease, high blood pressure, stroke, and diabetes. Sleep can also help maintain a healthy balance of hormones that make you feel hungry (ghrelin)/full (leptin). When you don't get enough sleep, your ghrelin level will go up, and your leptin level will drop. That will make you feel more hungry than when you get enough rest.

Those benefits of the importance of sleep for health are presented. There are a lot of benefits of sleep to get better health, not only physically but also mentally. That's why sleep is the activity that we should be concerned about for getting a healthy life.

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9. Decide whether the following statements are **TRUE or FALSE!**
 - A. Sleep helps the brain create new pathways for learning and memory.
 - B. A lack of sleep has no effect on your appetite or hunger levels.
 - C. Sleep only benefits physical health, not mental health.

10. According to the text, what happens to the brain when you sleep?
 - It completely shuts down to help it rest overnight.
 - It creates new pathways to support learning and memory.
 - It forgets extra information to make space for new memories.
 - It increases ghrelin and leptin to regulate hunger levels.
 - It helps regulate the heartbeat and blood pressure steadily.

11. What are some potential health risks linked to a lack of sleep?
 - Eye strain, frequent headaches, and fatigue daily
 - Weak immune system and recurring skin irritation

- Higher risk of kidney, heart, and blood pressure issues
- Loss of appetite along with decreased calorie intake
- Ongoing muscle pain, stiffness, and poor posture

12. Why is sleep considered essential for mental and physical well-being, according to the text?

- Because it can replace the need for a healthy diet and exercise
- Because it increases creativity, focus, and problem-solving abilities
- Because it allows the brain to rest completely with no activity
- Because it provides the same benefits as other types of rest
- Because it is the only way to repair damaged body tissues

13. Select all the reasons why sleep is essential, as stated in the text:

- It aids in learning and memory retention.
- It helps regulate hunger and fullness hormones.
- It leads to increased creativity and better decision-making.
- It eliminates all risks of high blood pressure.
- It plays a role in healing the heart and blood vessels.

14. Match each function with its effect of sleep, based on the text:

Function	Effect
Helps in creating new pathways in the brain	A. Increased hunger
Regulates ghrelin and leptin levels	B. Improved memory and learning
Supports heart and blood vessel repair	C. Better focus and problem-solving
Improves decision-making and creativity	D. Reduced risk of stroke
Linked with reduced risk of high blood pressure	E. Physical healing

- Helps in creating new pathways in the brain
- Regulates ghrelin and leptin levels
- Supports heart and blood vessel repair
- Improves decision-making and creativity
- Linked with reduced risk of high blood pressure

15. If someone consistently gets poor sleep and feels hungrier throughout the day, which hormone is likely causing this, and why?

- Ghrelin, because it increases with sleep deprivation, leading to higher hunger levels.
- Leptin, because it increases and reduces feelings of hunger.
- Cortisol, because it directly affects hunger and sleep patterns.

- Ghrelin, because it decreases, making the person feel full.
- Leptin, because it remains unaffected by sleep quality.

Questions Comparing Text A and Text B

16. How do both texts explain the importance of routines like sleep and jogging for health? What are some similarities and differences in how they describe these benefits?

17. According to the texts, how do jogging and getting enough sleep affect your mood and focus in school? Can you give examples from your own life?

18. How do you think your daily routine affects your sleep and exercise habits as a student? What changes could you make to improve your health based on the texts?

19. Reflecting on your own experiences, how do you feel when you get enough sleep versus when you don't? How do these feelings relate to the benefits mentioned in the sleep text?

20. How can students balance their academic responsibilities with the need for exercise and sleep, as suggested in the texts? What strategies can they use to ensure they maintain a healthy lifestyle?
