

Technology

Technology has changed the way we live, work, and communicate. Smartphones, which allow people to stay connected at all times, have become an essential part of modern life. Many people rely on apps that help them manage their daily activities, from shopping lists to fitness tracking. The internet, which provides access to unlimited information, has made learning easier than ever. However, technology also has its downsides. Social media platforms, which were created to bring people together, can sometimes lead to isolation. Additionally, excessive screen time, which affects sleep patterns, can be harmful to health. While technology offers great advantages, it is important to use it wisely to maintain a balanced lifestyle.

Vocabulary - Fill in the Gaps

Complete the sentences with the correct word from the box:

internet - communication - isolation - apps - social media - smartphones - learning - fitness - online shopping - information

1. _____ have made it easy to access the internet from anywhere.
2. Many people use _____ to stay in touch with friends and family.
3. The _____ is a great tool for learning new things.
4. There are many _____ that help people organize their tasks efficiently.
5. _____ can be more entertaining with internet.
6. Spending too much time online can lead to feelings of _____.
7. Many people track their health using _____ apps.
8. _____ has become increasingly popular.
9. Modern technology has improved _____ across the world.
10. Access to unlimited _____ is one of the biggest benefits of the internet.

Comprehension Questions

Answer the following questions based on the text:

1. What are smartphones used for?

2. How has the internet affected learning?

3. What was the original purpose of social media?

4. Why can social media sometimes lead to isolation?

5. What negative effects does excessive screen time have?

True or False

Decide if the statements are true (T) or false (F). Correct the false ones.

1. The internet has made learning more difficult. TRUE/FALSE
2. Social media always helps people feel connected. TRUE/FALSE
3. Smartphones are no longer an essential part of life. TRUE/FALSE
4. Excessive screen time can be bad for health. TRUE/FALSE
5. Using technology wisely is important for a balanced life. TRUE/FALSE

Grammar Focus: Relative Clauses (Defining & Non-Defining)

Explanation:

- **Defining Relative Clauses** give essential information about the noun. If we remove the clause, the sentence loses its meaning.
 - Example: *The book that I borrowed was very interesting.*
- **Non-Defining Relative Clauses** give extra, non-essential information and are separated by commas.
 - Example: *My sister, who lives in Spain, is visiting us next week.*

Examples:

- The company **that invented the smartphone** changed the world.
- Social media, **which many people use daily**, has both benefits and drawbacks.

Grammar Exercises

Exercise 1: Complete the Sentences (Defining & Non-Defining)

Complete the sentences using a suitable relative pronoun (*who*, *which*, *that*, *where*, *whose*).

1. The scientist _____ discovered penicillin changed medicine forever.
2. My best friend, _____ I met in university, is visiting me next week.
3. The phone _____ I bought last week has an amazing camera.
4. This is the house _____ we lived when I was a child.
5. The teacher _____ lessons are always fun is very popular among students.
6. The book _____ you recommended was very interesting.
7. My brother, _____ works in IT, is very good with computers.
8. The restaurant _____ we had dinner was excellent.
9. The movie _____ won the Oscar was directed by a famous filmmaker.
10. The woman _____ called you earlier left a message.

Exercise 2: Rewrite the Sentences Using Relative Clauses

Rewrite the two sentences as one using a defining or non-defining relative clause.

1. I have a friend. She speaks five languages.

2. The smartphone is very expensive. I bought it last month.

3. That's the cafe. They serve the best coffee in town.

4. My cousin is coming to visit. She lives in London.

5. I met a musician. His songs are very popular.

6. This is the laptop. I use it for work.

7. The school is very old. My mother studied there.

8. He wrote a novel. It became a bestseller.

9. We visited a museum. It had amazing exhibitions.

10. That's the doctor. He treated me when I was sick.
