

### Text 5: Healthy Activities and Health Problems

Staying active is crucial for maintaining good health and preventing various health problems. Engaging in regular exercise can help prevent issues like obesity, heart disease, and diabetes. Healthy activities include walking, cycling, swimming, and participating in team sports. These activities not only strengthen muscles and improve cardiovascular health but also boost mood and enhance mental health. Many people find that exercise reduces symptoms of anxiety and depression. Additionally, it is essential to combine physical activity with a balanced diet to achieve optimal health results. Unfortunately, many individuals struggle with unhealthy habits, such as consuming fast food and leading a sedentary lifestyle. Education about health and nutrition can significantly improve people's choices, guiding them toward healthier behaviors. Simple changes, like choosing to walk instead of driving for short distances or opting for fruits and vegetables over processed snacks, can lead to significant health benefits. Overall, prioritizing healthy activities and making informed dietary choices can help individuals lead longer, healthier lives while enjoying improved physical and mental well-being.

1. What is the main purpose of engaging in healthy activities?
  - A) To increase weight
  - B) To maintain good health
  - C) To avoid social interactions
  - D) To become a professional athlete
2. Which of the following is NOT mentioned as a healthy activity?
  - A) Walking
  - B) Cycling
  - C) Watching TV
  - D) Swimming
3. What is one effect of regular exercise mentioned in the text?
  - A) It can increase stress.
  - B) It helps improve cardiovascular health.
  - C) It can lead to injuries.
  - D) It causes fatigue.
4. What is essential to combine with physical activity for better health?
  - A) Increased screen time
  - B) A balanced diet
  - C) Skipping meals
  - D) Consuming junk food
5. What can education about health and nutrition help individuals with?
  - A) Ignoring their health
  - B) Making unhealthy choices
  - C) Improving their health choices
  - D) Maintaining bad habits

### Text 6: Community Activities

Community activities are essential for bringing people together and improving social bonds among residents. Many communities organize events such as fairs, clean-up days, sports tournaments, and cultural festivals. These events encourage participation and foster a sense of belonging among local residents. For example, participating in a neighborhood clean-up can not only beautify the area but also strengthen community ties as residents work together for a common goal. Volunteering is another vital aspect of community activities, allowing individuals to contribute positively and support local causes such as food drives or charity events. Engaging in these activities helps people develop new skills and meet diverse groups of individuals from various backgrounds. Moreover, community events often focus on important issues such as environmental sustainability, health awareness, and cultural heritage. By coming together, residents can share resources, knowledge, and experiences, enriching their lives and fostering a spirit of cooperation. Overall, community activities benefit not only the participants but also enhance the quality of life for everyone involved, creating a vibrant and connected community.

1. What is the main focus of community activities?
  - A) Creating competition among residents
  - B) Bringing people together
  - C) Reducing local events
  - D) Isolating individuals
2. Which event is mentioned as an example of a community activity?
  - A) Family gatherings
  - B) Sports tournaments

- C) Private parties
- D) School exams

3. How does volunteering benefit the community?
  - A) It reduces social interaction.
  - B) It helps support local causes.
  - C) It promotes competition.
  - D) It focuses on personal gains.
4. What is one advantage of participating in community activities?
  - A) Developing new skills
  - B) Spending time alone
  - C) Avoiding local issues
  - D) Increasing stress
5. What important issues do community events often address?
  - A) Economic growth
  - B) Environmental sustainability
  - C) Private interests
  - D) Individual achievements