

## TEXTING WHILE DRIVING READING COMPREHENSION

Select the correct answer.

1. Why is texting while walking considered dangerous?
  - a) Because people walk too fast while texting.
  - b) Because people cannot see where they are going.
  - c) Because texting improves balance.
  - d) Because it makes walking more enjoyable.
2. What happens when people text and walk?
  - a) They become better at walking in a straight line.
  - b) They can run into other people or cars and trip over objects.
  - c) They walk faster than usual.
  - d) They avoid accidents completely.
3. Why do people not pay attention to walking safely when texting?
  - a) They look at their keyboards instead of the road.
  - b) They walk very carefully.
  - c) Their minds are fully focused on walking.
  - d) They avoid texting while crossing streets.
4. What kind of injuries do some people get from texting while walking?
  - a) Head injuries
  - b) Broken legs
  - c) Sprained ankles
  - d) Eye strain
5. What is a recent finding about running too much?
  - a) It always makes life longer and healthier.
  - b) It can cause heart damage and is not always beneficial.
  - c) It makes people stronger without any risks.
  - d) It cures all heart problems.
6. Who was studied in the research about running and heart health?
  - a) 3,300 runners who mostly ran less than 10 km a week.
  - b) People who never exercised but ran sometimes.
  - c) 3,300 runners who mostly ran over 30 km a week.
  - d) Doctors who never ran in their lives.
7. What did the specialist advise about exercising?
  - a) Exercise as much as possible every day.
  - b) Don't exercise at all to avoid heart problems.

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- c) Exercise, but avoid excessive running to protect your heart.
- d) Run long distances only on weekends.

8. What does "injured" most closely mean in the text?

- a) Healthy and safe
- b) Hurt or harmed
- c) Running fast
- d) Paying attention

9. Choose the best meaning for "specialist":

- a) A person who is an expert in a particular field
- b) Someone who doesn't run but exercises
- c) A person who does jogging daily
- d) A beginner athlete