

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