Instructions: Choose the correct answer (A, B, or C).

1. What is the main goal of Maddie's discussion?
   A. To describe different sports activities
   B. To explain habits that improve health
   C. To compare medical treatments

2. How does Maddie define a healthy lifestyle?
   A. Focusing only on physical activity
   B. Combining diet, exercise, and rest
   C. Avoiding all stressful situations

3. What role does mental health play in her discussion?
   A. It is essential for overall well-being
   B. It is less important than diet
   C. It is not included in her topic

4. Why does Maddie mention daily routines?
   A. To criticize unhealthy habits
   B. To compare different cultures
   C. To give practical examples

5. What is implied about junk food?
   A. It should be eaten regularly
   B. It can negatively affect health
   C. It has no effect on health

6. What benefit of exercise is highlighted?
   A. It improves strength and energy
   B. It replaces medical care
   C. It reduces the need for sleep

7. Why are regular check-ups important?
   A. They replace healthy habits
   B. They reduce physical activity
   C. They help prevent serious illnesses

8. What negative habits are mentioned?
   A. Exercising too much
   B. Sleeping regularly
   C. Poor diet and lack of exercise

9. How will Maddie engage her audience?
   A. By giving a long explanation
   B. By asking about their habits
   C. By showing written information

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10. What approach will Maddie use when responding?
    A. Listening and giving advice
    B. Giving unclear answers
    C. Ignoring different opinions

11. What is Nate's opinion of Maddie's preparation?
    A. It lacks organization
    B. It is too simple
    C. It is clear and relevant

12. What is Maddie's final goal?
    A. To motivate people to be healthier
    B. To entertain the audience
    C. To explain medical research

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