

Module 2: Healthy Lifestyles and Well-being

Objective: Strengthen literal and inferential reading comprehension skills through the analysis of a text about healthy lifestyles.

Reading Text

Healthy habits are important for teenagers because they help people stay physically and mentally healthy. A healthy lifestyle includes eating nutritious food, drinking enough water, exercising regularly, and getting enough sleep. Many students spend several hours every day using electronic devices such as smartphones, tablets, and computers. Although technology can be useful for learning and communication, excessive screen time may affect sleep quality and reduce physical activity. Doctors recommend that teenagers practice at least 60 minutes of physical activity every day. Activities such as walking, cycling, playing sports, or dancing can improve physical health and reduce stress. Another important habit is maintaining a balanced diet. Eating fruits, vegetables, and protein-rich foods helps the body function properly. In addition, mental well-being is an essential part of a healthy lifestyle. Spending time with family and friends, participating in recreational activities, and managing stress positively contribute to emotional health. Students who develop healthy habits often perform better at school because they have more energy, concentration, and motivation to learn. For this reason, experts encourage young people to make healthy decisions every day and develop routines that support their overall well-being.

Part A. Vocabulary

1. Nutritious
 2. Exercise
 3. Screen time
 4. Balanced diet
 5. Well-being
- a. Time spent using electronic devices
 - b. General health and happiness
 - c. Physical activity to stay healthy
 - d. Food that is good for your body
 - e. Eating different healthy foods in the correct amounts

Part B. Literal Comprehension

1. Why are healthy habits important for teenagers?
2. What should teenagers drink regularly?
3. How many minutes of physical activity do doctors recommend each day?
4. Which activity is mentioned in the text?
5. What can improve emotional health?

Part C. Inferential Comprehension

1. Why might students who sleep well perform better at school?
2. What could happen if teenagers spend too much time using electronic devices?
3. Why do experts encourage healthy routines from a young age?
4. How are physical health and emotional health connected according to the text?
5. What message does the author want readers to understand?

Part D. Cause and Effect

Cause: Excessive screen time Effect: _____

Cause: Regular physical activity Effect: _____

Cause: Healthy eating habits Effect: _____

Cause: Spending time with family and friends Effect: _____