READING TASK B1

TECHNOLOGY AND GADGETS IN DAILY LIFE

ACTIVITY 1: Match each target word with its correct definition.

VOCABULARY	DEFINITION
1. Gadgets	A) The amount of time spent looking at a device screen
2. Social media	B) Kitchen appliances that heat or cook food quickly
3. Smartwatch	C) Small electronic devices or tools with a specific function
4. Heart rate	D) The speed of the heartbeat measured per minute
5. Microwaves	E) A wearable digital device that tells time and tracks fitness
6.Screen time	F) Websites and apps where users share content and connect

ACTIVITY 2: Read carefully, then answer the next multiple-choice questions

LIVING IN THE DIGITAL AGE

Modern technology changes how we live, work, and relax every single day. We use many different gadgets to make daily tasks faster and more convenient. For most people, smartphones are the most essential device because they allow us to send messages, make video calls, and check social media wherever we go. Others prefer tablets for reading digital books or drawing because of their larger screens.

Electronics also play a huge role in home entertainment. Many people stream movies or play video games after a long day. Even wearable technology is now part of our routines; for instance, a smartwatch tracks daily physical steps and monitors your heart rate during exercise. In the kitchen, appliances like microwaves help us heat food in just a few minutes.

However, technology is most beneficial when we use it wisely. Spending too much screen time late at night can affect our sleep and overall well-being. Balancing our digital devices with offline activities helps us stay healthy and productive.

LIVEWORKSHEETS

1. **What is the main reason smartphones are essential for most people?**

   A) They heat up food quickly.

   B) They allow people to communicate and check social media on the go.

   C) They track physical steps during exercise.

2. **Why do some people prefer tablets over smartphones for reading or drawing?**

   A) Tablets have larger screens.

   B) Tablets monitor heart rates better.

   C) Tablets are smaller and easier to fit in a pocket.

3. **According to the text, how does a smartwatch help during exercise?**

   A) It streams movies while you run.

   B) It cooks meals quickly in the kitchen.

   C) It tracks steps and monitors your heart rate.

4. **What is a potential negative effect of excessive screen time mentioned in the passage?**

   A) It makes household appliances stop working.

   B) It can harm your sleep and overall health.

   C) It prevents smartphones from connecting to social media.

ACTIVITY 3: Read again, then write TRUE or FALSE in the gap.

1. Microwaves are mainly used as wearable gadgets to track fitness.

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2. Using digital technology wisely includes balancing time spent on devices with offline activities.

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3. Tablets are presented as the only device available for home entertainment.

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LIVEWORKSHEETS