

Read the text

Smart technology: convenient, but at what cost?

Smart technology is becoming part of everyday life. People use **convenient, time-saving** devices such as smartphones, connected watches, intelligent heating systems and voice-controlled assistants because they allow us to improve comfort and help **offload** certain **time-consuming** daily activities.

One major advantage is these appliances are **energy-efficient**. A smart thermostat, which measures the temperature inside a building, can adjust the heating automatically. Some systems can even detect when nobody is at home. As a result, these **money-saving** devices also reduce our energy consumption. By using real-time data, automation, and connected devices Smart technology reduces our **carbon footprint** and energy waste

Smart technology can also improve safety. Security cameras that connect to the internet can send alerts to their owners when they detect unexpected movement. Smart watches can monitor physical activity and, on some models, detect certain health-related changes.

However, convenience comes with disadvantages.

Smart technology has evolved in the last decade to form the Internet of Things (IoT), a global network physical objects ("things") with sensors and software that can communicate with

each other. Many connected or **smart devices** collect data about their users. A smart speaker, for example, may process voice commands, while a connected watch records information about daily activity, health issues and even locations. Companies that provide these services may store or sell this data. Users should therefore understand what information is collected, how it is used and how it might violate user privacy.

Another problem is electronic waste. Devices that stop working or gadgets that become outdated are often replaced, even when they could still be useful. Manufacturing electronic products requires raw materials and energy, and discarded equipment can create environmental problems if it is not recycled properly.

Finally, smart devices **rely on** technology that can fail. A weak internet connection, a software problem or a power cut may prevent some functions from working correctly.

Smart technology has both positive and negative effects. The important question is how we use it. Choosing reliable devices, checking **privacy** settings, repairing equipment and avoiding unnecessary purchases **allow** us enjoy the advantages without ignoring the risks.

Source: **Tech Insider** N° 9 September Edition 2026

A. Find a key word in the text to match the definition

1. _____ : A piece of technology that connects to the internet.
2. _____ : easy to use, saving time or effort.
3. _____ : To depend on someone or something.
4. _____ : the state of being free from public attention or tracking.
5. _____ : Taking up a lot of time (the opposite of a time-saver).
6. _____ : reducing the time required for an operation or activity.
7. _____ : reducing the energy required.
8. _____ : reducing the cost.
9. _____ : the total amount of CO₂ generated by our actions.
10. _____ : permit someone/something
11. _____ : smart home takes over the responsibility of thinking.

B. Find the information in the text

- Give two examples of how smart technology can improve everyday life.
- How can a smart thermostat help reduce energy consumption?
- What is the Internet of Things (IoT)?
- What information might connected devices collect and process?
- Give two reasons why smart technology might stop working correctly.
- Give to solutions to avoid the negative effects of smart technology