Technology has made the world a better place to live. Discuss and use specific reasons and examples to support your opinion. Write about the effect of technology on

- **people's health**
- **lifestyle changes**
- **the way people communicate**

Technology has changed the world significantly in recent years. In my opinion, technology has changed our lives in a positive way.

Technology helps us to stay healthy. Doctors know more about our bodies because they have more developed machines to examine us. This way they can find what is wrong with a patient quickly. Moreover, there are many devices that are helpful in staying healthy. One example could be a smart watch that supports our exercise routine.

Secondly, technology helps us to communicate. Social media allow us to stay in touch with friends. In the past teenagers could only talk to their friends when they visited each other at home and this is difficult to arrange. Nowadays, we can send each other messages on social media and share photos, videos and jokes.

In conclusion, it is obvious that our lives have improved a lot because of technology.

LIVEWORKSHEETS