

Reading Comprehension

The Benefits of Outdoor Exercise

Engaging in outdoor exercise offers numerous benefits for both physical and mental well-being. One advantage is the exposure to natural sunlight, which helps the body produce vitamin D, necessary for bone health.

Regular outdoor exercise also offers various physical benefits. Activities such as walking, jogging, or cycling in natural environments can help improve cardiovascular health, strengthen muscles, and enhance overall fitness levels.

The uneven terrain and varying resistance in outdoor settings engage different muscle groups, leading to a more well-rounded workout.

Moreover, outdoor exercise has positive effects on mental health. Research suggests that being in nature and green spaces can reduce stress, anxiety, and depression. The calming and rejuvenating effects of nature contribute to improved mood and increased feelings of happiness.

1. What is one advantage of engaging in outdoor exercise?

- A. Increased screen time
- B. Exposure to natural sunlight
- C. Limited access to fresh air
- D. Decreased physical fitness

2. Which of the following activities is NOT mentioned as a form of outdoor exercise in the passage?

- A. Walking
- B. Jogging
- C. Cycling
- D. Weightlifting

3. How does outdoor exercise benefit cardiovascular health?

- A. By increasing screen time
- B. By strengthening muscles
- C. By improving bone health
- D. By reducing stress

4. According to the passage, what positive effects does outdoor exercise have on mental health?

- A. Increased stress and anxiety
- B. Improved mood and happiness
- C. Decreased exposure to fresh air
- D. Limited access to natural sunlight

Contoh Teks 2

Questions 5–6 refer to the following passage!

The railroad was not the first institution to impose regularity on society, or to draw attention to the importance of precise timekeeping.

For as long as merchants have set out their wares at daybreak and communal festivities have been celebrated, people have been in rough agreement with their neighbors as to the time of day. The value of this tradition is today more apparent than ever.

Were it not for public acceptance of a single yardstick of time, social life would be unbearably chaotic: the massive daily transfers of goods, services, and information would proceed in fits and starts; the very fabric of modern society would begin to unravel.

5. What is the main idea of the passage?

- A. In modern society we must make more time for our neighbors.
- B. The traditions of society are timeless.
- C. An accepted way of measuring time is essential for the smooth functioning of society.
- D. Society judges people by the times at which they conduct certain activities.

6. According to the second paragraph, the phrase “this tradition” refers to

- A. The practice of starting the business day at dawn
- B. Friendly relations between neighbors
- C. The railroad’s reliance on time schedules
- D. People’s agreement on the measurement of time

Questions 7–9 refer to the following announcement!

Announcement

We are excited to announce a community service event that will take place on Saturday, September 25th, at Oakville Park, from 9 A.M. until 2 P.M. This event aims to bring together students who are passionate about making a positive impact in our community.

Volunteers are needed to assist with various projects throughout the day. If you are interested in participating and giving back to our community, please sign up at the school office by September 20th.

Tasks and Schedule:

Remember to wear comfortable clothing and bring any necessary tools or gloves for the tasks you choose. Lunch and refreshments will be provided for all volunteers.

If you have any questions or need further information, please contact Ms. Johnson, our community service coordinator. Thank you for your commitment to service and making our community a better place for everyone.

Oakville High School Administration

7. Where will the community service event be held?

- A. Oakville High School
- B. School Office
- C. Community Center
- D. Oakville Park

8. On the announcement above, the word "beautify" is closest in meaning to _____.

- A. Clean
- B. Improve
- C. Organize
- D. Decorate

9. What is the purpose of the community service event?

- A. To earn money
- B. To meet new people
- C. To beautify Oakville Park
- D. To organize games and activities

In 1947 he and a crew traveled to Peru on a bal- sa raft, which they named the Kon-Tiki. Heyerdahl detailed the journey in The Kon-Tiki Expedition.

The book was translated into dozens of languages and sold more than twenty million copies. Heyerdahl's documentary (having to do with recording real events as they happen) movie of the voyage won him an Academy Award in 1951.

10. What can be assumed from the passage?

- (A) Heyerdahl had a great success on The Kon-Tiki Expedi- tion.
- (B) Heyerdahl's book got a great success.
- (C) Heyerdahl earned much money from the expedition.
- (D) Heyerdahl got an Academy Award in 1951.