Innova Schools

UNIT TEST

READING COMPREHENSION

SCORE

Student's Name:_____

Read the following questions and mark the correct answer

1. The main idea of the text is:

A. Currently there are many ways to keep ourselves fit from home, however not everybody has access to them.

B. We should look for equipment at home to do some exercise and stay healthy and look for ways to help poor people as well.

C. There's no excuse for not doing exercise during the pandemic as there are lots of ways to do it.

D. Currently there are many ways to do exercise at home, but poor people should look for ways to have access to them.

2. In the text, the word "sub-standard" refers to:

A. Not enough to meet people's needs.

B. Good enough to meet people's needs.

C. Below the required characteristics to meet people's needs.

D. Enough, but not in good conditions to meet people's needs.

3. In the fourth paragraph the word "exacerbate" refers to:

A. Encourage the development of something.

B. Become less or make something less.

C. Become larger or make something larger or greater.

D. Make something even worse.

4. According to the text, the impact of Covid-19 has mainly:

A. Caused many mental health problems.

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B. Made people become partly active.

C. Led to make people less active.

D. Caused many physical problems.

5. Taking into account poor people's living conditions, to suggest ways to stay fit and healthy the writer has considered:

A. The help they receive from different organizations.

B. Their lack of access to the internet and advanced technology.

C. Their lack of access to fitness centers.

D. Their age

6. The author's intent was:

A. To inform people about the impact of Covid-19 in physical activity.

B. To call for times to do physical activity outside.

C. To inform people about ways to stay fit during the pandemic.

D. To inform about ways to stay fit from home and their access to them.

7. In the sixth paragraph the word "tailored" refers to:

A. Content created to be sold to different people.

B. Content created to suit different people's needs.

C. Content created to employ different people.

D. Content created to reduce people's different problems.

8. What is your opinion about the introduction of this article? Do you think it matches the development of ideas with the rest of the text? Why?

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9. Why do you think the author chose an article to write about this topic? Do you think he/she should have chosen another type of text? Why?

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10. How would you help promote physical activity during the pandemic? Give examples.

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