

The Benefits of Reading Books

Reading books offers many benefits for people of all ages, especially teenagers. It helps improve vocabulary, language skills, and concentration. Unlike watching television or browsing social media, reading stimulates the brain and encourages imagination.

Reading fiction allows readers to explore different worlds and understand other people's emotions. Non-fiction books, on the other hand, provide knowledge and help readers learn new information about real-life topics such as science, history, or technology.

Experts suggest that teenagers should read at least 20 minutes a day. This habit not only improves academic performance but also reduces stress and helps with better sleep. Choosing books that interest you can make reading more enjoyable and something to look forward to every day.

True or False Questions:

	T	F
1- Reading books can help improve vocabulary and concentration.	T	F
2- Social media is more effective than books for developing imagination.	T	F
3- Reading fiction helps people understand emotions and different worlds.	T	F
4- Non-fiction books are mostly about made-up stories.	T	F
5- Experts say teenagers should read for at least 20 minutes daily.	T	F
6- Reading books may lead to more stress and anxiety.	T	F
7- The habit of reading can help students perform better in school.	T	F

8- It's not important to choose books based on personal interest.

T

F

9- Watching TV is better for your brain than reading books.

T

F

10- Reading before bed can help you sleep better.

T

F