TA7. GK1. REVIEW - READING

Text 1: Hobbies

Many people have different hobbies to fill their free time. Some enjoy reading books, while others like collecting stamps or painting. Hobbies give us a way to relax and keep our minds active. In recent years, more people have taken up creative hobbies such as photography, cooking, or even gardening. These activities not only help reduce stress but also provide a sense of accomplishment.

1. What do hobbies help people do?
   a) Learn new skills
   b) Reduce stress and relax
   c) Travel to new places
   d) Make friends online
2. Which of the following is NOT mentioned as a hobby in the text?
   a) Reading
   b) Painting
   c) Swimming
   d) Gardening
3. What has become more popular recently according to the text?
   a) Collecting stamps
   b) Creative hobbies
   c) Traveling abroad
   d) Sports activities
4. Why are hobbies important?
   a) They help people make more money
   b) They keep our minds active
   c) They are necessary for everyone
   d) They are competitive
5. How do people feel when they complete a hobby project?
   a) Bored
   b) Accomplished
   c) Tired
   d) Confused

Text 2: Healthy Activities

Staying active is crucial for maintaining good health. Regular exercise, such as walking, jogging, or swimming, helps improve cardiovascular health and reduce the risk of diseases. It also boosts mental health by reducing anxiety and depression. Apart from exercise, eating a balanced diet is equally important. Consuming a variety of fruits, vegetables, and lean proteins helps the body function effectively.

1. What is one benefit of regular exercise?
   a) It helps people earn more money
   b) It improves cardiovascular health
   c) It increases social media following
   d) It causes stress
2. What type of foods should be included in a balanced diet?
   a) Processed foods
   b) Sugary snacks
   c) Fruits and vegetables
   d) Fast food
3. How does exercise affect mental health?
   a) It causes more stress
   b) It reduces anxiety and depression
   c) It makes people angry
   d) It doesn't affect mental health
4. What is NOT mentioned as an example of regular exercise?
   a) Jogging
   b) Cycling
   c) Swimming
   d) Walking

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5. What is the main idea of the passage?
   a) Staying active and eating well is essential for good health
   b) Exercise can cure all diseases
   c) Only athletes need to exercise
   d) Eating a balanced diet is difficult

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