TEXTING WHILE DRIVING READING COMPREHENSION

Select the correct answer.

1. Why is texting while walking considered dangerous?
   a) Because people walk too fast while texting.
   b) Because people cannot see where they are going.
   c) Because texting improves balance.
   d) Because it makes walking more enjoyable.

2. What happens when people text and walk?
   a) They become better at walking in a straight line.
   b) They can run into other people or cars and trip over objects.
   c) They walk faster than usual.
   d) They avoid accidents completely.

3. Why do people not pay attention to walking safely when texting?
   a) They look at their keyboards instead of the road.
   b) They walk very carefully.
   c) Their minds are fully focused on walking.
   d) They avoid texting while crossing streets.

4. What kind of injuries do some people get from texting while walking?
   a) Head injuries
   b) Broken legs
   c) Sprained ankles
   d) Eye strain

5. What is a recent finding about running too much?
   a) It always makes life longer and healthier.
   b) It can cause heart damage and is not always beneficial.
   c) It makes people stronger without any risks.
   d) It cures all heart problems.

6. Who was studied in the research about running and heart health?
   a) 3,300 runners who mostly ran less than 10 km a week.
   b) People who never exercised but ran sometimes.
   c) 3,300 runners who mostly ran over 30 km a week.
   d) Doctors who never ran in their lives.

7. What did the specialist advise about exercising?
   a) Exercise as much as possible every day.
   b) Don't exercise at all to avoid heart problems.

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c) Exercise, but avoid excessive running to protect your heart.
d) Run long distances only on weekends.

8. What does "injured" most closely mean in the text?
   a) Healthy and safe
   b) Hurt or harmed
   c) Running fast
   d) Paying attention

9. Choose the best meaning for "specialist":
   a) A person who is an expert in a particular field
   b) Someone who doesn't run but exercises
   c) A person who does jogging daily
   d) A beginner athlete

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