C. can explore new hobbies, talents, and dreams
D. It is important for them to learn how to deal with

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2. Life in the countryside is often quiet and peaceful. (1) __D____. It is easy to feel close to neighbors because everyone knows each other. Villagers usually wake up early, go to work in the fields, and enjoy the fresh morning breeze. Children in rural areas often play outdoors after school. They don't spend (2) ___A___. They enjoy spending time with friends in open spaces. They can run around, climb trees, or help their parents in the garden. However, there are also some problems. There aren't many hospitals, schools, or supermarkets nearby. (3)___C____. People may have to travel long distances for education or medical care. Even so, many families choose to live in the countryside because it's healthy and safe. Life in the countryside teaches people to value nature and community. Life may be simple, (4)___B____.

   A. as much time on phones or computers as city kids do
   B. but it brings happiness and strong family bonds
   C. Sometimes this can make daily life a bit inconvenient
   D. People live close to nature, and the air is clean

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3. Everyone needs free time to relax after school or work. Some prefer to stay indoors and do quiet hobbies. People do many kinds of leisure activities depending on their interests and age. (1) ___C____, going camping, or taking walks in the park. These activities are great for health because they help us stay active. Without rest, (2) ___B___ For example, reading a good book or listening to music can make people calm and happy. Sometimes, families spend weekends together doing something fun. (3)__A____. These moments help people feel closer to one another. Having leisure time is important because it reduces stress and improves life quality. It helps us balance study, work, and health(4)___D_____, and do what they love.

   A. They might have a picnic, watch a movie, or play board games
   B. Some prefer to stay indoors and do quiet hobbies
   C. Some enjoy outdoor activities like playing sports
   D. Everyone should have time to rest, recharge

Exercise 5: Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 1 to 4.

FARM STAY WEEKEND: DISCOVER RURAL LIFE!

Are you looking for a relaxing weekend away from the busy city? Join our Farm Stay Program in Green Valley! Here, you can stay in a cozy countryside house and learn about farm life. Guests can help the farmers feed the animals and pick fresh vegetables. The countryside air is (1) _____ than in the city, and you will love the peaceful mornings. In the evening, you can sit by the fire and talk (2) _____ friendly villagers. This trip will help you understand how people (3) _____ in rural areas and why they love their simple lifestyle. Don't miss this chance to enjoy nature and (4) _____ your mind!

1. A. clean	B. cleaner	C. cleanest	D. more clean
2. A. in	B. with	C. for	D. by
3. A. live	B. living	C. lives	D. to live
4. A. relax	B. relaxing	C. relaxation	D. relaxed

HEALTHY BREAKFAST CHALLENGE!

Dear Students,
Did you know that breakfast is the most important meal of the day? Many teenagers skip breakfast because they (1) _____ have time in the morning. Our school is launching the Healthy Breakfast Challenge to encourage better eating habits. Every morning next week, healthy meals (2) _____ served in the canteen for all students. Teachers and dietitians will share tips on quick and (3)_____ breakfast ideas. Students who

LIVEWORKSHEETS