

Reading Comprehension

Name: _____ Date: _____

Healthy Habits for students

Students today have very busy routines. They often balance schoolwork, exams, activities, and responsibilities at home. Maintaining healthy habits helps support physical, mental, and emotional wellbeing during these demands.

Getting enough sleep is essential for staying focused, remembering information, and feeling alert throughout the day. Good nutrition is also important. Eating fruits, vegetables, whole grains, and proteins provides the energy needed for school and daily tasks.

Regular physical activity helps reduce stress, improve mood, and keep the body strong. Even simple activities such as walking, stretching, or light sports can make a positive difference.

Effective time management allows students to complete their work on time and reduces pressure. Planning tasks, setting priorities, and organizing schedules help maintain balance.

Mindfulness and relaxation techniques support calmness and concentration, especially during busy or stressful moments. Drinking enough water keeps the body hydrated and the mind active.

Positive relationships with friends and family offer emotional support, making challenges easier to handle.

Limiting screen time—especially before bed—helps improve sleep quality and focus during the day.

Setting personal goals gives students motivation and direction. Self-care, seeking help when needed, and maintaining balance between school and personal life contribute to long-term wellbeing.

Developing these healthy habits can help students feel better, perform well academically, and build a positive and sustainable lifestyle.

*Adapted from K.R. Mangalam World School. "Healthy Habits for Students." KRMWS Blog,
<https://krmangalamvaishali.com/blogs/healthy-habits-for-students/>*

Multiple Choice Questions

1. Why is good sleep important for students?

- A) It helps them use their phones longer.
- B) It improves concentration and memory.
- C) It makes homework unnecessary.
- D) It increases screen time.

2. Which foods does the article recommend?

- A) Only sugary snacks.
- B) Fast food every day.
- C) Fruits, vegetables, and whole grains.
- D) No breakfast.

3. What is one benefit of regular exercise?

- A) It increases stress.
- B) It improves mood and health.
- C) It reduces the need for sleep.
- D) It makes students more tired.

4. Why should students limit screen time?

- A) Screens are always dangerous.
- B) To avoid drinking water.
- C) Because it can affect sleep and focus.
- D) Because they don't need technology.

True or False: Write T for true and F for false according to the reading.

- 1. Time management can help students feel less stressed. (____)
- 2. Drinking enough water is not important for students. (____)
- 3. Having good relationships with friends and family can support emotional wellbeing. (____)

Matching Activity

Match the habit with its benefit:

- | | |
|-------------------------|------------------------------------|
| A. Getting enough sleep | 1. Better concentration and memory |
| B. Regular exercise | 2. Less stress and better mood |
| C. Limiting screen time | 3. Improved sleep and focus |

