

Reading Text: "Healthy Habits for a Better Day"

Many teenagers today want to feel healthier and have more energy, but they are not sure where to begin. One of the easiest ways to improve your daily life is to create healthy habits. A healthy habit is something small that you do every day that helps your body and mind.

For example, drinking a glass of water in the morning can help you feel more awake. Another healthy habit is doing ten minutes of exercise before school. It does not have to be difficult — you can stretch, walk, or dance to your favorite music. Moving your body helps reduce stress and improve concentration in class.

Healthy eating is important too. Choosing fruit instead of sugary snacks gives you natural energy that lasts longer. Finally, limiting screen time at night helps your brain relax, so you can sleep better. When teenagers sleep well, they focus better, feel happier, and learn faster.

Creating healthy habits takes time, but small changes can make a big difference in your everyday life.

MULTIPLE CHOICE QUESTIONS

1. What is a healthy habit?

- a) Something difficult you do once
- b) Something small you do every day
- c) Something unhealthy
- d) Something stressful

2. What helps you feel more awake in the morning?

- a) Drinking soda
- b) Drinking water
- c) Eating candy
- d) Sleeping again

3. What does exercise help reduce?

- a) Stress
- b) Hunger
- c) Screen time
- d) Phone use

4. Why is limiting screen time at night helpful?

- a) It helps you watch more videos
- b) It helps you sleep better
- c) It helps you study faster
- d) It helps you eat healthy

True / False (3)

- 5. Teenagers always know how to begin a healthy lifestyle. **True / False**
- 6. Stretching or dancing can count as exercise. **True / False**
- 7. Eating sugary snacks gives you long-lasting energy. **True / False**

Matching (3)

Match the habit with its benefit:

- A. Drink water in the morning
- B. Eat fruit
- C. Limit screen time at night

- 1. Better sleep
- 2. Natural energy
- 3. Feel more awake