

## Grade 9

### Reading Passage 2: Healthy Lifestyle (Approx. 180 words)

A healthy lifestyle is important for people of all ages, especially teenagers. Eating balanced food such as fruits, vegetables, and whole grains helps the body grow and stay strong. Regular exercise, like walking or playing sports, improves fitness and reduces stress. Getting enough sleep is also necessary because it allows the body and mind to rest and recharge.

However, many students develop unhealthy habits. They may eat too much fast food, spend long hours on screens, and sleep late at night. These habits can lead to tiredness, poor concentration, and health problems. Doctors recommend setting a daily routine that includes healthy meals, physical activity, and limited screen time.

In short, small changes in daily habits can make a big difference. When students choose a healthy lifestyle, they perform better at school and feel happier overall.

### Questions

- 1- What is the passage mainly about?
  - A. School rules
  - B. Healthy lifestyle habits
  - C. Fast food advantages
  
- 2- Why is sleep important?
  - A. It helps students use phones
  - B. It allows the body and mind to rest
  - C. It replaces exercise
  
- 3- What problem can unhealthy habits cause?
  - A. Better memory
  - B. Poor concentration
  - C. More free time
  
- 4- Which of the following is an example of healthy food?
  - A. Fast food
  - B. Fruits and vegetables
  - C. Sugary snacks

5- What do doctors recommend?

A. Skipping meals  
routine

B. Staying up late

C. Following a daily healthy  
routine

**Reading Passage (Approx. 200 words)**

Staying connected through technology has become a normal part of daily life. Many people use social networking apps to stay in touch with friends and family, share updates, and exchange ideas. This can be very useful, especially for students who work on group projects or learn online. Technology also helps during emergencies. For example, people can quickly send messages, use maps to find safe places, or search for information when natural disasters happen.

However, technology has some disadvantages. Spending too much time online can reduce face-to-face communication and may cause people to feel lonely. There are also risks such as identity theft, where personal information is stolen and misused. Experts advise users to be careful, protect their passwords, and balance online activities with real-life interactions.

In conclusion, technology is a powerful tool that brings many benefits, but it should be used wisely. When people understand both the pros and cons, they can enjoy the advantages while avoiding the dangers

**Reading Questions (Choose the correct answer)**

1. What is the main idea of the passage?
  - A. Technology is only dangerous
  - B. Technology has benefits and risks
  - C. Social media should be banned
2. How does technology help during emergencies?
  - A. By replacing doctors
  - B. By sending quick messages and finding information
  - C. By stopping natural disasters
3. What problem can too much online time cause?
  - A. Better communication skills

- B. Feeling lonely
- C. Faster learning only
- 4. What is identity theft?
  - A. Losing your phone
  - B. Forgetting a password
  - C. Stealing personal information
- 5. What do experts advise?
  - A. Avoid technology completely
  - B. Share passwords
  - C. Use technology carefully and balance life