

Name:

Class:

### Part 1: Multiple Choice (4 pts)

Read the passage and choose the best answer A, B, C, or D.

Nowadays, many teenagers are trying to live a healthier life. They eat more vegetables, exercise regularly, and get enough sleep. Doing sports like running or swimming helps improve both physical and mental health. However, some students still spend too much time on their phones or computers. This can lead to problems such as eye strain, poor sleep, and lack of exercise. Experts advise students to limit screen time and spend more time outdoors.

Questions:

What is the passage mainly about?

- A. Technology problems
- B. Healthy lifestyle
- C. School activities
- D. Sports competition

What do healthy teenagers often do?

- A. Eat junk food
- B. Sleep less
- C. Exercise regularly
- D. Use phones all day

What problem is caused by too much screen time?

- A. Better eyesight
- B. Good sleep
- C. Eye strain
- D. Strong body

What do experts advise?

- A. Study more
- B. Use phones more
- C. Stay indoors
- D. Limit screen time

Part 2: True / False (3 pts)

Write T (True) or F (False).

Teenagers today don't care about health. \_\_\_\_

Exercise is good for mental health. \_\_\_\_

Using phones too much can be harmful. \_\_\_\_

Part 3: Short Answer (3 pts)

Answer the questions (NO MORE THAN 4 WORDS).

Name one sport mentioned in the passage.

→ \_\_\_\_\_

What should students limit?

→ \_\_\_\_\_

Where should students spend more time?

→ \_\_\_\_\_