

Instructions: Choose the correct answer (A, B, or C).

1. What is the main goal of Maddie's discussion?
 - A. To describe different sports activities
 - B. To explain habits that improve health
 - C. To compare medical treatments

2. How does Maddie define a healthy lifestyle?
 - A. Focusing only on physical activity
 - B. Combining diet, exercise, and rest
 - C. Avoiding all stressful situations

3. What role does mental health play in her discussion?
 - A. It is essential for overall well-being
 - B. It is less important than diet
 - C. It is not included in her topic

4. Why does Maddie mention daily routines?
 - A. To criticize unhealthy habits
 - B. To compare different cultures
 - C. To give practical examples

5. What is implied about junk food?
 - A. It should be eaten regularly
 - B. It can negatively affect health
 - C. It has no effect on health

6. What benefit of exercise is highlighted?
 - A. It improves strength and energy
 - B. It replaces medical care
 - C. It reduces the need for sleep

7. Why are regular check-ups important?
 - A. They replace healthy habits
 - B. They reduce physical activity
 - C. They help prevent serious illnesses

8. What negative habits are mentioned?
 - A. Exercising too much
 - B. Sleeping regularly
 - C. Poor diet and lack of exercise

9. How will Maddie engage her audience?
 - A. By giving a long explanation
 - B. By asking about their habits
 - C. By showing written information

10. What approach will Maddie use when responding?
- A. Listening and giving advice
 - B. Giving unclear answers
 - C. Ignoring different opinions
11. What is Nate's opinion of Maddie's preparation?
- A. It lacks organization
 - B. It is too simple
 - C. It is clear and relevant
12. What is Maddie's final goal?
- A. To motivate people to be healthier
 - B. To entertain the audience
 - C. To explain medical research