For questions 5-9, decide if the following statements agree with the information given in the text. Mark your answers on the answer sheet.

5. The writer usually checks their phone first thing in the morning.

A) True **B)** False **C)** No Information

6. The writer spent time in the park during the no-technology day.

A) True **B)** False **C)** No Information

7. The writer's school often organizes no-technology days.

A) True **B)** False **C)** No Information

8. Using too much technology can cause sleeping problems.

A) True **B)** False **C)** No Information

9. Now the writer tries to have at least one hour a day without screens.

A) True **B)** False **C)** No Information

Exercise 4

Read the following text for questions 1-9.

THE MAGIC OF TEA: MORE THAN JUST A DRINK

When I was a teenager, I didn't think much about tea. For me, it was just something adults drank in the afternoon. But after visiting my grandmother one summer, I changed my mind. She showed me how to prepare tea properly. We sat in her garden, carefully pouring hot water over tea leaves. It wasn't just about drinking—it was about slowing down and enjoying the moment. Since then, I've become interested in the story of tea and how important it is in different cultures.

Tea is one of the oldest drinks in the world. People believe it was first discovered in China around 5,000 years ago. According to legend, an emperor was boiling water when some tea leaves fell into his pot by accident. He tasted the new drink and liked it so much that tea became popular across the country.

From China, tea spread to other parts of Asia, including Japan. In Japan, tea became part of a special ceremony. People still practise the Japanese tea

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ceremony today, following careful steps to make and serve tea. It's not only about drinking—it's also about respect, peace, and mindfulness.

Tea arrived in Europe in the 1600s. It was first very expensive, so only rich people could buy it. In England, tea quickly became a part of daily life. Afternoon tea, with small sandwiches and cakes, started as a tradition in the 19th century. Today, it is still a popular activity, especially in hotels or during special occasions.

Tea is also important in many other countries. In Morocco, for example, people serve mint tea to guests as a sign of friendship and hospitality. In Turkey, tea is shared in small glass cups during conversations with friends. In India, chai—a tea with milk and spices—is a popular daily drink sold on busy streets.

Scientists say tea has health benefits too. Green tea and black tea contain antioxidants, which help protect the body. Some studies suggest that drinking tea regularly can lower the risk of heart problems.

Tea is more than just a drink. It is a way for people to connect, to relax, and to share special moments with others. The next time you have a cup of tea, you might think about its long and interesting history.

For questions 1-4, choose the correct answer A, B, C, or D. mark your answers on the answer sheet.

1. Why did the writer change their opinion about tea?

A) Because they read about tea in a book.
B) Because they drank tea with friends at school.
C) Because their grandmother taught them to prepare tea.
D) Because they visited a tea factory.

2. What is special about the Japanese tea ceremony?

A) It is done very quickly.
B) It teaches people how to make cakes.
C) It is about respect and careful steps.
D) It is only for tourists.

3. What does the text say about tea in Morocco?

A) People drink it only in the mornings.
B) It is often served to guests as a sign of friendship.

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C) It is more popular than coffee in Europe.
D) It is usually drunk without sugar.

4. What is one possible health benefit of tea?
A) It can help people sleep longer.
B) It can protect the body from some health problems.
C) It can make people run faster.
D) It can stop people from getting colds.

For questions 5-9, decide if the following statements agree with the information given in the text. Mark your answers on the answer sheet.

5. Tea was first discovered in China by accident.
A) True B) False C) No Information

6. Afternoon tea in England started in the 19th century.
A) True B) False C) No Information

7. In Turkey, people usually drink tea alone.
A) True B) False C) No Information

8. Green tea has more antioxidants than black tea.
A) True B) False C) No Information

9. Chai is a type of tea that contains milk and spices.
A) True B) False C) No Information

Exercise 5

Read the following text for questions 1-9.

THE ORIGINS OF PUBLIC PARKS

When I was a child, my family often spent Sunday afternoons in the local park. We would have picnics, play games, or simply relax under the trees. At the time, I never thought about where parks came from or why cities have them. Later, as an adult, I learned that public parks are not just places for fun. They have an interesting history that connects to changes in society.

In the past, only the rich had large green spaces. Kings and nobles in many countries built private gardens where ordinary people were not allowed to

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