6. How did the telephone change communication?

A) It replaced televisions
B) It allowed people to talk instantly across distances
C) It made internet access easier
D) It helped scientists study faster

Exercise 24

Read the following text for questions 1-6.

HEALTHY HABITS FOR A BETTER LIFE

Staying healthy is not just about avoiding sickness—it's about feeling good, having energy, and living a balanced life. Many people today live busy lives, but with a few simple habits, it's possible to improve both physical and mental well-being.

One of the most important healthy habits is eating a balanced diet. This means including a variety of foods such as fruits, vegetables, whole grains, proteins, and healthy fats. Drinking enough water is also essential. Fast food and sugary snacks might taste good, but eating them too often can lead to health problems like obesity or heart disease. A healthy diet gives your body the nutrients it needs to grow, move, and think clearly.

Regular exercise is another key to staying healthy. You don't need to go to the gym every day—even simple activities like walking, cycling, or dancing can make a big difference. Experts recommend doing at least 30 minutes of physical activity most days of the week. Exercise helps control weight, strengthens muscles, and reduces stress.

Getting enough sleep is also very important. Many people don't sleep enough because of work, school, or screen time. Adults need around 7–9 hours of sleep each night. Good sleep helps your brain focus, improves your mood, and allows your body to repair itself. Creating a bedtime routine, turning off electronics, and going to bed at the same time each night can improve sleep quality.

Another important healthy habit is managing stress. Stress is a normal part of life, but too much of it can be harmful. Taking time to relax, spending

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time with friends and family, and doing enjoyable activities like reading or listening to music can help reduce stress. Some people also practice deep breathing or meditation.

It's also important to avoid bad habits like smoking, drinking too much alcohol, or spending too much time sitting. These behaviors can have long-term negative effects on the body and mind. Making small changes step by step is the best way to build healthy habits. You don't need to change everything overnight. Start with one goal—like drinking more water or walking 20 minutes a day—and slowly add more good habits over time.

Healthy habits are not just for the body—they improve your mood, energy levels, and overall happiness. By taking care of yourself every day, you build a stronger future.

For questions 1-4, fill in the missing information in the numbered spaces. Write no more than ONE WORD and/ or A NUMBER for each question.

A balanced diet includes fruits, vegetables, grains, and healthy **(1)** _____.

Regular exercise helps control weight and reduce **(2)** _____.

A good sleep helps body **(3)**_____ itself.

People can reduce stress by doing activities like reading or listening to **(4)** _____.

For questions 5-6, choose the correct answers A, B, C, or D.

5. Which of the following is a good habit for better sleep?

A) using a phone all night
B) having a bedtime routine
C) drinking soda before bed
D) sleeping during the day

6. What is the best way to start healthy habits?

A) change everything at once
B) wait for a doctor to tell you
C) begin with small steps and add more over time
D) avoid eating completely

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