

Text: Technology and Daily Life

Smartphones have become an essential part of modern life. People use them to communicate, work, and entertain themselves. However, too much smartphone use can cause problems. For example, many people spend hours scrolling through social media instead of sleeping, which can affect their health.

Another issue is distraction. When people use their phones while walking or driving, accidents can happen. Governments in some countries have created laws to stop people from using phones while driving.

On the positive side, smartphones can help us stay connected with family and friends, even if they live far away. They also give us access to useful apps, like maps, translators, and health trackers. The key is balance: using smartphones wisely without letting them control our lives.

Exercise: Complete the sentences with one or two words from the text.

1. Smartphones are an essential part of _____. a) modern life b) entertainment c) government
2. Spending too much time on _____ can affect people's health. a) maps b) social media c) translators
3. Using phones while driving can cause _____. a) accidents b) laws c) apps
4. Governments have created _____ to stop people from using phones while driving. a) apps b) laws c) trackers
5. The key is _____: using smartphones wisely without letting them control our lives. a) balance b) distraction c) connection