4- Read and answer:

Technology in Our Daily Lives

Technology is everywhere and has changed the way people live, work, and communicate. Today, many students use computers, tablets, and smartphones to study, do homework, and search for information. Teachers also use technology to prepare lessons and share activities with their students. In addition, people can talk to friends and family through messages and video calls, even if they live far away. However, technology also has some disadvantages. Spending too much time online can affect people's health, sleep, and relationships. Some people become distracted by social media and forget to spend time with their families or enjoy outdoor activities. For this reason, it is important to use technology in a responsible and balanced way. When people use it wisely, technology becomes a useful tool for learning, working, solving problems, and making everyday life easier and more enjoyable.

1. What is the main purpose of the text?
A) To explain how technology can help and why it should be used responsibly.
B) To convince people to stop using smartphones.
C) To describe the history of computers.
D) To explain how to use social media.

2. According to the text, how does technology help students?
A) By replacing teachers.
B) By helping them study, do homework, and find information.
C) By giving them more free time.
D) By making exams easier.

3. What is one disadvantage of using technology too much?
A) People become better at sports.
B) People spend more time outdoors.
C) It can affect health, sleep, and relationships.
D) It makes people learn faster.

4. What does the word "balanced" mean in the sentence "use technology in a responsible and balanced way"?
A) Using technology all day.
B) Using technology only at school.
C) Using technology in moderation, without excess.
D) Never using technology.

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