

1. Reading Comprehension 1

Outdoor Activities for a Healthy Life

Many people love outdoor activities. They go cycling in the quiet countryside. The air there is very fresh and clean.

Some teenagers prefer running in the local park every morning. Others just walk to school or to work. These daily habits are very good for our health. Regular physical exercise gives us a lot of energy for the day. It also keeps our bodies fit and strong.

Active people often sleep much better at night. They rarely feel tired or stressed during the day. In contrast, staying indoors for too long is not healthy. It makes our bodies weak and tired. We should spend more time in nature. A simple walk in the park can change your day. You can invite your family or friends to join you for some fun.

Exercise 5: Matching Information

Match the information (1-5) with the correct description (A-E) based on the passage.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Activity or Habit	Effect or Characteristic
1. Cycling in the countryside	A. gives you fresh and clean air
2. Regular physical exercise	B. can quickly change your day
3. Staying indoors for too long	C. makes the human body weak
4. An active lifestyle	D. provides a lot of daily energy
5. A simple walk in the park	E. helps people sleep better at night