

COMPREHENSION

Set 3



Passage 1:

The following passage is about the benefits of exercise:

Exercise is essential for maintaining good health and preventing chronic diseases. Regular physical activity can improve cardiovascular health, help control weight, and reduce the risk of developing diabetes, osteoporosis, and some types of cancer.

In addition to the physical benefits, exercise can also have a positive impact on mental health. It can help reduce stress and anxiety, improve mood, and boost self-confidence. Exercise can also provide a social outlet and help build relationships with others.

Questions:

- 1.** Why is exercise important for maintaining good health?
- 2.** What are some mental health benefits of exercise?

Passage 2:

The following passage is about the importance of education:

Education is a key factor in personal and societal development. It can provide individuals with the knowledge and skills they need to succeed in life and contribute to their communities. Education can also help reduce poverty, promote equality, and improve economic growth.

In addition to academic knowledge, education can also help develop critical thinking skills, creativity, and problem-solving abilities. It can help individuals understand and appreciate different cultures and perspectives, and build empathy and tolerance towards others.

Questions:

- 1.** Why is education important?
- 2.** What are some benefits of education beyond academic knowledge?

Passage 3:

The following passage is about the importance of time management:

Effective time management is crucial for achieving success in school, work, and life. It involves prioritizing tasks, setting goals, and using time wisely to maximize productivity and minimize stress.

Procrastination and poor time management can lead to missed deadlines, reduced quality of work, and increased stress and anxiety. By developing good time management habits, individuals can increase their efficiency and effectiveness, and reduce the likelihood of burnout.

Questions:

- 1.** Why is time management important?
- 2.** What are some consequences of poor time management?

Passage 4:

The following passage is about the effects of social media on mental health:

Social media has become a ubiquitous part of modern life, with billions of people around the world using platforms such as Facebook, Twitter, and Instagram. While social media can provide many benefits, such as staying connected with friends and family and accessing information and resources, it can also have negative effects on mental health.

Studies have found that excessive social media use can lead to increased feelings of loneliness, anxiety, and depression. Social media can also promote unrealistic expectations and lead to feelings of envy and social comparison. It is important to use social media in moderation and to be aware of its potential negative effects on mental health.

Questions:

- 1.** What are some benefits of social media?
- 2.** What are some negative effects of excessive social media use on mental health?

Passage 5:

The following passage is about the benefits of reading:

Reading is a fundamental skill that is essential for academic and personal success. It helps individuals develop vocabulary, comprehension, and critical thinking skills. Reading can also improve empathy and understanding of different perspectives.

In addition to the cognitive benefits, reading can also have a positive impact on mental health. It can help reduce stress, improve mood, and provide a sense of relaxation and escape. It can also provide a source of entertainment and personal growth.

Questions:

- 1.** Why is reading important?
- 2.** What are some benefits of reading beyond cognitive skills?

Passage 6:

The following passage is about the importance of healthy eating:

Eating a healthy diet is essential for maintaining good health and preventing chronic diseases. It involves consuming a balanced variety of foods from different food groups, such as fruits, vegetables, whole grains, lean proteins, and healthy fats.

A healthy diet can provide the body with essential nutrients, such as vitamins, minerals, and fiber, that are necessary for optimal functioning. It can also help maintain a healthy weight and reduce the risk of developing conditions such as heart disease, diabetes, and cancer.

Questions:

- 1.** Why is healthy eating important?
- 2.** What are some benefits of a healthy diet?

Passage 7:

The following passage is about the impact of climate change on the environment:

Climate change is a global phenomenon that is causing significant changes to the Earth's ecosystems. It is primarily caused by human activities, such as burning fossil fuels and deforestation, which release greenhouse gases into the atmosphere and trap heat.

ANYBODY CAN SPEAK

Climate change can have a range of negative impacts on the environment, including rising sea levels, more frequent and intense weather events, and loss of biodiversity. It can also lead to food and water shortages, displacement of populations, and economic disruption.

Passage 8:

The following passage is about the importance of physical activity:

Regular physical activity is essential for maintaining good health and well-being. It can help improve cardiovascular health, strengthen muscles and bones, and reduce the risk of chronic diseases such as obesity, diabetes, and heart disease.

Physical activity can also have a positive impact on mental health. It can help reduce stress and anxiety, improve mood, and promote better sleep. It can also provide a sense of accomplishment and self-esteem.

Questions:

- 1.** Why is physical activity important?
- 2.** What are some benefits of regular physical activity beyond physical health?

Passage 9:

The following passage is about the importance of time management:

Time management is a critical skill that is essential for academic and personal success. It involves planning and prioritizing tasks, setting goals, and organizing time effectively.

Effective time management can help individuals achieve their goals, reduce stress, and improve productivity. It can also provide a sense of control and balance in one's life, and lead to better decision-making and problem-solving skills.

Questions:

- 1.** Why is time management important?
- 2.** What are some benefits of effective time management?

Passage 10:

The following passage is about the benefits of volunteering:

Volunteering is an act of giving back to one's community or a cause. It can provide individuals with a sense of purpose and fulfillment, and also have a positive impact on the community and society as a whole.

Volunteering can also help individuals develop new skills, build relationships, and gain valuable work experience. It can also provide a sense of accomplishment and personal growth.

Questions:

- 1.** What is volunteering and why is it important?
- 2.** What are some benefits of volunteering?

Answers:

- 1.** Exercise is essential for maintaining good health and preventing chronic diseases.
- 2.** Exercise can help reduce stress and anxiety, improve mood, and boost self-confidence.

Answers:

- 1.** Education is a key factor in personal and societal development.
- 2.** Education can help develop critical thinking skills, creativity, and problem-solving abilities. It can help individuals understand and appreciate different cultures and perspectives, and build empathy and tolerance towards others.

Answers:

- 1.** Effective time management is crucial for achieving success in school, work, and life.
- 2.** Procrastination and poor time management can lead to missed deadlines, reduced quality of work, and increased stress and anxiety.

Answers:

- 1.** Social media can provide many benefits, such as staying connected with friends and family and accessing information and resources.
- 2.** Excessive social media use can lead to increased feelings of loneliness, anxiety, and depression. Social media can also promote unrealistic expectations and lead to feelings of envy and social comparison.

Answers:

- 1.** Reading is a fundamental skill that is essential for academic and personal success.
- 2.** Reading can help reduce stress, improve mood, and provide a sense of relaxation and escape. It can also provide a source of entertainment and personal growth.

Answers:

- 1.** Eating a healthy diet is essential for maintaining good health and preventing chronic diseases.
- 2.** A healthy diet can provide the body with essential nutrients, help maintain a healthy weight, and reduce the risk of developing conditions such as heart disease, diabetes, and cancer.

Answers:

- 1.** Climate change is a global phenomenon that is primarily caused by human activities, such as burning fossil fuels and deforestation, which release greenhouse gases into the atmosphere and trap heat.
- 2.** Climate change can lead to rising sea levels, more frequent and intense weather events, loss of biodiversity, food and water shortages, displacement of populations, and economic disruption.

Answers:

- 1.** Regular physical activity is essential for maintaining good health and well-being.
- 2.** Physical activity can help reduce stress and anxiety, improve mood, promote better sleep, and provide a sense of accomplishment and self-esteem.

Answers:

- 1.** Time management is a critical skill that is essential for academic and personal success.
- 2.** Effective time management can help individuals achieve their goals, reduce stress, improve productivity, provide a sense of control and balance in one's life, and lead to better decision-making and problem-solving skills.

ANYBODY CAN SPEAK

Answers:

- 1.** Volunteering is an act of giving back to one's community or a cause that is important to them.
- 2.** Volunteering can provide individuals with a sense of purpose and fulfillment, help develop new skills, build relationships, gain valuable work experience, and provide a sense of accomplishment and personal growth.