

# THE IMPORTANCE OF DRINKING WATER

## Reading Comprehension Activity

Drinking water is an essential part of human life. Water helps keep our bodies healthy by carrying nutrients to our cells and removing toxins.

Drinking water regularly protects us from dehydration, which can cause fatigue and headaches.

It is a healthy habit to drink 8 glasses of water a day. On hot days or during exercise, the body needs more water to replace what it loses through sweat.

Water also improves digestion and helps the kidneys work efficiently. So, always remember to drink water to stay healthy and active.

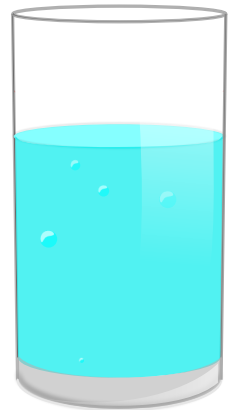


## Questions:

### Section 1: True or False

**Read the text and decide if the sentences below are true or false:**

1. Drinking water keeps the kidneys healthy. **True / False**
2. You should drink 5 glasses of water a day. **True / False**
3. Water helps the body get rid of toxins. **True / False**
4. Dehydration makes you feel happy. **True / False**
5. On hot days, the body needs less water. **True / False**



### Section 2: Short Answer Questions

**Answer the following questions using information from the text:**

1. Why is drinking water important for the human body?
  - .....
2. How many glasses of water are recommended daily?
  - .....
3. What happens to the body if it doesn't get enough water?
  - .....
4. How does water improve digestion?
  - .....

# THE IMPORTANCE OF DRINKING WATER

## Reading Comprehension Activity

Drinking water is an essential part of human life. Water helps keep our bodies healthy by carrying nutrients to our cells and removing toxins.

Drinking water regularly protects us from dehydration, which can cause fatigue and headaches.

It is a healthy habit to drink 8 glasses of water a day. On hot days or during exercise, the body needs more water to replace what it loses through sweat.

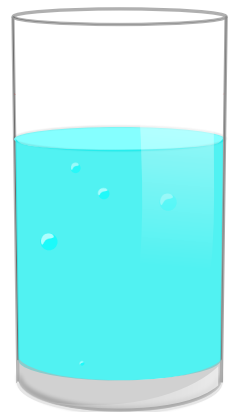
Water also improves digestion and helps the kidneys work efficiently. So, always remember to drink water to stay healthy and active.

## Questions:

### Section 1: True or False

Read the text and decide if the sentences below are **true** or **false**:

1. Drinking water keeps the kidneys healthy. **True** / **False**
2. You should drink 5 glasses of water a day. **True** / **False**
3. Water helps the body get rid of toxins. **True** / **False**
4. Dehydration makes you feel happy. **True** / **False**
5. On hot days, the body needs less water. **True** / **False**



### Section 2: Short Answer Questions

Answer the following questions using information from the text:

1. Why is drinking water important for the human body?  
• It keeps the body healthy by carrying nutrients to the cells and removing toxins.
2. How many glasses of water are recommended daily?  
• 8 glasses of water.
3. What happens to the body if it doesn't get enough water?  
• It can cause dehydration, which leads to fatigue and headaches.
4. How does water improve digestion?  
• It helps the digestive system work more efficiently.

# THE BENEFITS OF VEGETABLES

## Reading Comprehension Activity

Vegetables are an important part of a healthy diet. They are rich in vitamins, minerals, and fiber that help keep our bodies strong and protect us from diseases. For example, carrots are full of vitamin A, which improves eyesight. Spinach has iron, which gives us energy and helps our blood carry oxygen.

Eating a variety of vegetables every day can help us stay healthy and strong. Green vegetables like broccoli and kale are especially good for our bones because they have calcium. Vegetables are also low in calories, making them a perfect choice for a healthy snack.

So, the next time you're hungry, choose some fresh vegetables and enjoy their delicious taste while staying healthy!



### Questions:

#### Section 1: True or False

**Read the text and decide if the following sentences are true or false:**

1. Carrots are rich in vitamin A, which helps improve eyesight. **True / False**
2. Spinach has calcium, which helps our bones. **True / False**
3. Eating a variety of vegetables can help us stay healthy. **True / False**
4. Vegetables are high in calories. **True / False**



#### Section 2: Short Answer Questions

**Answer the following questions using information from the text:**

1. Why are vegetables important for a healthy diet?
  - .....
2. Which vegetable is full of vitamin A?
  - .....
3. What does spinach give us?
  - .....
4. Why should we eat a variety of vegetables?
  - .....

# THE IMPORTANCE OF SLEEP

## Reading Comprehension Activity

Sleep is essential for our body and mind to function properly. When we sleep, our body repairs itself, and our brain organizes the information we learned during the day. Children and teenagers need more sleep than adults because their bodies and brains are still growing.

Getting enough sleep helps us stay focused, improves our memory, and gives us energy to enjoy our day. Lack of sleep can make us feel tired, moody, and even sick. Most people need about 7-9 hours of sleep each night to stay healthy.

So, make sure you go to bed early and wake up feeling refreshed and ready to take on the day.



## Questions:

### Section 1: True or False

Read the text and decide if the following sentences are true or false:

1. Sleep helps our body repair itself. **True / False**
2. Adults need more sleep than children. **True / False**
3. Lack of sleep can make us feel tired and sick. **True / False**
4. Most people need 5 hours of sleep each night. **True / False**



### Section 2: Short Answer Questions

Answer the following questions using information from the text:

1. Why is sleep important for our body and mind?  
• .....
2. How many hours of sleep do most people need?  
• .....
3. What happens if we don't get enough sleep?  
• .....
4. Who needs more sleep: adults or children? Why?  
• .....

# THE IMPORTANCE OF EXERCISE

## Reading Comprehension Activity

Exercise is important for maintaining a healthy body and mind. Regular physical activity helps strengthen the heart, muscles, and bones, and it also improves overall fitness. It can reduce the risk of many diseases, such as heart disease, diabetes, and obesity. In addition to physical benefits, exercise is also great for mental health. It helps reduce stress, anxiety, and depression. When we exercise, our body releases chemicals called endorphins that make us feel happy and energized. Everyone should try to get at least 30 minutes of exercise every day. Whether it's walking, running, swimming, or dancing, moving your body is important for your health.



### Questions:

#### Section 1: True or False

Read the text and decide if the following sentences are true or false:

1. Exercise strengthens the muscles and bones. **True / False**
2. Exercise can increase the risk of diseases. **True / False**
3. Endorphins are released during exercise. **True / False**
4. Everyone should exercise for at least 1 hour every day. **True / False**

#### Section 2: Short Answer Questions

Answer the following questions using information from the text:

1. Why is exercise important for our body and mind?
  - .....
2. What are the benefits of exercise for mental health?
  - .....
3. How long should people exercise each day?
  - .....
4. What types of exercise are mentioned in the text?
  - .....



www.oujdalibrary.com

# THE BENEFITS OF READING

## Reading Comprehension Activity

Reading is a great way to expand your knowledge and imagination. It helps improve vocabulary, spelling, and writing skills. By reading books, articles, or even newspapers, we can learn about different subjects, cultures, and ideas.

In addition to improving language skills, reading also benefits our mental health. It can reduce stress, improve focus, and increase creativity. When we read, we enter new worlds, experience different emotions, and see the world from different perspectives.

Reading for at least 20 minutes a day can help improve your brain function and overall well-being. So, make sure to read something every day, whether it's a book, a magazine, or an article online.



## Questions:

### Section 1: True or False

**Read the text and decide if the following sentences are true or false:**

1. Reading helps improve vocabulary and writing skills. **True / False**
2. Reading has no impact on mental health. **True / False**
3. Reading can increase creativity. **True / False**
4. Reading for 20 minutes a day is beneficial for the brain. **True / False**



### Section 2: Short Answer Questions

**Answer the following questions using information from the text:**

1. What skills can reading help improve?
  - .....
2. How does reading benefit mental health?
  - .....
3. What can you learn from reading different types of material?
  - .....
4. How long should you read each day to see benefits?
  - .....

www.oujdalibrary.com

# THE IMPORTANCE OF HEALTHY EATING

## Reading Comprehension Activity

Eating healthy is essential for keeping our body strong and full of energy. A balanced diet, which includes fruits, vegetables, proteins, and whole grains, helps maintain a healthy weight and reduces the risk of many health problems such as heart disease, diabetes, and high blood pressure.

In addition to providing energy, healthy eating supports our immune system, making it easier for our body to fight off infections. It also helps improve our mood, focus, and mental clarity. Drinking enough water is just as important, as it helps the body function properly and keeps us hydrated.

By making small changes, like eating more fruits and vegetables and drinking more water, we can improve our health and feel better every day.



## Questions:

### Section 1: True or False

Read the text and decide if the following sentences are true or false:

1. Healthy eating can help prevent diseases. **True / False**
2. Only fruits and vegetables are part of a healthy diet. **True / False**
3. Drinking water is important for staying hydrated. **True / False**
4. Healthy eating has no impact on mental clarity. **True / False**



### Section 2: Short Answer Questions

Answer the following questions using information from the text:

1. What does a balanced diet include?
  - .....
2. How does healthy eating support our immune system?
  - .....
3. What is the role of water in our body?
  - .....
4. What are the benefits of eating healthy?
  - .....