

Reading Comprehension

A. Read the following sentences. Find each idea in the *Reading* and then write the number of the paragraph that discusses it.

■ Having a healthy relationship with others makes our lives better.

Paragraph

■ Addiction is a harmful habit.

Paragraph

■ Paying attention to our food is necessary for our physical health.

Paragraph

B. Skim the *Reading*. Circle the main idea.

a) Smoking is harmful to health.

b) Having a healthy and long life needs a careful plan.

c) Praying gives people a healthy life.

C. Scan the *Reading* to find the following information.

a) What increases the risk of heart attack?

b) How can we check our general health?

c) What is the most important factor to have a healthier life?