

1. **What is the main purpose of the text?**
 2. **What is the author's attitude towards the topic?**
 3. **What is the main idea of the text?**

4. **What is the author's opinion on the topic?**
 5. **What is the author's conclusion?**

2. **READING COMPREHENSION**

Read the text and answer the questions.
1. What is the main purpose of the text?
2. What is the author's attitude towards the topic?
3. What is the main idea of the text?

The text is about the importance of maintaining a healthy diet and regular exercise. It discusses the benefits of a balanced diet and the importance of staying active. The author provides practical advice on how to incorporate healthy habits into daily life. The text is written in a clear and concise style, making it easy to understand.

4. What is the author's opinion on the topic?
5. What is the author's conclusion?

The author concludes that maintaining a healthy diet and regular exercise are essential for overall well-being. They encourage readers to make small, sustainable changes to their lifestyle to improve their health. The text is a helpful guide for anyone looking to live a healthier life.



6. What is the author's opinion on the topic?
7. What is the author's conclusion?

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