

Technology in Everyday Life



In our daily lives, technology plays a very important role. We wake up to the sound of an alarm on our phone, a device that we carry with us all day. It not only tells us the time but also keeps us connected with friends and family. Through messages and calls, we share news and plan our days.

During breakfast, many of us read the news on a tablet or listen to music from a streaming service. The smart fridge in the kitchen tells us when we are running low on milk or eggs. It is clear that gadgets and machines are very helpful in our homes.

When we leave the house for work or school, we might use a car that helps us find the way. The GPS system uses satellites to show the best route on a screen. Buses and trains also use technology to run on time and keep passengers safe. It is easy to see that travel has become faster and more comfortable because of technology.

At work, almost everyone uses a computer to do their tasks. We send emails instead of letters and create documents without using any paper. Meetings are often held through video calls, and this allows people to work together from different places. It saves a lot of time and makes communication easier.

After work, many people relax by watching shows on a flat-screen TV or playing games on a console. The internet gives us access to a huge amount of films, songs, and games. We can enjoy these alone or share them with others, even if they are far away.

Before going to bed, we might read a book on a digital reader that can hold hundreds of books in one place. We set the next day's alarm on our phone and go to sleep. Technology is with us from the moment we wake up until we go to bed. It makes our lives easier and brings us closer to the ones we love.

CEFR Level Card

General Level: B1.2

Vocabulary: A1.7

Verb Forms: A1.6

Sentences: B1.4

Vocabulary

console NOUN B2 x1

Definition (En):

- n. a scientific instrument consisting of displays and an input device that an operator can use to monitor and control a system (especially a computer system)
- n. an ornamental scroll-shaped bracket (especially one used to support a wall fixture)

easier ADV B2 x1

Definition (En):

- a posing no difficulty; requiring little effort
- s not hurried or forced
- a free from worry or anxiety
- s affording pleasure
- s having little impact
- s readily exploited or tricked
- s in fortunate circumstances financially; moderately rich
- s marked by moderate steepness
- s affording comfort
- s casual and unrestrained in sexual behavior
- s less in demand and therefore readily obtainable
- s obtained with little effort or sacrifice, often obtained illegally

gps NOUN B2 x1

Definition (En):

- n a navigational system involving satellites and computers that can determine the latitude and longitude of a receiver on Earth by computing the time difference for signals from different satellites to reach the receiver

satellite NOUN B2 x1

Definition (En):

- n. man-made equipment that orbits around the earth or the moon
- n. a person who follows or serves another
- n. any celestial body orbiting around a planet or star
- v. broadcast or disseminate via satellite

stream VERB C1 x1

Definition (En):

n. a natural body of running water flowing on or under the earth

n. dominant course (suggestive of running water) of successive events or ideas

n. something that resembles a flowing stream in moving continuously

v. to extend, wave or float outward, as if in the wind

Phrases

PHRASE	COUNT	SENTENCES
a lot of	1	<ul style="list-style-type: none"> It saves a lot of time and makes communication easier.
go to bed	2	<ul style="list-style-type: none"> Before going to bed, we might read a book on a digital reader that can hold hundreds of books in one place. Technology is with us from the moment we wake up until we go to bed.
go to sleep	1	<ul style="list-style-type: none"> We set the next day's alarm on our phone and go to sleep.
instead of	1	<ul style="list-style-type: none"> We send emails instead of letters and create documents without using any paper.
run low	1	<ul style="list-style-type: none"> The smart fridge in the kitchen tells us when we are running low on milk or eggs.
streaming service	1	<ul style="list-style-type: none"> During breakfast, many of us read the news on a tablet or listen to music from a streaming service.

Reading Comprehension Exercises

True / False / Not Given

1. Our phone alarm is used to wake us up and keep in touch with others.
2. Reading the news during breakfast is done only with tablets.
3. The smart fridge can suggest when to buy more milk or eggs.
4. Cars and buses utilize technology to arrive faster to destinations.
5. Every worker must send emails and avoid using paper at work.
6. Video calls at work allow people to communicate from various locations.
7. People only watch shows on TV after work.
8. Technology offers us many entertainment options like movies and games.
9. Gadgets only make communication easier and do nothing else.
10. Digital readers can be used for holding many books and setting alarms.

Multiple Choice

- 1) What is the role of technology in our daily lives according to the text?
 - A) It makes life more complicated.
 - B) It helps us stay in touch with loved ones.
 - C) It replaces our need for friends.
 - D) It causes us to wake up late.

- 2) How do smart fridges contribute to our home life?
 - A) They cook meals for us.
 - B) They make us go shopping more often.
 - C) They tell us when we need to buy more milk or eggs.
 - D) They watch TV with us.

- 3) What makes traveling faster and more comfortable according to the text?
 - A) Walking to our destinations.
 - B) Using maps made of paper.
 - C) Having better shoes.
 - D) The utilization of technology in vehicles.

- 4) In what way does technology change how we work?
 - A) We use more paper than before.
 - B) Technology prevents us from having meetings.
 - C) We send emails and work together through video calls.
 - D) It makes work impossible to do.

- 5) What does technology allow us to do after work?
 - A) Only read printed books.
 - B) Watch shows on TVs and play games on consoles.
 - C) Disconnect completely from any form of entertainment.
 - D) Travel to different places instantly.

- 6) Why might people use digital readers before going to bed?
 - A) They can hold hundred of books in one place.
 - B) They prevent people from sleeping.
 - C) They are uncomfortable to hold.
 - D) They can only display pictures.

- 7) What is the primary function of a GPS in a car?
 - A) To make the car drive faster.
 - B) To play music for the driver.
 - C) To control the car's temperature.
 - D) To show the best route on a screen.

- 8) How has the way we send news to others changed with technology?
 - A) We send letters more frequently.
 - B) We only use sign language.
 - C) We communicate through messages and calls.
 - D) We only talk face-to-face.

- 9) According to the text, what is one benefit of video calls for work?
- A) They take up a lot of time.
 - B) They allow people to work together from different places.
 - C) They always have technical problems.
 - D) They make communication harder.
- 10) From the text, what appears to be true about our use of technology throughout the day?
- A) Technology is only important at the start of the day.
 - B) We use technology until we leave the house.
 - C) We use technology only for entertainment purposes.
 - D) Technology is a part of our lives from the morning until the night.

Short Answer

1. How does technology help us before we go to school or work?
2. What does technology allow us to do from different places?
3. What can we do with the internet after work?
4. Why do smart fridges make our home life easier?
5. How has technology changed travel?
6. What do we use instead of paper to create documents at work?
7. Why might someone choose to read on a digital reader?
8. What role does technology play in our communication with friends and family?
9. How do we know which gadgets or machines are low on batteries in the morning?
10. How does technology simplify our bedtime routine?

Multiple Choice Cloze

In our daily lives, technology plays a very ___1___. We wake up to the sound of an alarm on our phone, a ___2___ that we carry with us all day. It not only tells us the time but also keeps us ___3___ with friends and family. Through messages and calls, we share news and plan our days.

During breakfast, many of us read the news on a tablet or listen to music from a streaming ___4___. The smart fridge in the kitchen tells us when we are running ___5___ on milk or eggs. It is clear that gadgets and machines are very ___6___ in our homes.

When we leave the house for work or school, we might use a car that helps us find the ___7___. The GPS system uses satellites to show the best route on a screen. Buses and trains also use technology to run on ___8___ and keep passengers safe. It is easy to see that travel has become ___9___ and more comfortable because of technology.

At work, almost everyone uses a computer to do their ___10___. We send emails instead of letters and create documents without using any paper. Meetings are often held through video calls, and this allows people to ___11___ together from different places. It saves a lot of time and makes communication easier.

After work, many people relax by watching shows on a flat-screen TV or playing games on a console. The internet gives us access to a huge amount of films, songs, and ___12___. We can enjoy these alone or share them with others, even if they are far away.

Before going to bed, we might read a book on a digital reader that can hold hundreds of books in one place. We set the next day's alarm on our phone and go to ___13___. Technology is with us from the moment we wake up until we go to bed. It makes our lives easier and brings us closer to the ones we love.

1) A. important role B. big game C. small part D. tiny piece

2) A. machine B. device C. gadget D. tool

3) A. joined B. linked C. hooked D. connected

4) A. game B. service C. program D. show

5) A. high B. short C. low D. tall

- 6) A. useful B. useless C. harmful D. dangerous
- 7) A. problem B. sight C. way D. question
- 8) A. schedule B. demand C. order D. time
- 9) A. slower B. faster C. weaker D. harsher
- 10) A. tasks B. hobbies C. breaks D. games
- 11) A. fight B. argue C. compete D. work
- 12) A. players B. games C. tools D. lessons
- 13) A. sleep B. eat C. work D. read

Exercise Answers

True / False / Not Given Answers

1. True

Explanation: The text says the phone wakes us up and keeps us connected, which means it's used for communication with friends and family.

("We wake up to the sound of an alarm on our phone...also keeps us connected with friends and family.")

2. False

Explanation: The text mentions tablets but also gives music from a streaming service as another option, so it's not only tablets that are used.

("During breakfast, many of us read the news on a tablet or listen to music from a streaming service.")

3. True

Explanation: The text directly states that the smart fridge tells us when we need more milk or eggs.

("The smart fridge in the kitchen tells us when we are running low on milk or eggs.")

4. True

Explanation: The text mentions cars have GPS for routes and buses trains use technology to be on time, which implies a faster arrival.

("The GPS system uses satellites to show the best route on a screen. Buses and trains also use technology to run on time...")

5. False

Explanation: The text says that people do these things, but it does not state that every worker must do them.

("We send emails instead of letters and create documents without using any paper.")

6. True

Explanation: The text directly states that video calls allow people to work together from different locations.

("Meetings are often held through video calls, and this allows people to work together from different places.")

7. False

Explanation: The text mentions watching shows on TV and playing games on a console, so it's not only TV watching.

("After work, many people relax by watching shows on a flat-screen TV or playing games on a console.")

8. True

Explanation: The text clearly says that the internet provides access to films, songs, and games, which are entertainment options.

("The internet gives us access to a huge amount of films, songs, and games.")

9. False

Explanation: While the text does say gadgets make communication easier, it also says they make our lives easier, which is broader.

("It makes our lives easier and brings us closer to the ones we love.")

10. Not Given

Explanation: The text mentions digital readers holding books but does not mention setting alarms with them.

("N/A")

Multiple Choice Answers

1. B

Explanation: The text states that technology keeps us connected with friends and family, indicating that it helps us stay in touch with loved ones.

("It not only tells us the time but also keeps us connected with friends and family.")

2. C

Explanation: The smart fridge informs us about the items we need to buy, such as milk or eggs.

("The smart fridge in the kitchen tells us when we are running low on milk or eggs.")

3. D

Explanation: The text explains that travel improvements are due to technology.

("It is easy to see that travel has become faster and more comfortable because of technology.")

4. C

Explanation: The text illustrates that technology enables us to send emails and have video call meetings, changing our work processes.

("We send emails instead of letters and create documents without using any paper. Meetings are often held through video calls.")

5. B

Explanation: Technology allows us to watch shows and play games for relaxation, according to the text.

("After work, many people relax by watching shows on a flat-screen TV or playing games on a console.")

6. A

Explanation: According to the text, digital readers are used because they can store many books.

("we might read a book on a digital reader that can hold hundreds of books in one place.")

7. D

Explanation: The text identifies that the GPS's purpose is to provide the best route on a screen.

("The GPS system uses satellites to show the best route on a screen.")

8. C

Explanation: The text says we now use messages and calls to share news, which is a change brought about by technology.

("Through messages and calls, we share news and plan our days.")

9. B

Explanation: The text indicates that video calls enable people to collaborate from various locations.

("Meetings are often held through video calls, and this allows people to work together from different places.")

10. D

Explanation: The text suggests that technology is integrated into our entire day, from waking up to going to sleep.

("Technology is with us from the moment we wake up until we go to bed.")

Short Answer Answers

1. It helps us find the way with gps and keeps public transportation on time and safe.

Explanation: The text says that cars have GPS to show the route and public transportation uses technology to be on time and safe.

("When we leave the house for work or school, we might use a car that helps us find the way. The GPS system uses satellites to show the best route on a screen. Buses and trains also use technology to run on time and keep passengers safe.")

2. Work together through video calls.

Explanation: The text explains that video calls permit people to have meetings and work together from various locations.

("Meetings are often held through video calls, and this allows people to work together from different places.")

3. Watch shows, play games, and access a huge amount of films, songs, and games.

Explanation: The text mentions that after work the internet lets us watch shows and play games, also providing a large choice of films, songs, and games.

("After work, many people relax by watching shows on a flat-screen TV or playing games on a console. The internet gives us access to a huge amount of films, songs, and games.")

4. They tell us when we are low on milk or eggs.

Explanation: According to the text, smart fridges notify us when we need to buy more milk or eggs, thus they ease our home life.

("The smart fridge in the kitchen tells us when we are running low on milk or eggs.")

5. It has made it faster and more comfortable.

Explanation: The text clearly states that travel is now quicker and comfier thanks to technology.

("It is easy to see that travel has become faster and more comfortable because of technology.")

6. A computer.

Explanation: In the text, it's mentioned that people use computers to create documents, implying they don't use paper.

("At work, almost everyone uses a computer to do their tasks. Meetings are often held through video calls, and this allows people to work together from different places.")

7. It can hold hundreds of books in one place.

Explanation: The text says a digital reader can store many books, which is why someone might use it.

("Before going to bed, we might read a book on a digital reader that can hold hundreds of books in one place.")

8. It keeps us connected through messages and calls.

Explanation: According to the text, technology helps us stay in touch via messages and calls.

("It not only tells us the time but also keeps us connected with friends and family. Through messages and calls, we share news and plan our days.")

9. The text does not specify this information.

Explanation: The text does not mention anything about checking batteries or which gadgets might be low on power in the morning.

("")

10. We set the next day's alarm on our phone.

Explanation: The text shows that setting an alarm on the phone is part of our bedtime routine, making it simpler.

("We set the next day's alarm on our phone and go to sleep.")

Multiple Choice Cloze Answers

1. A

Explanation: The correct phrase 'important role' indicates technology's significance in our lives.

2. B

Explanation: 'Device' correctly refers to the phone mentioned in the text.

3. D

Explanation: 'Connected' is the appropriate word for maintaining contact with people.

4. B

Explanation: 'Service' is the correct term for platforms that stream music.

5. C

Explanation: The phrase 'running low' correctly describes the depletion of milk or eggs.

6. A

Explanation: 'Useful' is the right word to describe the positive assistance of gadgets and machines at home.

7. C

Explanation: 'Way' fits properly as it relates to finding a direction to travel.

8. A

Explanation: The word 'schedule' is suitable for referring to the punctuality of public transport.

9. B

Explanation: 'Faster' appropriately describes the improvement of travel due to technology.

10. A

Explanation: 'Tasks' is the correct word for work activities.

11. D

Explanation: 'Work' is the appropriate word that fits the context of collaboration.

12. B

Explanation: 'Games' completes the list of digital content available on the internet.

13. A

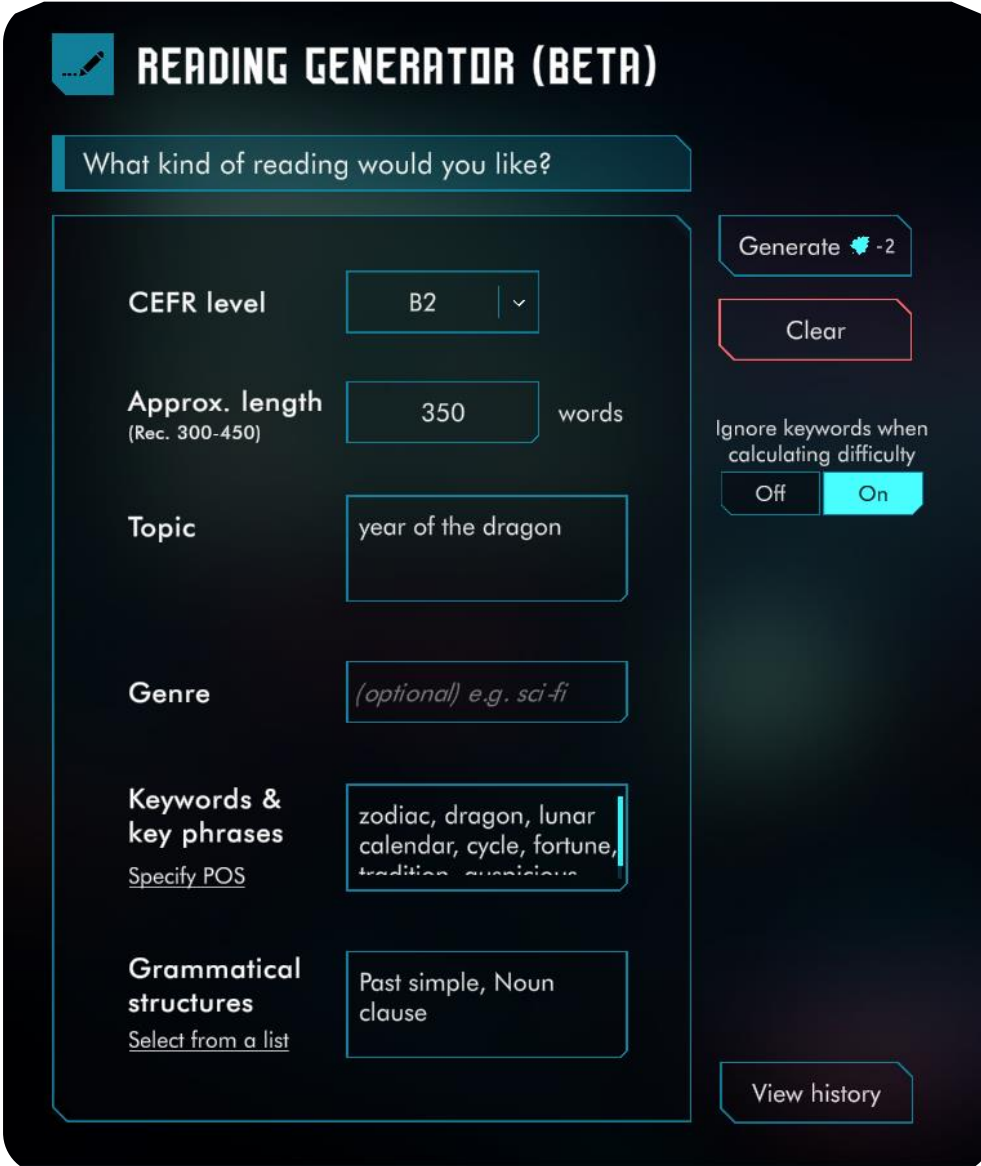
Explanation: 'Sleep' is the correct word, concluding the day as described.

How to create your own reading lesson?

It's as simple as providing Cathoven with:

- the reading level
- the length of the reading
- the topic
- the vocabulary to study

And you're done. It will be automatically generated.



READING GENERATOR (BETA)

What kind of reading would you like?

CEFR level B2

Approx. length 350 words
(Rec. 300-450)

Topic year of the dragon

Genre *(optional) e.g. sci-fi*

Keywords & key phrases
Specify POS
zodiac, dragon, lunar calendar, cycle, fortune, tradition, suspicious

Grammatical structures
Select from a list
Past simple, Noun clause

Generate ⚡ -2

Clear

Ignore keywords when calculating difficulty
Off **On**

View history