

2024

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Question 1: Exercise and Mental Health

- A. Participants were divided into two groups: one engaged in regular exercise, while the other remained sedentary.
- B. Over time, the exercise group reported a notable improvement in mental wellbeing, suggesting a positive correlation between physical activity and mental health.
- C. This finding highlights the importance of incorporating physical activity into daily routines to enhance mental health.
- D. Initially, there was no significant difference in mental health scores between the two groups.
- E. A group of researchers set out to investigate the relationship between exercise and mental health.

Question 2: Importance of Fresh Water

- A. Although a few plants and animals can make do with saltwater, all humans need a continuous supply of fresh water.
- B. Ensuring a safe and sustainable water supply is a major global challenge.
- C. Access to clean water is essential for health and wellbeing.
- D. Without water, people, animals, and plants cannot live.
- E. Everybody needs fresh water.

Question 3: Technology and Communication

- A. Social media platforms also play a significant role in this transformation.
- B. Technology has transformed the way we communicate.
- C. However, this rapid change comes with its own set of challenges and concerns.
- D. From emails to video calls, the options are numerous.
- E. As a result, staying connected with people across the globe has become easier than ever.

Question 4: Evolution of Democracy

- A. The principles of democracy promote equality and freedom.
- B. The concept of democracy has evolved over centuries.
- C. In its early forms, democracy was limited to small city-states.
- D. Despite its flaws, democracy remains a preferred system for many.
- E. Today, it is a widespread system of governance practiced in many countries around the world.

Question 5: Climate Change Challenges

- A. Public awareness and individual efforts are also crucial in combating climate change.
- B. It has led to extreme weather patterns and rising sea levels.
- C. Addressing this challenge requires international cooperation and immediate action.
- D. Climate change is a pressing global issue.
- E. Governments and organizations around the world are working on solutions.

Question 6: Renewable Energy

- A. Renewable energy sources such as solar and wind power are becoming increasingly popular.
- B. This shift is essential to reduce dependence on fossil fuels.
- C. These sources are not only sustainable but also environmentally friendly.
- D. Many countries are investing heavily in renewable energy infrastructure.
- E. The transition to renewable energy also creates new job opportunities in the green economy.

Question 7: Education and Development

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- A. Efforts to improve education must focus on inclusivity and equity.
- B. Education is the cornerstone of personal and societal development.
- C. It equips individuals with the knowledge and skills necessary for personal growth.
- D. Access to quality education remains a challenge in many parts of the world.
- E. Societies that prioritize education tend to be more prosperous and stable.

Question 8: Accessing Information

- A. However, the vast amount of information available can be overwhelming.
- B. The internet has revolutionized the way we access information.
- C. With just a few clicks, we can find information on almost any topic.
- D. This ease of access has transformed education, business, and communication.
- E. It is important to develop skills to critically evaluate the information we find online.

Question 9: Impact of Globalization

- A. Globalization has significantly impacted economies around the world.
- B. However, it has also contributed to economic inequality and job displacement.
- C. Addressing the challenges of globalization requires coordinated international efforts.
- D. Many people have benefited from the economic growth brought about by globalization.
- E. It has led to increased trade and investment between countries.

Question 10: Cultural Heritage

- A. Unfortunately, many cultural heritage sites are at risk due to various threats.
- B. Cultural heritage includes tangible items like monuments and intangible practices like traditions.
- C. The preservation of cultural heritage is crucial for maintaining a society's identity.
- D. Efforts to protect cultural heritage must involve local communities and

international organizations.

E. Preserving these elements helps foster a sense of belonging and continuity.

Question 11: Healthcare Advances

A. Additionally, they help in the accurate diagnosis and treatment of diseases.

B. Technological advancements have drastically changed the healthcare industry.

C. These technologies allow for better communication between doctors and patients.

D. Innovations such as telemedicine and electronic health records have improved patient care.

E. As technology continues to evolve, the healthcare industry is expected to see even more improvements.

Question 12: Women in the Workforce

A. The role of women in the workforce has changed significantly over the past century.

B. Women now pursue careers in fields that were once dominated by men.

C. This shift has been driven by changes in social attitudes and increased access to education.

D. Despite these advancements, women still face challenges such as wage gaps and workplace discrimination.

E. Continued efforts are needed to ensure gender equality in the workplace.

Question 13: Biodiversity

A. Protecting biodiversity is crucial for the survival of all species, including humans.

B. Each species plays a unique role in the ecosystem, contributing to its health and stability.

C. Human activities such as deforestation and pollution threaten biodiversity.

- D. Conservation efforts must be strengthened to prevent further loss of biodiversity.
- E. Biodiversity is essential for maintaining ecosystem balance.

Question 14: Value of History

- A. By examining past events, we can learn from the successes and failures of previous generations.
- B. History also fosters a sense of identity and cultural heritage.
- C. The study of history provides valuable insights into human behavior and societal development.
- D. Therefore, it is important to preserve historical records and educate future generations about the past.
- E. This knowledge helps us understand current issues and make informed decisions for the future.

Question 15: Climate Change Solutions

- A. Immediate action is necessary to protect the planet for future generations.
- B. Addressing climate change requires a comprehensive approach involving governments, businesses, and individuals.
- C. Rising temperatures and changing weather patterns have far-reaching impacts on ecosystems and human societies.
- D. Climate change is one of the most significant challenges facing the world today.
- E. Renewable energy sources and sustainable practices are key to mitigating the effects of climate change.

Question 16: Mental Health Awareness

- A. Access to mental health services has improved, but challenges remain.
- B. The importance of mental health awareness has grown significantly in recent years.



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