



**For each question, choose the correct answer.**

### **Social interaction is critical for mental and physical health**

Hurray for the HotBlack Coffee cafe in Toronto for declining to offer Wi-Fi to its customers. There are other such cafes, to be sure, including seven of the eight New York City locations of Café Grumpy.

But it's HotBlack's reason for the electronic blackout that is cause for hosannas. As its president, Jimson Bienenstock, explained, his aim is to get customers to talk with one another instead of being buried in their portable devices.

"It's about creating a social vibe," he told a New York Times reporter. "We're a vehicle for human interaction, otherwise it's just a commodity."

What a novel idea! Perhaps Mr. Bienenstock instinctively knows what medical science has been increasingly demonstrating for decades: Social interaction is a critically important contributor to good health and longevity.

Personally, I don't need research-based evidence to appreciate the value of making and maintaining social connections. I experience it daily during my morning walk with up to three women, then before and after my swim in the locker room of the YMCA where the use of electronic devices is not allowed.

The locker room experience has been surprisingly rewarding. I've made many new friends with whom I can share both joys and sorrows. The women help me solve problems big and small, providing a sounding board, advice and counsel and often a hearty laugh that brightens my day.

#### **1. Jimson Bienenstock has a main aim about Interaction, which is the correct one?**

- A)** You can interact with people around the world through social media.
- B)** You can create a good vibe without using electronics while you are in a café.
- C)** We are comfortable with the way we interact with our friends.
- D)** People don't need to get new friends; they are good the way they are.

**2. Social Interaction is a critically important contributor to good health and longevity. What does Jane E. Brody (article Author) think about this idea?**

- A)** It's an awkward idea, that should disappear soon.
- B)** It's a fresh and original idea to encourage costumers.
- C)** This idea will not work because most people need their devices to chat in a café.
- D)** Social interaction is a contributor when you are updated with your social media.

**3. Why is it important to make and maintain social connections?**

- A)** Because people can gossip while they are doing their daily activities.
- B)** Because people can get lots of friends and never be alone.
- C)** Because people want to have fun no matter where they are.
- D)** Because people can share pleasures and troubles and maybe others could help them.

**4. What is the locker room experience about?**

- A)** You enter in a big locker, and you can talk with a friend with no distractions.
- B)** You keep all your devices in a locker, so you can join many activities with no distractions and interact with people.
- C)** You write your joys and sorrows and put them in a locker, so more people can read it and answer them.
- D)** You keep all your devices in a locker, and you can't talk with anyone to get relaxed.

**5. What is the conclusion for this article?**

**A**

Never trust anyone keeping all your devices in a locker, so you would not be comfortable while you are doing your activities.

**B**

Medical science has been demonstrating how important social interaction is to feel mentally and physically good.

**C**

If you spend more time at home resting, that will help you to be a happy person because you will not have any problems.

**D**

Make a lot of friends and you will never be alone and that will help you to be always happy with other people and yourself.