## UNIT 3. HEALTHY LIVING FOR TEENS

TEST 01

***Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.***

**Question 1.** A. accomplish B. additional C. anxiety D. assignment

**Question 2.** A. educate B. deadline C. distraction D. study

***Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.***

**Question 3.** A. awake B. advise C. delay D. mental

**Question 4.** A. cognitive B. abandon C. emotion D. important

***Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.***

**Question 5.** To most people, ____ living means both physical and mental health are functioning well together.

A. Healthy B. unhealthy C. health D. healthily

**Question 6.** The school counsellor advises the students ____ their study and play time.

A. Underground B. to balance C. taxi D. bus

**Question 7.** Students have to _____ their time by planning their schedule and giving priority to their work.

A. Manage B. waste C. managing D. bring

**Question 8.** If you ____ time for relaxation, you will avoid feeling overwhelmed.

A. Will make B. make C. should make D. must make

**Question 9.** Unless you follow a healthy diet, you ____ feel tired.

A. Might B. will C. can't D. should

**Question 10.** If you don't hand ____ your homework, you will get into trouble.

A. In B. into C. up D. on

**Question 11.** I'm not good at art so I'm ____ this subject. I'll try French now.

A. Attending B. marking C. dropping D. taking

**Question 12.** Mary: " Shall we have a drink when you finish your talk?"

John: " _____ "

A. No you can't B. All right C. You're welcome D. You needn't do that

***Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 13 to 16.***

**COME AND JOIN OUR LUNCHTIME YOGA CLASS WITH EXPERIENCED TEACHER**

When? – (13) _____ Tuesday at 1.30 p.m

Where? – (14) _____ Room 7

How much? - $10 for four 30-minute classes

What to bring? – (15) ____clothes. Divya will provide the yoga mats.

How to join? Write to Sam at Sam.

We can only take a (16) ____ of 20 in the room, so book now!

**Question 13.** A. Almost B. Most C. Every D. All

**Question 14.** A. in B. at C. on D. about

**Question 15.** A. fashionable B. comfortable C. expensive D. cheap

**Question 16.** A. minimum B. number C. maximum D. minority

***Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions 17.***

a. Sleep is very important for staying healthy because it helps your brain and emotions work well.

b. So, if you keep a regular sleep schedule, you will feel better.

c. This way, you can take better care of your health.



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d. In addition, avoiding late-night activities makes your sleep better.
e. Also, creating a calm bedtime routine can help you fall asleep.
A. a-c-d-b-e B. a-b-e-c-d C. a-d-b-e-c D. a-e-b-d-c

**Question 18.**
a. Physical activity is beneficial for teens.
b. Therefore, if you engage in regular exercise, you can enhance your fitness levels.
c. As a result, regular exercise also helps in managing stress effectively.
d. Additionally, choosing enjoyable activities increases motivation for exercise.
e. Moreover, incorporating different types of exercise can benefit overall health.
A. a-c-b-e-d B. a-d-b-e-c C. a-b-e-c-d D. a-e-b-c-d

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each numbered blank from 19 to 24.***

When I was at school, I had to learn how to have a well-balanced life in order to reduce stress and anxiety. Here are some of the typical things I did. Firstly, I managed my time properly. (19) _____ I started to plan my schedule, made a weekly work list and gave priority to some of my work. This helped me concentrate my efforts on my most important tasks. In addition, I communicated with my family, friends, and teachers about my busy schedule and problems, so they would offer me additional (20) _____ support. I also took breaks appropriately because they helped me keep away from stress and anxiety and gave my brain a rest and improved my (21) _____.

Finally, I looked after my (22) _____. I got at least eight hours of sleep a day. I played football with my classmates twice a week and went for a walk with my grandparents early every morning. Besides, I also tried to (23) _____ a healthy diet. I ate a lot of fruit and vegetables. I ate little fattening foods and avoided (24) _____ like chips, cookies, pizza, etc.

**Question 19.** A. however B. therefore C. but D. because
**Question 20.** A. a B. the C. some D. X
**Question 21.** A. happy B. happier C. happiness D. happily
**Question 22.** A. healthy diet B. junk foods C. physical health D. mood
**Question 23.** A. take part B. healthy diet C. be careful D. make sure
**Question 24.** A. junk foods B. healthy diet C. physical health D. support

***Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.***

**Question 25.** Taking care of both physical and mental health is important.
A. Taking care of both physical and mental health is unnecessary.
B. If you take care of both physical and mental health, it will not matter.
C. Both physical and mental health do not need to be taken care of.
D. It is important to take care of both physical and mental health.

**Question 26.** You don't manage your time well, you may feel stressed out accomplishing all the assignments.
A. If you don't manage your time well, you can easily finish all the assignments.
B. You will never feel stressed out no matter how badly you manage your time.
C. Managing your time poorly means you won't feel stressed out.
D. If you don't manage your time well, you will feel stressed out accomplishing all the assignments.

***Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.***

**Question 27.** *you/ want/ take part/ contest/ you/ fill/ this form.*
A. If you want take part contest, you must filling this form.
B. You must take part in the contest if you want fill this form.
C. If you want to taking part in the contest, you must fill this form.
D. If you want to take part in the contest, you must fill in this form

**Question 28.** *your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight.*



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A. If your brother might get tired tomorrow, he stays up late tonight.
B. Your brother stays up late tonight if he might get tired tomorrow.
C. Your brother might get tired tomorrow if he stays up late tonight.
D. Your brother might tired get tomorrow if he stays late up tonight.

***Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.***

**Question 29.** What does the sign say?

A. Security cameras are not being used in this area.
B. Security cameras are watching and recording in this area.
C. There are no security cameras around this building.
D. Security cameras are only active during the night.

**Question 30.** What does the notice say?

"The cafe will have live music on Friday nights starting at 7 PM.
Enjoy music while you dine."

A. Live music will be played on Saturday nights.
B. The café will have live music on Friday nights starting at 7 PM
C. Music will be played only in the morning.
D. The café will not have live music this month.

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions from 31 to 36.***

Balance is key for Mary, a busy teenager. She uses an app to stay **organized** with her assignments and deadlines; the app helps her receive **reminders** to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid **distractions**, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

**Question 31:** Which title best describes the content of the text?
A. How to Use Social Media Effectively
B. Tips for Healthy Eating Habits
C. Strategies for Managing Time Efficiently
D. Importance of Exercise in Daily Life

**Question 32:** What is the main difference between Mary and James's approach to managing their time?
A. Mary limits her social media use, while James avoids distractions by turning off notifications.



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B. Mary uses a to-do list, while James does not use any planning tools.
C. Mary works overtime frequently, while James has a flexible work schedule.
D. Mary spends a lot of time on social media, while James spends little time with his family.

**Question 33:** Which word is CLOSEST in meaning to "**organized**"?
A. Arrange B. Ignore C. Delay D. Confuse

**Question 34:** Which word is the OPPOSITE of "**distractions**"?
A. Interruptions B. Focus C. Disturbances D. Transaction

**Question 35:** Which word is CLOSEST in meaning to "**reminders**"?
A. Alerts B. Warnings C. Notifications D. Announcements

**Question 36:** Why does Mary limit her social media time?
A. To avoid wasting time and stay focused
B. To relax and clear her mind
C. To focus on volunteer work
D. To spend more time with her family

***Four phrases/ sentences have been removed from the text below. For each question, mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 37 to 40.***

There are many things we should do to manage our time effectively. Firstly, (37) _____. This will help us keep focused on our most important tasks and avoid wasting time on tasks that do not contribute to our goals. Secondly, (38) _____ can help us manage our time efficiently by breaking down our day into manageable chunks. We should also be realistic about how long each task will take and build in extra time for unexpected interruptions or delays. (39) _____ . Such as social media or unnecessary meetings, (40) _____ . By following these tips, we can effectively manage our time and achieve success in all aspects of our life.

A. creating a schedule or to-do list
B. Thirdly, it is essential to eliminate distractions
C. which can reduce our productivity
D. we should set specific goals and prioritise them according to their importance level

**Question 37** **Question 38** **Question 39** **Question 40**



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