TEST YOURSELF 1

I Pronunciation

Read the conversations. Circle the weak forms and underline the strong forms of the auxiliary verbs. Then mark (‿) the consonant and vowel sounds that can be linked. (2 pts)

1. A: Do you live in this city?
   B: Yes, I do.
2. A: Have you seen a doctor yet?
   B: Yes, I have.

Read the conversations. Complete them using short answers. (2 pts)

3. A: Do you live with your grandparents?
   B: No, _____.
4. A: Will you be able to meet me after school, Mai?
   B: Yes, _____.

II Vocabulary

Choose the best answers to complete the following sentences. (12 pts)

5. After catching the virus, she became weaker and didn't have the _____ to do any exercise.
   A. strength B. muscle C. treatment D. ingredient
6. The doctor _____ her carefully, but could find nothing wrong.
   A. hired B. examined C. experimented D. taught
7. A _____ diet that includes different kinds of food can help improve your health.
   A. fresh B. traditional C. balanced D. vegetarian
8. To stay healthy, you need to _____ for at least 30 minutes a day.
   A. run out B. run on C. work on D. work out

LIVEWORKSHEETS

9. The government needs to improve _____ transport in big cities to reduce car use.

A. public B. private C. national D. rural

10. Smart _____ are often installed in modern buildings to turn on and off appliances automatically and save energy.

A. phones B. sensors C. objects D. cards

11. Living in the city has many benefits; however, _____ face high costs of living.

A. farmers B. doctors C. city dwellers D. old generations

12. Too many _____ on the road is one of the causes of air pollution in big cities.

A. high-rise buildings B. skyscrapers C. roof gardens D. private vehicles

13. I live with my _____ family consisting of three generations: my grandparents, my parents, my sister, and I.

A. extended B. nuclear C. single D. one-parent

14. In a(n) _____ family of only parents and children, conflicts may also happen because of lack of understanding.

A. generational B. nuclear C. extended D. childless

15. The best way to _____ the generation gap in the workplace is to respect generational differences.

A. bring B. shut C. bridge D. accept

16. Older generations who have _____ many difficulties can give us valuable life lessons.

A. lived B. earned C. spent D. experienced

III Grammar

Choose the best answers to complete the following sentences. (12 pts)

17. My mother has practised yoga _____ more than ten years.

A. for B. since C. in D. after

18. I have built up my muscles _____ I started working out.

A. for B. since C. in D. already

19. My sister had a stomach ache, so she _____ to see the doctor last week.

A. has gone B. has been to C. went D. goes

20. My parents have _____ bought a treadmill, so now I can walk or run on it whenever I want.

A. yet B. so far C. since D. just

21. He _____. What's wrong with him?

A. looks so worried B. looks so worriedly

C. is looking so worried D. is looking so worriedly

LIVEWORKSHEETS

22. My father _____ of going on a diet. He's put on weight recently.

A. thinks **B.** is thinking **C.** thought **D.** has thought

23. Dr Wilson, I'm not feeling well today. I _____ a terrible headache.

A. am having **B.** had **C.** have **D.** have had

24. Lan, _____ our aerobics instructor? She's become very famous.

A. are you remembering **B.** were you remembering

C. will you remember **D.** do you remember

25. I think you _____ talk to your parents about it. I'm sure they'll give you the best advice.

A. should **B.** shouldn't **C.** have to **D.** don't have to

26. You _____ stay out after 10 p.m. Remember to be back home by then.

A. must **B.** mustn't **C.** should **D.** don't have to

27. My grandmother _____ leave school at the age of 14, so she could help her mother with household chores.

A. must **B.** should **C.** had to **D.** mustn't

28. Parents _____ compare their children with others' because their children may start believing they are not able to perform well.

A. should **B.** must **C.** shouldn't **D.** don't have to

IV Reading

Read the text and choose the best answers. (5 pts)

Effects of the generation gap

The generation gap can create many negative consequences. Older generations often experience stress and anxiety as they fail to (29) _____ younger ones. Old people also feel no longer needed or wanted, and less (30) _____ in their abilities to use technology. Younger generations, on the other hand, don't feel very (31) _____ with the traditional culture and values of their parents and grandparents. They want to make their own decisions and create their own (32) _____ without following in their parents' footsteps. They also highly (33) _____ the relationship with their peers, and peer groups play an important role in their life. They feel bad when they disappoint their parents.

29. A. understand **B.** protect **C.** control **D.** manage

30. A. attractive **B.** confident **C.** useful **D.** practical

31. A. valued **B.** curious **C.** connected **D.** worried

32. A. life **B.** idea **C.** job **D.** future

33. A. value **B.** understand **C.** create **D.** improve

LIVEWORKSHEETS

Read the text and choose the best answers. (6 pts)

The best time to exercise

We all know the importance of exercise as a healthy habit. But what's the best time to exercise? Research has shown that morning, afternoon, or evening workouts have their own benefits. When you work out in the morning, you burn more fat. In fact, those who start their exercise routine on an empty stomach can burn about 20 per cent more body fat than those exercising later in the day. Morning exercise also helps many people sleep better at night.

Afternoon or evening workouts can also bring benefits. Remember that your temperature is the highest between 2 p.m. and 6 p.m. This temperature helps increase your muscle strength and **endurance**. In the afternoon or evening, your reaction time is at **its** quickest, while your heart rate and **blood pressure** are the lowest. Exercising at this time decreases your chances of injury while improving your performance. So, depending on your schedule and preferences, you can choose the best time to work out.

34. What is the text mainly about?

A. Workouts at different times and their benefits.

B. Drawbacks of afternoon workouts.

C. Advantages of evening workouts.

D. Benefits of morning workouts and injuries.

35. Which of the following is a benefit of a morning workout?

A. You put on weight.

B. You gain more body fat.

C. You have a better night's sleep.

D. You have an empty stomach.

36. The word '**endurance**' in paragraph 2 means _____.

A. the ability to see problems and solve them quickly without others' support

B. the ability to continue doing something painful or difficult for a long period of time

C. the ability to work both on your own and in a group

D. the ability to live a balanced life

37. Which of the following is a benefit of an afternoon or evening workout?

A. Your body temperature is the lowest.

B. Your reaction time is slow.

C. Your heart rate and blood pressure are the highest.

D. You can avoid the risk of injury.

38. The word '**its**' in paragraph 2 refers to _____.

A. afternoon

B. evening

C. reaction time

D. heart rate

LIVEWORKSHEETS

39. The phrase '**blood pressure**' in paragraph 2 means _____.

A. a measure of the force with which blood flows through the body

B. the number of times the heart beats per minute

C. the pressure on your chest

D. the stress that can cause heart problems

V Speaking

Complete the following conversations by circling the best answers. (4 pts)

40. ***Peter:*** Mai, your bags look very heavy. _____ give you a hand?

Mai: Thank you. That's very kind of you.

A. Can I B. Do I C. Should I D. Did I

41. ***Phong:*** Anne, I heard there are plans for building more skyscrapers in our neighbourhood. Do you think that will be possible?

Anne: _____ about it. Our neighbourhood is already very crowded.

A. I'm sure B. I have no doubt C. I'm not sure D. Absolutely sure

42. ***Tim:*** Lan, do you know if our cycling team will compete in the bike race next Sunday?

Lan: _____ about it. The information is already on the notice board.

A. I'm not so sure B. I have no doubt C. I don't know D. I don't care

43. ***Tam:*** Ms Bennet, _____ if I brought my brother to the school exhibition?

Ms Bennet: I'm afraid you can't. The exhibition is only open to the students from our school.

A. can you mind B. will you mind C. do you mind D. would you mind

VI Writing

Choose the best answers to complete the sentences. (4 pts)

44. _____, she has not been ill.

A. Since Lan started eating a balanced diet

B. When Lan started eating a balanced diet

C. After Lan started eating a balanced diet

D. Before Lan started eating a balanced diet

45. _____ in the past, but now people live longer.

A. Life expectancy is low B. Life expectancy was low

C. Life expectancy has been low D. Life expectancy had been low

LIVEWORKSHEETS

46. I'll watch the TV programme about smart cities _____.

A. so it sounds interesting

B. because it sounded interesting

C. because it sounds interesting

D. because it doesn't sounds interesting

47. Let's put the rubbish out tonight _____.

A. so it smells bad

B. so I can smell it

C. because I am smelling something bad

D. because it smells bad

Choose the sentence which has the closest meaning to the original one. (3 pts)

48. You mustn't use your electronic devices after 11:30 p.m.

A. You are not allowed to use your electronic devices after 11:30 p.m.

B. You can only use your electronic devices after 11:30 p.m.

C. You can turn on your electronic devices after 11:30 p.m.

D. You don't have to use your electronic devices after 11:30 p.m.

49. After getting married, young couples don't have to live with their parents.

A. Young couples must live with their parents even when they are married.

B. After getting married, it is not necessary for young couples to live with their parents.

C. Young couples mustn't live with their parents after getting married.

D. Young couples should live with their parents after getting married.

50. Parents should listen to their children's opinions.

A. It is compulsory for parents to listen to their children's opinions.

B. It is unnecessary for parents to listen to their children's opinions.

C. Listening to their children's opinions is the right thing for parents to do.

D. Parents don't have to listen to their children's opinions.

LIVEWORKSHEETS