UNIT TEST

English 9 - Unit 3 - Test 2 **Time allowed: 45 minutes**

Full name: ..... **Class:** .....

Choose the word/phrase/sentence (A, B, C or D) that best fits the space or best answers the question given in each sentence. (3.5 pts)

1. Choose the word whose underlined part is pronounced differently from the others.

A. hear B. head C. hat D. honest

2. Choose the word whose underlined part is pronounced differently from the others.

A. history B. hope C. helmet D. hour

3. Choose the word whose main stress position is different from the others.

A. physical B. information C. optimistic D. productivity

4. Choose the word whose main stress position is different from the others.

A. anxiety B. ingredient C. counsellor D. routine

5. Sophia is feeling _____ because she has three deadlines tomorrow.

A. well-balanced B. stressed out C. fattening D. physical

6. Liam: "I cannot concentrate on my homework because of my phone." - Oliver: "_____"

A. You can go for a walk to look for it.

B. You may buy a new calendar to write on.

C. You should turn it off and start studying.

D. You must keep it on to receive messages.

7. If she _____ to stay awake, she shouldn't stay up late tonight.

A. wants B. want C. will want D. wanting

8. You _____ ask the counsellor for advice if you have anxiety.

A. can B. ought C. must to D. should to

9. If Liam eats too much junk food, he _____ put on weight.

A. don't B. might C. mustn't to D. should to

10. If they don't follow the rules of the home gym, they _____ be punished.

A. won't to B. must C. shouldn't D. are not

11. Choose the word CLOSEST in meaning to the underlined word:
Sophia always tries to **accomplish** all her school tasks before the deadline.

A. complete B. discuss C. reduce D. delay

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12. Choose the word OPPOSITE in meaning to the underlined word:
Having an **optimistic** attitude helps students deal with school stress.

A. healthy B. positive C. pessimistic D. peaceful

13. a. Secondly, she turned off her phone to get rid of distractions.
b. Yesterday, Charlotte had a lot of history homework to do.
c. Thanks to this, she could concentrate and finish it quickly.
d. First, she sat at a quiet table in the school library.

A. d-b-a-c B. b-d-a-c C. c-b-d-a D. a-d-b-c

14. a. These foods are often high in fat and make you gain weight.
b. Instead, you should choose fresh ingredients for your meals.
c. If you want to lose weight, you must not eat much fast food.
d. This simple habit can improve your physical health quickly.

A. b-a-d-c B. a-c-d-b C. c-a-b-d D. d-b-c-a

Look at the sign or notice and choose the best answer (A, B, C or D) for each question. (0.5 pt)



15. Look at the sign. What does it mean?

A. Walking is not allowed on this street.
B. Watch out for people running across here.
C. You must wear special shoes to walk here.
D. Be careful because the path is slippery.



16. Look at the notice. What does it mean?

A. Free cleaning tools are sold at the door.
B. You should wash your gym clothes here.
C. Only clean people can enter the school gym.
D. Gym equipment must be cleaned after use.

Choose the word(s) (A, B, C or D) that best fits each space in the following passage. (1 pt)

Modern students face many distractions that prevent them from focusing on their lessons. If they do not know how to manage their time, their productivity will drop. One major distraction is social media. Many teenagers spend hours checking updates on their phones. To deal with this, they must turn off their devices when they start studying. If they sign out of their accounts, they can concentrate on their homework much better. Moreover, keeping a quiet study space is very important. If there is too much noise, they should go to the school library. Students should also remember to take a short break after

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working for an hour. Doing this can give their brain a rest and reduce stress. If they create a good study routine, they can accomplish their goals easily and maintain a healthy balance in life.

17.	A. ingredients	B. distractions	C. deadlines	D. routines
18.	A. deal with	B. work out	C. look after	D. turn off
19.	A. suffer	B. encourage	C. concentrate	D. delay
20.	A. calendar	B. routine	C. home gym	D. due date

Four phrases/sentences have been removed from the text below. Choose the correct option (A, B, C or D) that best fits each of the numbered blanks. (1 pt)

Diet and Mental Performance

Your diet plays an important role in your physical and mental health. ***(21)*** *_____ Healthy foods provide key ingredients that improve your memory and concentration. For example, eating fresh fruits and vegetables can make you feel more awake.*
(22) *_____ You shouldn't eat too much junk food or drink sugary drinks.*
(23) *_____ This is because fattening foods can cause stress and make you feel tired.*
(24) *_____ If you maintain a healthy diet, you can enhance your mood and accomplish more work.*

Options:
A. Finally, drinking plenty of water is good for health
B. Second, choosing healthy meals can increase productivity
C. First, what you eat can affect your brain and mood
D. Third, unhealthy eating habits can damage your body

21. ..... **22.** ..... **23.** ..... **24.** .....

Read the following passage and choose the correct answer (A, B, C or D) for each question. (1 pt)

Active Ways to Reduce Stress

Stress is a common issue for many high school students, especially during exam seasons. If they do not find ways to reduce stress, their mental health will suffer. Fortunately, there are many active ways to manage and overcome anxiety. One of the most effective methods is regular physical exercise. Doing sports or working out at the school gym can release chemicals that improve mood. If students do not like heavy exercise, they can simply go for a walk in a quiet park. This allows them to relax and gives their brain a break from study.

Another way to reduce stress is to maintain a well-balanced lifestyle. Students should divide their time between studying and relaxing. They should not delay their homework or leave it until the last minute. Working on tasks early helps them avoid the pressure of deadlines. They should also communicate with their parents or consult a counsellor if they feel overwhelmed. Sharing their feelings can help them feel more optimistic and bring

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them happiness. Ultimately, taking care of both physical and mental health is the key to overcoming school stress.

25. What is the primary focus of the passage?

A. How to prepare for high school sports matches.

B. The history of counselling services in schools.

C. Active methods for students to reduce stress.

D. How to eat a healthy diet during exam seasons.

26. The word "them" in the first paragraph refers to _____.

A. sports B. students C. chemicals D. methods

27. According to the passage, what is a simple alternative to heavy exercise?

A. Sleeping for ten hours every night. B. Doing yoga in a local home gym.

C. Playing football with classmates. D. Going for a walk in a quiet park.

28. What can students do to avoid the pressure of deadlines?

A. Eat fewer fattening ingredients. B. Sign out of social media apps.

C. Turn off their mobile phones. D. Work on their study tasks early.

Use the correct form of the word given in each sentence. (1 pt)

29. If Sophia wants to improve her health, she must exercise ..... (REGULAR)

30. Taking care of your body can bring you good health and ..... (HAPPY)

31. Liam is looking for some new workout ..... for his home gym. (EQUIP)

32. He wants to be a professional ..... to help people with stress. (COUNSEL)

Look at the entry of the word in a dictionary. Use what you can get from the entry to complete the sentences with two or three words. (0.5 pt)

prioritise *(verb)* /praɪˈɒrɪtaɪz/

Definition: to treat something as being more important than other things

- **prioritise tasks:** Sophia always prioritises tasks by their due dates.
- **prioritise something over something:** You should prioritise your health over work.
- **need to prioritise:** With so many projects, Oliver needs to prioritise.
- If they **fail to prioritise**, their grades will suffer.

33. If you have many assignments, you should ..... by their due dates.

34. To maintain a well-balanced life, Liam should ..... his health

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Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it, or build complete sentences from the given cues. (1.5 pts)

35. *You must study consistently if you want to get good grades.*

If you .....

36. *It is a good idea to take a short nap if you feel tired.*

If you .....

37. *I advise you not to skip meals to maintain your energy.*

If you .....

38. *If / they / not / sleep / well, / they / may / feel / tired.*

If they .....

39. *You / must / follow / schedule / if / you / want / complete / task.*

You must .....

40. *If / he / have / anxiety, / he / should / see / doctor.*

If he .....

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