UNIT TEST

English 9 - Unit 3 - Test 3 **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. honour B. height C. hear D. home

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

A. group B. early C. curl D. bird

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

A. distraction B. counsellor C. priority D. ingredient

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

A. routine B. schedule C. pressure D. balance

5. He planned a weekly _____ to help him manage his time effectively.

A. schedule B. ingredient C. home gym D. sore throat

6. Liam: "How can I reduce my exam anxiety?" - Sophia: "_____"

A. You can turn off your calendar for a week.

B. You should start studying long before the due date.

C. You may eat fattening food to feel better.

D. You must stay up late to finish everything.

7. If you _____ to do well, you must get rid of all distractions.

A. hoping B. hope C. hopes D. will hope

8. They _____ improve their grades if they follow a good schedule.

A. should to B. won't to C. can D. must to

9. If he doesn't rest, his physical and mental health _____ suffer.

A. must to B. should to C. does D. may

10. You _____ stay up late if you have an important exam tomorrow.

A. may to B. don't C. must to D. shouldn't

11. Choose the word CLOSEST in meaning to the underlined word:
Using a to-do list helps students **manage** their time much more efficiently.

A. organise B. ignore C. waste D. delay

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12. Choose the word OPPOSITE in meaning to the underlined word:
Liam tried to **get rid of** his bad habits to maintain a healthy lifestyle.

A. keep B. reduce C. avoid D. remove

13. a. First, he created a study schedule on his calendar.
b. Oliver wanted to improve his productivity this semester.
c. These steps helped him accomplish all his goals on time.
d. Secondly, he set a strict deadline for each assignment.

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

14. a. If you feel overwhelmed, you can talk to a counsellor.
b. School work and tests can sometimes bring a lot of stress.
c. They can listen and help you solve your personal problems.
d. In this way, you can keep a balance and stay optimistic.

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

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. Clean the tables after eating.
B. Fast food is not allowed here.
C. Free cold drinks are served here.
D. You can buy hot burgers here.



16. Look at the notice. What does it mean?
A. Exam tickets must be shown at door.
B. Students are allowed to talk inside.
C. You must keep silent near this room.
D. Loud speakers are provided inside.

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

Time management is an essential skill for students to learn. If they want to manage their time effectively, they should start by planning a daily schedule. Using a to-do list can help them track what needs to be done. Students must decide which task is the most important so that they can prioritise it. They should not delay their assignments until the last minute because it will bring unnecessary stress. To achieve timely completion, they must get rid of all distractions when studying. For example, they should sign out of social media and turn off their phones. By dividing their time wisely between schoolwork and relaxation, they can keep a healthy balance. These good habits will enhance their productivity and help them accomplish their academic goals.

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17.	A. counsellor	B. sore throat	C. home gym	D. schedule
18.	A. distract	B. encourage	C. prioritise	D. suffer
19.	A. timely completion	B. physical health	C. shoulder pain	D. healthy diet
20.	A. counsellor	B. distraction	C. ingredient	D. productivity

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)

Mental Health and School Life

Taking care of your mental health is just as important as your physical fitness. ***(21)*** _____ *If you have a healthy mind, you can study better and stay optimistic. This helps you deal with daily stress and overcome school difficulties.*

(22) _____ *School counsellors are always ready to listen to your problems and offer advice.*

(23) _____ *Sharing your worries can reduce anxiety and make you feel much happier.*

(24) _____ *When you maintain a good balance, you can enjoy your school life and bring happiness to others.*

Options:

A. Third, talking to friends and family can also help you

B. First, your mental state can affect your daily study habits

C. Second, you should consult a specialist if you feel stressed

D. Finally, you should make time for sports and relaxation

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

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

The Dangers of Poor Lifestyle Choices

Many teenagers today make poor lifestyle choices that can harm their physical and mental health. Two of the most common issues are eating too much junk food and staying up late. Many students rely on fast food because it is quick and convenient. However, these foods are often fattening and contain unhealthy ingredients. If teenagers eat them regularly, they may put on weight and experience health problems. Furthermore, junk foods do not provide the energy that the body needs, which can make students feel tired and less alert in class.

Staying up late to study or play games is also dangerous. If students do not get enough sleep, their health will suffer. A lack of sleep affects brain development and makes it difficult to concentrate. When students are tired, they are also more likely to feel stressed out and experience anxiety. To prevent these problems, teenagers should learn to manage their time effectively. They should prioritise their tasks so that they can finish their schoolwork early and get a good night's sleep. By making healthier choices, they can keep a balance and perform better at school.

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25. What is the primary danger of fast food mentioned in the passage?

A. It does not taste as good as home-cooked meals.

B. It makes students feel tired and less alert.

C. It has too many foreign ingredients inside.

D. It is too expensive for teenagers to buy daily.

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

A. choices B. ingredients C. junk foods D. teenagers

27. According to the passage, how does lack of sleep affect students' brains?

A. It makes them feel optimistic about tests.

B. It makes it difficult for them to concentrate.

C. It helps them solve mathematics tasks faster.

D. It increases their level of school productivity.

28. What should teenagers do to get a good night's sleep?

A. Play computer games in their home gym.

B. Consult a doctor about their daily schedule.

C. Manage their time and finish schoolwork early.

D. Eat more fattening ingredients for dinner.

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

29. Charlotte always plans her daily routine ..... to accomplish tasks. (WISE)

30. To improve your health, you should eat less ..... food. (FAT)

31. If she doesn't sleep enough, her study ..... will drop. (PRODUCT)

32. Eating a balanced diet and working out are important for the ..... of illnesses. (PREVENT)

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)

concentrate *(verb)* /ˈkɒnsəntreɪt/

Definition: to give all your attention to something

- **concentrate on something:** You must concentrate on your studies to pass.
- **concentrate efforts on:** The team concentrated their efforts on the project.
- It is **difficult to concentrate** in a noisy room.
- **help someone concentrate:** Turning off the television helps Liam concentrate.

33. If the room is very noisy, Sophia will find it ..... her work.

34. Liam should turn off his mobile phone because it .....

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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 shouldn't stay up past midnight if you have an exam tomorrow.*

If you .....

36. *It is necessary for you to get rid of distractions to study well.*

If you .....

37. *My advice is that Sophia consults a doctor about her physical health.*

Sophia .....

38. *If / they / not / make / schedule, / they / might / delay / work.*

If they .....

39. *You / can / go / walk / if / you / feel / stressed / out.*

You can .....

40. *If / she / get / enough / sleep, / her / brain / will / rest.*

If she .....

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