UNIT TEST

English 9 - Unit 3 - Test 4 **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. h<u>e</u>althy B. h<u>o</u>mework C. h<u>a</u>bit D. h<u>o</u>nest

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

A. h<u>air</u> B. h<u>ar</u>m C. h<u>eir</u> D. h<u>a</u>te

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

A. routine B. calendar C. deadline D. counsellor

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

A. prioritise B. encourage C. accomplish D. balance

5. If Sophia does not sleep well, she will not feel wide _____ in the morning.

A. urgent B. fattening C. physical D. awake

6. Liam: "I have too many urgent tasks this week." - Sophia: "_____"

A. You must stay up late to finish them all.

B. You should prioritise them on your calendar.

C. You may eat junk food to gain more energy.

D. You can turn off your library card to rest.

7. If Liam _____ a balanced life, he will reduce stress and anxiety.

A. will maintain B. maintain C. maintains D. maintaining

8. You _____ skip physical exercise if you want to stay healthy.

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

9. If she gets too much homework, she _____ feel stressed out.

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

10. We _____ clean the gym equipment after we finish our workout.

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

11. Choose the word CLOSEST in meaning to the underlined word:
Sophia needs to **<u>maintain</u>** a healthy diet and work out regularly.

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

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12. Choose the word OPPOSITE in meaning to the underlined word:
Liam was **<u>punished</u>** by his teacher because he did not submit his work.

A. called B. helped C. praised D. warned

13. a. First, she should choose healthy meals with fresh ingredients.
b. If Isabella wants to lose weight, she must change her routine.
c. These choices can help her feel awake and stay fit.
d. Secondly, she shouldn't eat much fattening fast food.

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

14. a. If you do not take a break, your health will suffer.
b. Sitting at a computer for hours can cause shoulder pain.
c. You should go for a walk to give your brain a rest.
d. To prevent this, you must not work without resting.

A. d-a-c-b B. c-b-d-a C. b-d-a-c 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. You must be careful because of danger ahead.
B. Only high school students can enter here.
C. You can ask for information at this place.
D. Please show your school calendar at the door.



16. Look at the notice. What does it mean?
A. Students must hand in their work here.
B. You should write your schedule here.
C. Homework cannot be completed here.
D. Free school assignments are sold here.

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

To maintain good health and happiness, students must learn to ***(17)*** *_____ in their lives. School life is busy, but teenagers should not let study distract them from relaxing. They must* ***(18)*** *_____ their time wisely between work and play. An effective routine should include both homework and physical exercise. Students can go for a walk or work out at a home gym to reduce stress. Moreover, they should* ***(19)*** *_____ family and friends. If they communicate with others about their anxiety, they will feel much more optimistic. Teenagers should also look after their physical health by eating a healthy diet. They shouldn't consume too much fast food because it is fattening and lacks healthy*

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ingredients. By taking care of both body and mind, they can accomplish their goals and enjoy a ***(20)*** *_____ lifestyle.*

17.	A. get enough sleep	B. make a schedule	C. keep a balance	D. consult a doctor
18.	A. divide	B. encourage	C. prevent	D. submit
19.	A. turn off	B. look after	C. make time for	D. sign out of
20.	A. fattening	B. well-balanced	C. urgent	D. physical

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)

Avoiding the Pain of Screen Time

Using computers is necessary for school work, but it can lead to physical pain. ***(21)*** *_____ Sitting in the same position for too long causes stress on your neck and back. To prevent this, you should look after your posture.*

(22) *_____ You should take a break every forty minutes to stand up and stretch.*

(23) *_____ Taking a walk can also give your brain a rest and reduce mental anxiety.*

(24) *_____ If you follow these healthy steps, you can study efficiently without suffering pain.*

Options:

A. Third, doing simple physical exercises is very helpful
B. Finally, you must use a comfortable chair at your desk
C. Second, you shouldn't study for hours without resting
D. First, many students suffer from shoulder pain daily

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

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

The Importance of Encouragement in School

School life can be challenging, and students often face pressure from exams and busy schedules. If they do not receive support, their mental health can suffer. In this environment, encouragement and praise from teachers and classmates play a vital role. When teachers praise students for their efforts, it boosts their confidence and improves their mood. This positive environment helps them feel more optimistic about their studies. If classmates encourage each other, it builds a friendly atmosphere where everyone can study better and overcome challenges.

Encouragement also helps students manage stress and anxiety. If a student is feeling stressed out before a difficult test, talking to a friend can help them feel better. Classmates can share study tips, help each other plan a schedule, or work out together in the home gym. Furthermore, school counsellors are available to listen to students' worries and help them find solutions. By communicating with others and receiving praise, students can

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maintain a well-balanced life and accomplish their goals. Support from school can transform a stressful experience into a happy journey.

25. What is the main theme of the passage?

A. How to use gym equipment in the home gym.

B. The positive effects of encouragement at school.

C. How to choose fresh ingredients for a healthy diet.

D. The history of exam schedules in high schools.

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

A. exams B. students C. schedules D. teachers

27. According to the passage, how can teachers help boost students' confidence?

A. By praising them for their efforts.

B. By changing the exam due dates.

C. By giving them more homework tasks.

D. By restricting their social media use.

28. What is the role of school counsellors mentioned in the passage?

A. To teach students how to write calendars.

B. To listen to students' worries and help them.

C. To punish students who do not follow rules.

D. To prepare healthy ingredients for school lunch.

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

29. His parents gave him lots of ..... to study hard. (ENCOURAGE)

30. Doing physical exercise daily is very ..... for your body. (BENEFIT)

31. Charlotte plans her schedule ..... to achieve timely completion. (EFFICIENT)

32. You must avoid ..... when you want to concentrate. (DISTRACT)

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)

suffer *(verb)* /ˈsʌfə/

Definition: to experience something unpleasant, such as pain or illness

- **suffer from something:** Oliver suffers from a terrible sore throat.
- If you do not sleep, your **health will suffer**.
- **suffer pain:** Many athletes suffer shoulder pain during training.
- The brain can **suffer damage** from lack of oxygen.

33. If you do not get enough sleep, your schoolwork .....

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34. Liam has a cold, so he ..... a sore throat.

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 should sleep eight hours a night if you want to be alert.*

If you .....

36. *It is necessary for Liam to manage his time to reduce stress.*

If Liam .....

37. *Don't stay up late tonight, or you will feel tired tomorrow.*

If you .....

38. *If / she / not / turn / off / phone, / she / not / concentrate.*

If she .....

39. *You / should / get / enough / sleep / if / you / want / stay / healthy.*

You should .....

40. *If / they / eat / junk / food, / they / will / gain / weight.*

If they .....

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