

UNIT TEST

English 9 - Unit 3 - Test 5

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. house B. honest C. habit D. healthy
2. Choose the word whose underlined part is pronounced differently from the others.
A. daily B. calorie C. balance D. fat
3. Choose the word whose main stress position is different from the others.
A. prioritize B. optimistic C. accomplish D. anxiety
4. Choose the word whose main stress position is different from the others.
A. routine B. calorie C. deadline D. counselor
5. If Sophia does not sleep enough, she might feel less _____ in class.
A. physical B. urgent C. alert D. fattening
6. Liam: "I am worried about my history test tomorrow." - Sophia: "_____"
A. You must stay up late to study all the details.
B. You should go to bed early and get a good night's sleep.
C. You can go to the home gym to look for it.
D. You may eat fast food to keep your mood positive.
7. If he _____ his study time, he can complete assignments on time.
A. will manage B. managing C. manages D. manage
8. Sophia _____ eat too much junk food if she wants to stay fit.
A. don't B. must to C. can to D. shouldn't
9. If Liam turns off his phone, he _____ avoid distractions.
A. won't to B. should to C. must to D. can
10. If she doesn't balance study and play, her health _____ suffer.
A. might B. must to C. is not D. shouldn't
11. Choose the word CLOSEST in meaning to the underlined word:
Oliver should **consult** a doctor if he feels unwell or has high anxiety.
A. ask advice from B. write a message C. go for a walk D. listen to music

12. Choose the word OPPOSITE in meaning to the underlined word:

Sophia's teacher decided to praise her for the timely completion.

- A. support B. encourage C. punish D. welcome

13.a. First, he should plan a strict weekly study routine.

b. If Liam wants to improve his productivity, he must manage time.

c. These habits can help him accomplish more tasks on time.

d. Secondly, he must get rid of social media when studying.

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

14.a. If you do not sleep enough, your brain cannot rest.

b. Getting enough sleep is essential for high school students.

c. To prevent this, you should try to sleep eight hours a night.

d. This will make you feel awake and alert the next morning.

- A. d-a-c-b B. c-b-d-a C. a-c-b-d D. b-a-c-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. Please wear sports shoes inside.
B. Watch out for children running here.
C. You must not run in this corridor.
D. Running exercises are allowed here.



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

- A. Emergency services are provided here.
B. Only doctors are allowed to enter here.
C. The school clinic is free for everyone.
D. You must book a visit before coming.

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

A healthy lifestyle is very important for students, and it starts with good sleep habits. If teenagers (17) _____, they can maintain their physical health and keep an optimistic mood. Unfortunately, many students stay up late to finish assignments or browse social media. If they do this (18) _____, their brain will suffer from fatigue. In the morning, they will not feel (19) _____ or alert in class. To prevent this, students should create a regular bedtime (20) _____. They should turn off all screens and get rid of distractions an hour before sleeping. They should also make time for physical exercise during the day because it helps them get a good night's sleep. By taking care of their sleep needs, students can enhance their productivity and accomplish their daily school goals with happiness.

- | | | | |
|-------------------------|--------------------|---------------------|---------------------|
| 17. A. get enough sleep | B. make a schedule | C. consult a doctor | D. lose some weight |
| 18. A. regularly | B. efficiently | C. recently | D. consistently |
| 19. A. awake | B. urgent | C. healthy | D. alert |
| 20. A. home gym | B. calendar | C. routine | 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)

Handling Busy Academic Schedules

Students often have to deal with busy academic schedules and urgent tasks. (21) _____
 The first step to handle this is to list all your tasks. You should write down all due dates and deadlines on a calendar.
 (22) _____ You should not delay your assignments until the last day.
 (23) _____ This prevents you from feeling stressed out and helps you work efficiently.
 (24) _____ If you follow these simple habits, you can accomplish your goals and enjoy school.

Options:

- A. Second, you should prioritise your most important tasks
- B. First, you should try to organise your time well
- C. Third, starting your work early is always beneficial
- D. Finally, you should make time for rest and sports

21. 22. 23. 24.

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

Understanding Food Ingredients

Eating a healthy diet is essential for maintaining physical health, but many teenagers do not know what is in their food. Most processed foods and fast foods contain fattening ingredients like high amounts of sugar, salt, and unhealthy fats. If students eat these foods regularly, they are likely to gain weight and feel tired. To avoid this, teenagers should learn to read food labels and understand the ingredients. Choosing fresh vegetables, fruits, and home-cooked meals can provide the body with the clean energy it needs to stay awake and alert in school.

Knowing about ingredients can also help those who want to lose weight. Instead of skipping meals, which is bad for health, students should select well-balanced meals. They can make time to prepare healthy lunch boxes with fresh ingredients. If they are unsure about their nutrition, they should consult a doctor or a health specialist. By paying attention to what they eat and avoiding junk food, students can keep a balance, improve their mood, and protect their physical well-being. Good nutrition is the foundation of a healthy and happy school life.

25. What do most processed and fast foods contain?

- A. Clean energy that keeps students alert.
- B. Healthy ingredients that reduce stress.
- C. Fresh fruits and green vegetables.
- D. Fattening ingredients like sugar and salt.

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

- A. school
- B. energy
- C. food
- D. body

27. According to the passage, what should students do instead of skipping meals?

- A. Eat fast food in the home gym.
- B. Select well-balanced meals to eat.
- C. Go for a walk to lose weight.
- D. Drink sweet drinks for more energy.

28. Why should teenagers learn to read food labels?

- A. To check the due dates of their homework.
- B. To buy cheaper fast food from local shops.
- C. To understand the ingredients in their food.
- D. To find the address of the school clinic.

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

29. Eating too many sweets will make you weight. (GAINING)

30. He wants to stay fit, so he avoids foods like butter. (FATTEN)

31. Making a weekly schedule can help you work more (PRODUCE)

32. Students should listen to the counsellor's to deal with stress.
(ADVISE)

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)

manage (verb)

Definition: to succeed in doing something, or to control time/work

- **manage time:** Using a calendar helps students manage their time.
- Doing physical exercise can help you **manage stress**.
- **manage to do:** Oliver managed to complete his project before the due date.
- A very busy schedule is **difficult to manage**.

33. Using a calendar is a great way to effectively.

34. Oliver complete his project before the due date.

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 late tonight if you want to be alert tomorrow.*

If you

36. *It is necessary for you to follow a daily schedule to succeed.*

If you

37. *My advice is that you prioritise your urgent tasks.*

You

38. *If / she / work / out / daily, / she / can / stay / fit.*

If she

39. *You / should / consult / doctor / if / you / feel / unwell.*

You should

40. *If / we / not / manage / time / well, / health / will / suffer.*

If we