

Name:

Class:

MONTHLY PRACTICE TEST 01 - SEPTEMBER

Exercise 1: Find the word which has a different sound in the part underlined.

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|------------------------|-------------------------|---------------------|---------------------|
| 1. A. the <u>ra</u> py | B. re <u>s</u> piratory | C. me <u>d</u> ical | D. ve <u>s</u> sel |
| 2. A. a <u>l</u> mond | B. se <u>s</u> ame | C. a <u>v</u> ocado | D. ma <u>s</u> sage |
| 3. A. a <u>ll</u> ergy | B. im <u>a</u> gine | C. su <u>g</u> ar | D. oxyge <u>n</u> |

Choose the word which has a different stress pattern from the others.

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|-------------------|----------------|-------------|----------------|
| 4. A. alternative | B. acupuncture | C. original | D. respiratory |
| 5. A. stimulate | B. skeleton | C. pyramid | D. digestive |

Exercise 2: Choose the best answer A, B, C or D to complete the sentences.

6. Fish, poultry, beans, or nuts _____ half of the dinner plate.
A. make B. make out C. make up D. make of
7. Ailments are caused by a(n) _____ of *yin* and *yang*.
A. imbalance B. unequal C. abnormal D. ineffectiveness
8. In some remote parts of the world, herbs may be the only treatment _____ to the majority of people.
A. leading B. available C. easy D. access
9. There are foods that can help you fall asleep or keep you _____.
A. wake B. waking C. waking up D. awake
10. Liver is a large organ in the body which _____ the blood.
A. cleans B. cleans up C. is cleaning D. is cleaning up
11. The Healthy Eating Pyramid reminds us to _____ our intake of salt and added sugar.
A. limit B. stop C. avoid D. remove
12. When acupuncture _____ correctly, it is very safe for patients.
A. performs B. will be performed
C. is performed D. will have performed
13. You should see a doctor if your nosebleed _____ by an injury, such as a punch.
A. caused B. were causing C. was caused D. will be caused
14. If your retina records the image well, your brain _____ the image, and you _____ image clearly.
A. will interpret- will see B. interpret- See
C. is going to interpret-are going to see D. is interpreting-are seeing
15. At your eye exam, you _____ to read from an eye chart.
A. will probably ask B. are going to ask
C. will probably be asked D. are asking

Exercise 3: Give the correct form of verbs in brackets

16. Mr Long (work) in an office every day, but now he is helping his wife to prepare dinner.
17. At this time next month, we (drive) through Pennsylvania.
18. Can I look at the newspaper now? (you/read)it?
19. A: Did you get the theatre tickets?
B: No, I forgot all about them. I (book) them tomorrow.
20. These artificial flowers..... (make) of silk.
21. You can't play football in the garden. I (cut) the grass in one hour.
22. By the time you come here, she(make) a big cake.
23. He (stand) in the rain for more than 2 hours but his girlfriend hasn't come up.
24. His paintings (exhibit) for the first time by Megan Art next month.
25. My sons (constantly/ leave) his dirty socks on the bathroom floor.

Exercise 4: Rewrite the following sentences using the passive.

26. The acupuncturist will ask the patient to lie down.
⇒ The patient

27. The acupuncturist should use single-use disposable sterile needles.

⇒ Single-use

28. Sometimes people heat the needles with electricity after insertion.

⇒ Sometimes the

29. People keep the needles in acupoints for about twenty minutes.

⇒ The needles

30. The chief engineer was instructing all the workers of the plant.

⇒ All

31. Nobody has ever treated me with such kindness.

⇒ I

32. People believe that 13 is an unlucky number.

⇒ 13

33. They declared that she won the competition.

⇒ It

34. They think that he escaped from the prison on a stormy night.

⇒ He

35. They reported that the President had suffered from a heart attack.

⇒ The President

Exercise 5: Give the correct form of word in brackets

36. One recent survey found that men's in the home had increased almost threefold in the last four decades. **(contribute)**

37. A mother's love can be as as breastfeeding. **(benefit)**

38. Mrs White spoke of her husband because he didn't share anything with household chore. **(criticize)**

39. When we have some trouble in our family, we should have family meeting to work out a **(solve)**

40. Acupuncture in China more than 2.500 years ago. **(origin)**

Exercise 6: Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

Benefits of spiritual healing

The mind and body are interconnected, involved elements and the well-being of one can have a great (41) _____ on the other. Therefore, a healthy mind is resided in a healthy body and a healthy body is a (42) _____ of a healthy mind.

Once a person eliminates the worrying a bit and incorporates positive thinking, the mind can do (43) _____. It can help you imagine and create wonderful things, (44) _____ goals and achieve them. This process of focusing (45) _____ the positive to improve the mental health can boost your creativity.

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|----------------|--------------|---------------|-------------|
| 41. A. result | B. affect | C. impression | D. effect |
| 42. A. cause | B. result | C. effect | D. action |
| 43. A. wonders | B. wonderful | C. awesome | D. progress |
| 44. A. score | B. make | C. set | D. reach |
| 45. A. On | B. in | C. at | D. Ø |

Exercise 7: Read the passage, and choose the correct answer A, B, C or D for each question.

Teenagers and Sleep

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful, even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams. Sleepiness can lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members.

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being teenager

Teenagers need about 8 to 10 hours of sleep each night to function best. Most teen do not get enough sleep: one study found that only 15% reported sleeping 8 hours and a half on school nights. Not getting enough sleep or having sleep difficulties can limit your ability to learn, listen, concentrate and solve problems.

Teens tend to have irregular sleep patterns across the week - they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda and chocolate late in the day, and you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.

A consistent sleep schedule will help you feel less tired since it allows your body to get in synchronization with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

46. Sleepiness is harmful because _____.
A. our scores at school may be low and the relationship with others becomes worse
B. important body functions and brain activity occur during sleep
C. you can look bad behind the wheel
D. can lead to appropriate behaviors or being patient with your teachers or family members
47. In order to function best, teenagers need _____.
A. at least 10 hours of sleep each night
B. over about 10 hours of sleep each night
C. about 8 to 10 hours of sleep each night
D. 8 hours and a half on school nights
48. All of the following are bad sleeping habits EXCEPT _____.
A. having coffee or tea close to bedtime
B. staying up very late on the weekends
C. having nicotine and alcohol
D. having the same sleep pattern
49. A consistent sleep schedule is very important because _____.
A. it will helps you feel less tired during daytime
B. you have less difficulty in falling asleep at bedtime
C. nicotine and alcohol will not interfere with your sleep
D. it is easier for you to fall asleep at any time
50. The word "consistent" in the last paragraph is closest in meaning to _____.
A. not changing B. agreeing C. similar D. changeable