

**Name:.....**

TEST 1 (UNIT 1-UNIT 3)

Exercise 7. Read and choose the best answer that best fits each blank.

Being engaged in a DIY project can give you a sense of (1) _____ and satisfaction. Finishing a DIY project can help you (2) _____ accomplished and happy with your hard (3) _____ and dedication, and leaves you with something you can be proud to show off. A 2016 study done by Occupational Therapy International showed that participants of the study who took part (4) _____ creative activities, including DIY projects, felt a boost in mood (5) _____ happiness.

Another (6) _____ DIY projects can have on your mental health is that it helps reduce (7) _____ and anxiety. Focusing on a hands-on project can help you disengage from any life stressors you may be facing. Some even consider DIY projects to be “meditative”. This comes from the similarities people feel between hands-on projects and meditation (8) _____ deep concentration and heightened awareness.

Adapted from: <https://louieshomecenter.com/>

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|-----------------|--------------|------------------|--------------|
| 1. A. pleasure | B. anxiety | C. pride | D. sadness |
| 2. A. to feel | B. feel | C. feeling | D. felt |
| 3. A. job | B. working | C. work | D. study |
| 4. A. with | B. in | C. of | D. for |
| 5. A. but | B. so | C. for | D. and |
| 6. A. benefit | B. drawback | C. point | D. effect |
| 7. A. happiness | B. homework | C. concentration | D. stress |
| 8. A. such as | B. therefore | C. however | D. otherwise |

Exercise 8. Read the passage and choose the best answers.

I was growing up and raised in a small town in the northern part of Thailand before staying in the



big city in order to finish high school. My rural town is in the middle of the way between 2 cities. It is surrounded by a great mountain and an abundance of forest. The population density is lower than the city, but the population increases every year.

Agriculture is a crucial industry in my hometown. Most of the folks are farmers, agriculturalists, and orchardists. There are plenty of farmlands and hills, and there are so many traders, merchandise, and business owners in my district. The market is the centre of exchanging goods and products. Once said, if you want to know the economy of the community, you will have to look at the market. People usually spend time in the market, especially in the morning. There are many restaurants and accommodations for travellers.

My country has a diversity of food. In general, the food is divided into two groups. They are Thai food and local food. Thai food refers to food that most Thais know well. Most restaurants sell. Thai people can eat everywhere around the world. Local food or traditional food means food of the region. Every region has its food and recipes. My district is in the Northern part of Thailand. Northern Thai food or Lanna food is abundant. My community has so many local food restaurants. Moreover, some families still cook Lanna food. Thus, the people have choices about what they want to eat and consume today.

Adapted from: <https://www.softschools.com/>

1. Where was the author growing up and raised?
 - A. in the southern part of Thailand
 - B. in the centre of Thailand
 - C. in the northern part of Thailand
 - D. in a big city
2. What is the main industry of his/ her hometown?
 - A. tourism
 - B. agriculture
 - C. fishing
 - D services
3. Where will you have to look if someone wants to know the economy of the community?
 - A. market
 - B. communal house
 - C. supermarket
 - D. shops
4. What is local food?
 - A. It is the food that most Thais know well.
 - B. It is the food that some families still cook.
 - C. It is the food people eat and consume today.
 - D. It is the food of the region.
5. Which of the following is TRUE according to the passage?



- A. Northern Thai food or Lana food is uncommon.
- B. There are only some restaurants and accommodations for travellers in the northern part of Thailand.
- C. The food is divided into two groups.
- D. Most of the local people are tour guides.

Exercise 9. Read the passage and decide if the following statements are true (T) or false (F).

Social media is a big part of many teens' lives. A 2018 Pew Research Centre survey of nearly 750 13 to 17 year olds found that 45% are online almost constantly and 97% use a social media platform, such as YouTube, Facebook, Instagram or Snapchat.

Social media allows teens to create online identities, communicate with others and build social networks. These networks can provide teens with valuable support, especially helping those who experience exclusion or have disabilities or chronic illnesses. Teens also use social media for entertainment and self-expression. And the platforms can expose teens to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviours. Social media that's humorous or distracting or provides a meaningful connection to peers and a wide social network might even help teens avoid depression.

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumour spreading, unrealistic views of other people's lives and peer pressure. The risks might be related to how much social media teens use. A 2019 study of more than 6,500 12 to 15 year olds in the U.S. found that those who spent more than three hours a day using social media might be at heightened risk of mental health problems. Another 2019 study of more than 12,000 13 to 16 year olds in England found that using social media more than three times a day predicted poor mental health and well-being in teens.

Adapted from: <https://www.mayoclinic.org/>

- 1. Teenagers' use of social media is widespread. _____
- 2. They only use Facebook and Instagram. _____
- 3. Teens can communicate with others via social media. _____
- 4. Social media is used by teens for entertainment. _____
- 5. A wide social network can't even help teens avoid depression. _____
- 6. Social media use only has a positive effect on teens. _____



7. People who spend more than three hours a day using social media might be at risk of mental health problems.

8. Using social media more than three hours a day predicted poor mental health and well-being in teens.

Exercise 10. Reorder the words to make correct sentences.

1. interested / I'm / in / free / making / in / my / origami / time.

2. you / adore / watching / Do / romantic / movies?

3. the / as / your / Using / hobby / your / harmful / can / computer / be / to / health.

4. detests / eating / cooking, / David / so / usually / he / time / spends / out.

5. Joe / harder / her / than / studies / other / in / students / class.

6. the / Roads / city / are / often / in / more / than / in / crowded / small / those / the / town.

7. are / restaurants, / cinemas / There / and / to / people / fewer / countryside / shops / to / for / go / in / the.

8. can / exercise / in / Students / pairs, / or / groups / this / they / do / can / in / work / of / four.

9. must / fail / harder; / otherwise, / You / will / study / the / you / exam.

10. bought / car / new / We / 10 / ago, / our / but / it's / years / still.

**Exercise 11. Write sentences based on the given words.**

1. We / not / keen / carve / eggshells, / we / not / patient / enough.

2. My sister / not / like / get / up / early / the / morning.

3. I / crazy / fan / watch / Marvel's films.

4. That / video game / interesting / than / this / board game.

5. My father / drive / car / careful / than / he / use to.

6. The / old / man / the / bus / tell / us / talk / bit / quiet.

7. The / air / urban / areas / polluted / than / that / the rural / areas.

8. I / feel / tired; / I / try / finish / work.

9. It / snow / outside / now, / I / bring / along / umbrella / will.

10. I / only / eat / vegetables / every day, / I / can / lose / any / weight.



Exercise 12. Write a short paragraph (100-120 words) about your hobby/ hobbies.

You can base on the suggestions below:

- What is it?
- When did you start it?
- How often do you do it?
- Who do you share the hobby with?
- Why do you like it? / How do you feel about it?
- What are the advantages/ disadvantages of doing it?
- Do you want to continue your hobby in the future?

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