# Unit 1: A LONG AND HEALTHY LIFE
# TEST 3

***Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.***

**Question 1: A.** t<u>i</u>ny **B.** d<u>i</u>ameter **C.** nutr<u>i</u>ent **D.** antib<u>i</u>otic

**Question 2: A.** <u>h</u>abit **B.** <u>h</u>onest **C.** <u>h</u>ealthy **D.** <u>h</u>elpful

***Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of stress in each of the following questions.***

**Question 3: A.** suffer **B.** balance **C.** relax **D.** follow

**Question 4: A.** regular **B.** infectious **C.** positive **D.** interesting

***Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.***

**Question 5:** Consuming fresh and clean ingredients is essential to avoid food _____ and maintain good health.

**A.** poisonously **B.** poisonous **C.** poison **D.** poisoning

**Question 6:** _____ regularly can improve your sleep quality.

**A.** Giving up **B.** Working out **C.** Taking up **D.** Standing out

**Question 7:** In 2018, the government _____ a national campaign to encourage citizens to adopt healthier lifestyles.

**A.** launched **B.** has launched **C.** had launched **D.** launches

**Question 8:** Vaccination is a key strategy in preventing the _____of infectious diseases.

**A.** treatment **B.** spread **C.** recipe **D.** illness

**Question 9:** Washing your hands regularly is one of the best ways to protect yourself from harmful _____.

**A.** strengths **B.** abilities **C.** virus **D.** germs

***Read the following advertisement/announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 12.***

**DISCOVER YOUR NEW FAVORITE FITNESS SPOT AT GREEN MEADOW PARK!**

We are excited (10)_____ the grand opening of our new park for everyone to enjoy!

**Date:** July 20, 2024, from 7:00 AM to 10:00 PM

**Location:** Green Meadow Park, 123 Elm Street, Springfield

**Activities:**

- Outdoor fitness area with modern (11) _____
- Running and walking paths spanning 5 km
- Soccer and basketball courts

Join us for a day of fun and fitness! Everyone is welcome to come and enjoy the beautiful new park. (12)_____ your family and friends, and make the most of this new community space.

**Question 10: A.** announce **B.** to announce **C.** announcing **D.** announces

**Question 11: A.** equipment **B.** tool **C.** gadget **D.** advice

**Question 12: A.** Take **B.** Lift **C.** Bring **D.** Put

**ANNOUNCEMENT: CELEBRATORY PARTY FOR SENIORS**

The Local Seniors' Association is delighted to invite all residents aged 70 and above to a special celebratory party. This event (13)_____ to honor our esteemed seniors and present certificates of appreciation for their contributions (14)_____the community.

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**Date:** August 15, 2024, from 4:00 PM to 7:00 PM
**Location:** Community Hall, 456 Maple Street, Springfield
**Event Highlights:**

- Presentation of Certificates of Appreciation
- Live Music and Entertainment
- Refreshments and Dinner
- Opportunity to (15)_____ with fellow seniors

We warmly welcome you to join us for an evening of celebration, recognition, and community. Please bring your family and friends to share in this joyous occasion.

**Question 13:** **A.** organized **B.** is organized **C.** organizes **D.** has organized
**Question 14:** **A.** for **B.** on **C.** to **D.** with
**Question 15:** **A.** protect **B.** receive **C.** avoid **D.** connect

***Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.***

**Question 16:**

a. Moreover, staying hydrated by drinking plenty of water aids in digestion and nutrient absorption.
b. To begin with, a balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients and energy.
c. Adopting these habits can lead to a healthier, more vibrant life.
d. Regular physical activity strengthens the heart, muscles, and bones, while also improving mood and mental clarity.
e. Living a healthy life involves several key practices that promote overall well-being.

**A.** e - b - d - a – c **B.** e - d - b - a - c
**C.** b - e - d - a – c **D.** e - b - a - d – c

**Question 17:**

a. Engaging in mindfulness practices such as meditation can significantly reduce stress levels.
b. Additionally, getting sufficient sleep each night allows the body to repair and rejuvenate.
c. Overall, these strategies contribute to maintaining a balanced and healthy lifestyle.
d. Dear Sarah, I've recently been exploring ways to enhance my daily health routine and wanted to share some thoughts with you.
e. Another important aspect is maintaining strong social connections, which support emotional well-being.
f. Regular exercise, proper nutrition, and adequate rest are fundamental to physical health.

**A.** d - f - a - e - b – c **B.** f - d - a - e - b - c
**C.** d - f - e - a - b – c **D.** d - a - f - e - b – c

***Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23.***

The term "couch potato" often brings to mind images of children lounging in front of screens for hours, (18)_____ can be more complex. Understanding the experiences and influences that shape these sedentary lifestyles is essential to addressing the challenges they face.

Children today are growing up in a digital age (19)_____ in their daily lives. With the widespread availability of smartphones, tablets, and gaming consoles, children are spending more time engaged in screen-based activities. While (20)_____ offer educational content and entertainment, excessive screen time can lead to a sedentary lifestyle. Parents and caregivers often struggle to find a balance between allowing access to technology and (21)_____.

Environmental and social factors also contribute to the sedentary habits of couch potatoes. Urbanization has led to (22) _____ for children to play. In many neighborhoods, parks and recreational facilities are either inadequate or too far away. Additionally, busy family schedules and concerns about safety often limit

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opportunities for outdoor play. Socially, children might prefer staying indoors (23)_____ similar sedentary activities, reinforcing the cycle of inactivity.

*Reference: https://www.weforum.org/*

**Question 18:** **A.** but the reality of their childhood **B.** so the reality of their childhood
**C.** but their childhood of reality **D.** so their childhood of reality

**Question 19:** **A.** which technology and media play a significant role
**B.** that media and technology play a significant role
**C.** that media and technology put a significant role
**D.** where technology and media play a significant role

**Question 20:** **A.** this device **B.** these devices **C.** those devices **D.** that device

**Question 21:** **A.** to encouraging physical activity **B.** encouraging physical activity
**C.** encourage physical activity **D.** for encouraging physical activity

**Question 22:** **A.** decrease in safe outdoor spaces **B.** decrease safe outdoor spaces
**C.** a decrease in safe outdoor spaces **D.** a safe decrease in outdoor spaces

**Question 23:** **A.** if their peers are also engaged in
**B.** if their peers also are engaged in
**C.** before their peers are also engaged in
**D.** with their peers also are engaged in

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.***

Emily had always (24)_____ with her weight, facing numerous challenges (25)_____ affected her health and quality of life. At 30, she decided it was time for a change. With the help of a nutritionist, she crafted a balanced meal plan including fruits, vegetables, lean proteins, and whole grains. Tracking her calorie intake, Emily worked hard to change her long-standing eating habits. She also began incorporating exercise into her routine, starting with walking and yoga, and eventually discovering a love for cycling. Joining a local cycling group provided her with a supportive community that encouraged her progress.

Throughout her journey, Emily faced obstacles such as discouraging days when the scale didn't move and tempting social events. (26)_____, she learned to make healthier choices and focused on non-scale victories like improved clothing fit and increased energy. After a year of consistent effort, Emily lost 50 pounds and experienced significant improvements in her mental and emotional well-being. Her success (27)_____ those around her, and she became (28)_____advocate for healthy living. Emily's story is a testament to the power of determination and support in achieving health goals.

*Reference: https://bodynetwork.com/*

**Question 24:** **A.** struggled **B.** battled **C.** dealt **D.** suffered
**Question 25:** **A.** who **B.** where **C.** whose **D.** that
**Question 26:** **A.** Moreover **B.** However **C.** Although **D.** Therfore
**Question 27:** **A.** inspired **B.** encouraged **C.** reduce **D.** exchange
**Question 28:** **A.** an **B.** some **C.** each **D.** many

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.***

Going to the gym offers numerous benefits beyond just improving physical appearance. It is a **comprehensive** physical activity that combines strength training and cardio exercises, contributing to overall health and well-being.

One of the most noticeable benefits of going to the gym is the improvement in physical health. Regular exercise strengthens the cardiovascular system, reducing the risk of heart-related diseases such as high blood pressure and stroke. Additionally, gym workouts help build and maintain muscle mass, increase flexibility, and

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improve balance. Exercises like weightlifting, squats, and planks are particularly effective in preventing osteoporosis and other bone-related issues.

Gym workouts also have a significant positive impact on mental health. During exercise, the body produces endorphins, **which** are hormones that reduce stress and induce feelings of happiness. This can alleviate symptoms of mental health conditions such as depression and anxiety. Furthermore, achieving small fitness goals can boost self-confidence and provide a sense of personal accomplishment.

Regularly going to the gym enhances overall quality of life. Maintaining a consistent workout routine improves sleep quality, leading to better rest and more energy throughout the day. It also promotes a healthier lifestyle by encouraging better dietary habits and a structured daily routine. Social interactions at the gym can lead to new friendships and a supportive community, further enhancing mental and emotional well-being.

*Reference: https://www.mayoclinic.org/*

**Question 29:** What would be the best title for the passage?

**A.** The Importance of Cardio Exercises **B.** Benefits of Going to the Gym
**C.** How to Build Muscle Mass **D.** Improving Mental Health through Exercise

**Question 30:** What does the word "**comprehensive**" in the first paragraph mostly mean?

**A.** detailed **B.** complete **C.** limited **D.** confusing

**Question 31:** What does the word "**which**" in the third paragraph refer to?

**A.** feelings **B.** workouts **C.** body **D.** endorphins

**Question 32:** Which of the following is NOT mentioned as a benefit of going to the gym?

**A.** improving sleep quality **B.** reducing high blood pressure
**C.** increasing creativity **D.** building muscle mass

**Question 33:** According to the passage, what is a mental health benefit of going to the gym?

**A.** reducing symptoms of anxiety **B.** promoting social interactions
**C.** encouraging a structured routine **D.** improving cardiovascular health

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.***

Sleep is a **vital** component of overall health and well-being, but not everyone requires the same amount of sleep. People generally fall into two categories: long sleepers and short sleepers. Long sleepers typically need around 9-10 hours of sleep per night to feel fully rested, while short sleepers function well on 5-6 hours of sleep.

Long sleepers are individuals who naturally require more sleep than the average person. They often feel the need for 9-10 hours of sleep each night to maintain optimal functioning. This need for extended rest can be due to a variety of factors, including genetic predisposition, lifestyle, and overall health. Long sleepers tend to have a slower sleep cycle, which means they spend more time in deep sleep stages, crucial for physical and mental restoration.

In contrast, short sleepers thrive on significantly less sleep. They typically require only 5-6 hours per night and wake up feeling refreshed and ready to take on the day. Short sleepers often have a more efficient sleep cycle, spending less time in deep sleep stages but still managing to get sufficient rest. This efficiency allows them to function at high levels of productivity and alertness with less sleep. Some short sleepers attribute their ability to thrive on less sleep to genetic factors or a naturally higher level of energy and resilience. However, it is essential to note that not everyone can adopt a short sleeper lifestyle without experiencing negative effects on health and performance.

The amount of sleep one gets significantly impacts daily life and overall health. Long sleepers often find it easier to focus, maintain emotional balance, and perform physical tasks when **they** have had enough rest. They might struggle with schedules that do not allow for their required amount of sleep, leading to fatigue and decreased productivity. On the other hand, short sleepers can benefit from having more waking hours to engage in

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activities and responsibilities. Their ability to function well on limited sleep can be advantageous in demanding careers or busy lifestyles.

Both long and short sleepers must pay attention to their sleep quality and overall health.

*Reference: https://www.sleepfoundation.org*

**Question 34:** What would be the best title for the passage?

**A.** The Benefits of Long and Short Sleep **B.** Understanding Sleep Patterns

**C.** The Dangers of Sleep Deprivation **D.** Differences Between Long and Short Sleepers

**Question 35:** The word "**vital**" in the first paragraph is opposite in meaning to _____.

**A.** important **B.** unnecessary **C.** optional **D.** unbelivable

**Question 36:** What does the word "**they**" in the fourth paragraph refer to?

**A.** physical tasks **B.** long sleepers **C.** short sleepers **D.** schedules

**Question 37:** According to the passage, which of the following is NOT a characteristic of short sleepers?

**A.** Needing only 5-6 hours of sleep per night **B.** Having a more efficient sleep cycle

**C.** Spending more time in deep sleep stages **D.** Waking up feeling refreshed

**Question 38:** Which of the following is mentioned as a benefit of being a short sleeper?

**A.** Higher rates of physical activity **B.** More waking hours for activities

**C.** Improved emotional balance **D.** Lower risk of chronic diseases

**Question 39:** The phrase **"chronic sleep deprivation"** in the fourth paragraph is closest in meaning to _____.

**A.** temporary lack of sleep **B.** long-term insufficient sleep

**C.** occasional sleepless nights **D.** improved sleep patterns

**Question 40:** It can be inferred from the passage that _____.

**A.** Everyone can easily become a short sleeper without any health risks

**B.** Long sleepers have a more efficient sleep cycle

**C.** Sleep quality is more important than sleep quantity

**D.** Genetics play no role in sleep patterns

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