

## MIDTERM TEST 1 - GRADE 11 - FORM 2025

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

**Question 1:** A. diet                      B. mineral                      C. fitness                      D. vitamin

**Question 2:** A. exercise                      B. obesity                      C. remedy                      D. medicine

*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. accept                      B. believe                      C. support                      D. fascinate

**Question 4:** A. essential                      B. precaution                      C. properly                      D. infectious

*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:** If you \_\_\_\_\_ anything crucial, try to pay attention in class and ask questions only when necessary.

A. had missed                      B. haven't missed                      C. have missed                      D. having miss

**Question 6:** When Annie's husband gave her a diamond ring, she felt like \_\_\_\_\_ girl in the world.

A. lucky                      B. more luckily                      C. the luckiest                      D. more luckier

**Question 7:** She believes that all countries should \_\_\_\_\_ the death penalty as it is inhumane.

A. put down to                      B. catch up on                      C. get down to                      D. do away with

**Question 8:** A popular way to \_\_\_\_\_ stress in today's busy lifestyles is practicing meditation.

A. relax                      B. relieve                      C. remove                      D. require

**Question 9:** This warning sign indicates that you \_\_\_\_\_ step on the grass.

A. mustn't                      B. shouldn't                      C. don't have to                      D. ought not to

**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**

### ANNOUNCEMENT OF SCHOOL REOPENING

We are excited to announce we will officially resume in-person classes as of [July 31 2024]! We truly appreciate the outpouring of support over the past several weeks. Our community has come together in so many ways and has exemplified the true meaning of having a black belt mentality. Because we care for your health and safety, we ask that you take note of some policy updates we've (10)\_\_\_\_\_ to ensure we are adhering to the highest standard with physical distancing and sanitization procedures. How you can help keep our building healthy and clean:

- Parents (11)\_\_\_\_\_ to please drop off and pick up students. This helps us reduce the group sizes within our facility. We will stream our classes live, so you can watch your children participate in class and be ready for pick up when class wraps up.
- Students should arrive ready to train in their uniforms.
- Everyone should keep moving after classes. We understand you haven't seen your friends in a while, but we must continue to maintain social distance and also allow the staff time to disinfect.
- You should expect to show up for class no more than 5 minutes ahead of the start time to minimize the number of people in the building.
- We will be checking temperatures using a touch-free Infrared forehead thermometer. Please expect this before you enter the building.

(12)\_\_\_\_\_ you have any questions, please contact us.

**Question 10:** A. activated                      B. occurred                      C. implemented                      D. illustrated

**Question 11:** A. are asked                      B. have asked                      C. had asked                      D. ask

**Question 12:** A. Had                      B. Should                      C. Were                      D. Do

Looking for a career in hospitality? Join our SBX vocational school for great Hotel Receptionist Training Courses!

- Learn essential customer service skills.
- Gain (13)\_\_\_\_\_ experience in hotel operations.
- Hands-on training with industry professionals.
- Flexible schedules to (14) \_\_\_\_\_ your needs.
- Affordable tuition fees.

Turn your passion for hospitality into a rewarding career! Enrol now and start your journey toward (15) \_\_\_\_\_

**Question 13:** A. a                      B. an                      C. the                      D. Ø(no article)

**Question 14:** A. suit                      B. choose                      C. find                      D. seek

**Question 15:** A. succeed                      B. successful                      C. successfully                      D. success

**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:**

- In addition, we have established a garden to offer a haven for native animals to flourish.
- Warm regards.
- I'm pleased to report some encouraging developments about conservation efforts at our school.
- Finally, students play a key role in coordinating wildlife conservation initiatives by planning awareness campaigns and holding fundraisers.
- Dear John, I hope this letter finds you well!
- Ultimately, these endeavors demonstrate our dedication to protecting biodiversity and creating a positive influence on the environment.
- Firstly, our school has implemented a recycling programme to reduce waste and protect habitats.

A. e – g – a – d – c – f – b

B. e – c – g – a – d – f – b

C. e – c – f – g – a – d – b

D. e – c – a – g – d – f – b

**Question 17:**

- a. Moreover, engaging in household chores teaches valuable life skills, including time management and organisation.
- b. Finally, sharing household responsibilities promotes teamwork and fosters a sense of unity within the family.
- c. Encouraging kids to do household chores offers numerous benefits.
- d. Additionally, it fosters a strong work ethic and independence as children learn to complete tasks on their own.
- e. By assigning tasks such as tidying up their rooms or helping with meal preparation, children learn the importance of contributing to the family's well-being.
- f. Overall, involving kids in household chores helps them develop essential life skills while contributing positively to family dynamics.
- g. Firstly, it instills a sense of responsibility from a young age.

A. c – g – d – a – f – d – b

B. g – e – a – d – b – c – f

C. c – g – e – a – d – b – f

D. c – a – g – d – e – b – f

**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.**

According to Chinese medicine, tai chi (18)\_\_\_\_\_, including a reduction in the signs of aging, an extension of life expectancy, improved flexibility, stronger muscles and tendons, and relief from a wide range of medical conditions, including but not limited to: depression, cancer, high blood pressure, arthritis, skin disorders, and high blood pressure.

The majority of tai chi studies have focused on the benefits for the elderly, namely on improving balance and (19)\_\_\_\_\_. Injury and mortality from falls is the top cause of disability and death among the elderly, making this field of study crucial. A lot of people have long thought (20)\_\_\_\_\_ and falls because the motions are slow and purposeful, involving shifting your weight from leg to leg in sync with your upper body movements.

In a related study on tai chi for seniors, 54% of participants said that (21)\_\_\_\_\_ was due to their better balance. People in their sixties and seventies who did tai chi three times weekly for twelve weeks (60-minute sessions) were the subjects of one research. Statistically substantial gains (22)\_\_\_\_\_, strength, balance, and endurance after only six weeks. After another 12 weeks, the improvements in all of these categories got much better.

Adults of all ages experience stress due to the responsibilities of daily existence. (23)\_\_\_\_\_ that tai chi reduces stress, the deliberate breathing, flowing movements, and focused attention that practitioners must master could be the perfect antidote to your fast-paced existence.

**Question 18:**

- A. has been several benefits
- B. having several benefits
- C. has several benefits
- D. to have several benefits

**Question 19:**

- A. to reduce the risk of falls.
- B. reducing the risk of falls.
- C. be reduced the risk of falls.
- D. to reduces the risk of falls.

**Question 20:**

- A. that tai chi helps with balance
- B. which tai chi helps with balance
- C. when tai chi helps with balance
- D. whom tai chi helps with balance

**Question 21:**

- A. them increased self-assurance
- B. yours increased self-assurance
- C. our increased self-assurance
- D. their increased self-assurance

**Question 22:**

- A. was noting in flexibility
- B. were noted in flexibility
- C. have been noted in flexibility
- D. had been noted in flexibility

**Question 23:**

- A. Because there is no hard evidence
- B. Although there is no hard evidence
- C. For there is no hard evidence
- D. But there is no hard evidence

**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.**

Millions of individuals nowadays fight an uphill battle against obesity and inactivity. This is due in part to the high carbohydrate and fat content of their diet. Another issue is that most of us don't do

(24)\_\_\_\_\_to keep ourselves physically fit throughout the day and instead spend our nights in front of the TV. Our hectic schedules have prevented us (25)\_\_\_\_\_exercising as regularly as we should.

The grueling hours at work and school leave little time for healthy eating. Convenient foods like frozen meals and canned vegetables aren't necessarily the best choice. Takeout and fast meals are also major contributors to many health problems.

(26)\_\_\_\_\_a regular exercise routine is essential for good health. This may include anything from gentle yoga to weight training.

(27)\_\_\_\_\_, it is recommended that people of all ages consider exercising daily to prevent health problems. In the absence of a preexisting fitness regimen, it is up to you to select an activity

(28)\_\_\_\_\_brings you delight and begin its regular practice.

**Question 24:** A. many                      B. every                      C. each                      D. much

**Question 25:** A. to                      B. with                      C. from                      D. for

**Question 26:** A. Ignoring                      B. Abolishing                      C. Maintaining                      D. Removing

**Question 27:** A. Although                      B. Furthermore                      C. However                      D. Because

**Question 28:** A. that                      B. which                      C. what                      D. why

**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 29 to 34.**

Many overweight adolescents filed a 2002 lawsuit against the American fast food giant McDonald's, blaming the fast food chain for their weight problems. They said that McDonald's cooked them up a false image of its cheeseburgers and other foods being healthy. They claimed the company failed to inform them of the risks of diabetes, hypertension, and obesity that come with consuming an excessive amount of sugary beverages and foods that are high in fat and salt. In a statement, the mother of a 15-year-old boy who weighed over 180 kilograms stated, "I always believed McDonald's was healthy for my son."

McDonald's rejected accusations that they were to blame for the health issues of these teens. "People don't go to sleep thin and wake up obese," stated Brad Lerman, a lawyer for McDonald's. As an additional point, he mentioned that the knowledge of the functions of hamburgers and French fries has been around for quite some time. As a result, the court rejected the case, stating that "it is not the place of the law to protect people against their own excesses." Put simply, **they** have no right to hold the food industry responsible if they opt to consume **excessive** amounts of harmful food.

There have been previous unsuccessful attempts to sue fast-food chains in the United States. The 'Cheeseburger Bill,' first introduced in 2005 and enacted by the US House of Representatives, took effect that year. As a result, individuals who are overweight found it far more difficult to sue the food business. However, debates about accountability have persisted despite the bill's passage. Various

scientific research suggests that fast food is addictive and potentially dangerous. Thus, is it possible to compare selling fast food to trafficking drugs?

**Question 29:** Which of the following is the best title for the passage?

- A. How to get rid of fast food?
- B. Is fast food addictive?
- C. Obesity - who is to blame?
- D. Is fast food really healthy?

**Question 30:** According to the obese teenagers in the USA who sued McDonald's, which of the following health problems was NOT mentioned?

- A. heart disease
- B. hypertension
- C. diabetes
- D. obesity

**Question 31:** The word “excessive” in paragraph 2 is closest in meaning to\_\_\_?

- A. Excite
- B. Express
- C. Exact
- D. Extreme

**Question 32:** The word “they” in paragraph 2 refers to\_\_\_?

- A. McDonald's
- B. hamburgers
- C. obese teenagers
- D. the court

**Question 33:** According to the passage, which of the following is NOT true about fast food?

- A. addictive
- B. nutritious
- C. harmful
- D. salty and high-fat

**Question 34:** What happens if people choose to eat a lot of unhealthy food?

- A. They can't force the company to be responsible for them.
- B. They may get financial support from the company.
- C. They will surely succeed in lawsuits.
- D. The company will be responsible for their health problems.

**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 35 to 40**

A recent analysis by the housing nonprofit Shelter revealed that young people across the nation are being thrust into a world of homelessness and poverty. Shelter predicts that around 150,000 youths (those between the ages of sixteen and twenty-five) will experience homelessness this year. Some of the city's youth may spend the night sleeping in makeshift shelters like "cardboard city" in London, where individuals of all ages use cardboard boxes as their sole means of subsistence. Some shelters are run by nonprofits and hostels where people can stay for up to ten weeks for free.

Just who are these folks, though? People who are looking for a place to sleep are often not runaways but "throwaways"—those who have been forcibly removed from their families due to circumstances such as parental divorce, an uncaring stepparent, or another unfair circumstance. Imagine a girl named Alice who is sixteen years old and a student. She had recently graduated from high school with honors and did not hail from an impoverished background. While she was at a hostel completing her physics assignments, the members of the Shelter team found her. She was kicked out

of the house because her parents wouldn't let her take Science Advanced Level exams, claiming that such subjects were unladylike. That was the only excuse they gave her.

The government's policies, according to Shelter, do little to aid these children. Shelter reports that a national crisis is developing as a result of rising rents, a lack of **affordable** accommodation, and a reduction in benefits for individuals under the age of twenty-five. Individuals between the ages of sixteen and twenty-five receive less money than older individuals due to recent changes in the benefits legislation, and they can only earn state assistance if they can prove they left home for a valid cause.

According to Shelter, a growing number of youths are forced to sleep on the streets as a result of severe cuts to youth welfare. Also, as Shelter points out, having no **permanent** address makes it impossible to acquire a job, and if that doesn't work, you'll still be homeless since you won't have any money to pay for housing. It's a hopeless predicament.

**Question 35:** What is the reading passage mainly about?

- A. The problem of unemployed people all over the world
- B. Timely actions from the government to fight homelessness
- C. The unpleasant condition of young, homeless people
- D. An increasingly popular trend among youngsters

**Question 36:** The word “**people**” in paragraph 1 refers to\_\_\_?

- A. homelessness
- B. Shelters
- C. nonprofits
- D. hostels

**Question 37:** According to Shelter, once young people have been forced onto the streets, \_\_\_\_\_.

- A. they will never go back home again
- B. their benefits will be severely cut
- C. they will encourage their friends to do the same
- D. they will find it difficult to find work

**Question 38:** The word “**affordable**” in paragraph 3 is closest in meaning to\_\_\_\_\_.

- A. inequality
- B. inexpensive
- C. incapable
- D. inability

**Question 39:** The word “**permanent**” in the last paragraph is opposite in meaning to\_\_\_\_\_.

- A. disrespectful
- B. independent
- C. sympathetic
- D. temporary

**Question 40:** The changes in the system of benefits mean that \_\_\_\_\_.

- A. young people do not receive as much money as those over twenty-five
- B. anyone under twenty-five and not living at home will receive help with food and accommodation
- C. the under twenty-fives can claim money only if they have left home
- D. young people cannot claim money unless they are under sixteen or over twenty-five