

## TA 9 RIGHT ON

### Unit 3 Test 3A

#### I. PRONUNCIATION (5 QUESTIONS)

Choose the word whose underlined part differs from the other three in pronunciation in the following questions.

1. A. jog	B. <u>g</u> ain	C. <u>g</u> ym	D. <u>g</u> et
2. A. <u>da</u> mage	B. <u>yoga</u>	C. <u>en</u> ergy	D. <u>pa</u> ge
3. A. <u>ve</u> getable	B. <u>te</u> enager	C. <u>im</u> age	D. <u>a</u> gainst

Choose the word that differs from the other three in the position of the main stress in the following questions.

4. A. physical	B. excellent	C. important	D. confident
5. A. instructor	B. lifestyle	C. glucose	D. eyesight

#### II. USE OF ENGLISH (14 QUESTIONS)

Choose the best option to complete the following questions.

6. Tim ..... finish the race although he was feeling unwell.  
A. had to      B. was able to      C. could      D. should

7. If you don't stop eating junk food, you ..... lose any weight.  
A. shouldn't      B. may not      C. can't      D. mustn't

8. Doing yoga is a good workout and a great way to ..... our energy levels.  
A. strengthen      B. get      C. build      D. boost

9. Peter had to ..... one week ..... from the gym after his leg injury.  
A. take, off      B. turn, off      C. take, up      D. turn, up

10. A balanced diet of fruit, vegetables and grains can ..... diseases and add years to our life.  
A. prevent      B. reduce      C. cause      D. avoid

11. If you increase the amount of exercise you do each day, you ..... strengthen your body even more.  
A. should      B. have to      C. can      D. must

12. Teens should always take a study break to benefit their ..... health and relax their mind.  
A. physical      B. mental      C. balanced      D. regular

13. Alan ..... train every day for the race because he is already very fit.  
A. isn't able to      B. mustn't      C. can't      D. doesn't have to

14. **Janet:** My friends say I should join a sports team. ....  
**Brian:** It can help you build relationships and get fit, too!  
A. Thanks for your advice.      C. Do you have any other tips?  
B. How can it help?      D. Is there anything I shouldn't do?

15. If older people ..... swimming to get fit, there is less chance of having an injury.  
A. take off      B. take over      C. take up      D. take away

16. If you go to the gym today, you ..... see Emily there. She often goes on Thursdays.  
A. might      B. must      C. should      D. have to

17. We can ..... a lot of calories if we walk up and down the stairs a few times.  
A. manage      B. burn      C. stop      D. lose

**Choose the option that has the CLOSEST meaning to the underlined part in the following questions.**

18. You can maintain a healthy weight with a balanced diet and a lot of exercise.  
A. control      B. get      C. keep      D. gain

**Choose the option that has the OPPOSITE meaning to the underlined part in the following questions.**

19. Regular physical activity is beneficial for both physical and mental health.  
A. healthy      B. busy      C. useful      D. harmful

### III. WORD FORMATION (5 QUESTIONS)

**Write the correct form of the given word.**

20. All of the ..... in the cooking class can learn how to cook healthy meals. (**PARTICIPATE**)  
21. Eating a lot of sweets and fatty foods is very ..... to our health. (**HARM**)  
22. The fitness centre is a great place to ..... and get fit at the same time. (**SOCIAL**)  
23. If you want a ..... lifestyle, you shouldn't stay up too late at night. (**HEALTH**)  
24. John always gets ..... before he plays in a football match. (**STRESS**)

### IV. ERROR RECOGNITION (3 QUESTIONS)

**Find the underlined part that needs correction in the following questions.**

25. You should eat too much junk food; it's bad for your health.  
A. should      B. eat      C. too much      D. for  
26. These running shoes don't fit me, but Lisa may try on them.  
A. These      B. don't fit      C. may      D. try on them  
27. If you get enough sleep, you can't feel energetic tomorrow.  
A. If      B. get      C. enough      D. can't

### V. READING (10 QUESTIONS)

**A. Choose the option that best completes each blank in the passage.**

#### Dreaming of Dairy

We all know that we should eat a **28** ..... diet with lots of healthy foods like rice, meat and vegetables to keep our body fit. But did you know that dairy products can also give our body important nutrients?

Dairy products include milk, cheese, butter and yoghurt. They come **29** ..... animals like cows, goats and sheep. These foods taste great, and they are also healthy. Our bodies use the protein in dairy to build muscles and the fat in dairy for energy. They have vitamins and minerals that are good for our bones and teeth, too.

In different countries, people enjoy dairy in different ways. In France and Italy, people love cheese. They use it in many traditional dishes. In India, some dishes 30) \_\_\_\_ be spicy. So, they use yoghurt to make a dish less hot.

Many people from Asia, Africa, North and South America don't eat dairy because they are unable 31) \_\_\_\_ lactose (sugar) in milk. For this reason, they may choose from a huge variety of lactose-free dairy products. They 32) \_\_\_\_ all of the protein, vitamins and minerals of regular dairy products and, in some cases, higher levels of these beneficial nutrients. Anyway, nowadays, we can find dairy products almost everywhere in the world. What's your favourite dairy product?

28. A. balanced	B. relaxed	C. regular	D. junk
29. A. to	B. for	C. with	D. from
30. A. must	B. can	C. could	D. should
31. A. to digesting	B. digesting	C. digest	D. to digest
32. A. get	B. take	C. contain	D. manage

**B. Read the text about team sports. Choose the best answer (A, B, C, or D).**

#### **Team Sports and Life Skills**

Team sports have benefits for both our minds and our bodies. Playing sports can help us get fit and improve our mood, too. But team sports have some other benefits that we can't always see right away. They can give us many useful life skills.

What are life skills? They are the abilities we need to have to manage our lives well. You might think sports are just for fun, but team sports teach us a lot of the skills we use in other parts of our lives. For example, when you are in a sports team, you need to have good communication skills to work well together. These skills build strong relationships off the pitch, too while being at home, school and work.

Making the right choices is another important life skill we get from team sports. Sometimes, it can be difficult to decide what to do during a match. Should you pass the ball to a teammate or try to score a goal yourself? It is something you learn over time. In life, we also have to make difficult choices every day. So, while growing up, these life skills will be useful for you. Practising life skills in team sports can help you become a good person and a good athlete, whatever you choose to do in life.

**33. What is the text mostly about?**

- A The health benefits of team sports
- B The challenges of team sports
- C The life skills we get from playing team sports
- D The difference between team sports and other sports

**34.** What benefit of team sports is NOT mentioned in the text?

- A Team sports improve our health and make us feel better.
- B Team sports can help us communicate well.
- C Team sports can help us learn how to make smart choices.
- D Team sports can reduce the stress we feel at school.

**35.** Why do we need good communication skills in team sports?

- A to know when to try and score a goal
- B to understand when to pass the ball
- C to work well together with teammates
- D to have fun while playing a game

**36.** What does the word 'It' in paragraph 3 refer to?

- A Playing team sports
- B Making the right choices
- C Scoring a goal
- D Winning a match

**37.** What can be inferred from the text?

- A We don't always understand the benefits of team sports immediately.
- B Playing team sports is more difficult for teens than other types of exercise.
- C You must have strong life skills before you can play team sports.
- D It is important to make time for team sports in your busy schedule.

## **VI. LISTENING (5 QUESTIONS)**

**Listen to Kelly talking to her friend about a health problem. Decide whether the statements are **T** (True) or **F** (False).**

<b>38.</b> Kelly often stays up late surfing the Internet.	<b>T</b>	<b>F</b>
<b>39.</b> Kelly should only surf the Internet early in the evening.	<b>T</b>	<b>F</b>
<b>40.</b> Regular exercise can help Kelly sleep better at night.	<b>T</b>	<b>F</b>
<b>41.</b> Kelly should exercise every day before she goes to bed.	<b>T</b>	<b>F</b>
<b>42.</b> Bill tells Kelly to drink some warm milk before she goes to bed.	<b>T</b>	<b>F</b>

## **VII. WRITING (8 QUESTIONS)**

**Rewrite the following sentences without changing their meanings using the given words.**

**43.** It wasn't necessary for Emily to pay for the exercise class because it was free. (**DIDN'T HAVE TO**)

Emily \_\_\_\_\_.

44. It is a good idea for you to avoid eating for an hour before you go swimming. (**SHOULD**)

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45. It's possible that dancing helps people maintain a healthy weight. (**CAN**)

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46. It's a rule that you put away the equipment after practice. (**HAVE TO**)

You \_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

47. John / have to / give up / sugar / if / he / want / avoid / gain / weight.

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48. Take up / hobby / might / be / nice / way / make / new / friends.

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**Put the words in the correct order to make a correct sentence.**

49. get / can / check-ups. / good / regular / health / maintain / We / if / we /

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50. wear / when / you / sandals / mustn't / at / work out / You / the gym. /

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