

## TA 9 RIGHT ON

### Unit 3 Test 3B

#### I. PRONUNCIATION (5 QUESTIONS)

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

- |                          |                    |                       |                      |
|--------------------------|--------------------|-----------------------|----------------------|
| 1. A. <u>l</u> eg        | B. <u>g</u> ame    | C. or <u>g</u> an     | D. <u>g</u> ym       |
| 2. A. ve <u>g</u> etable | B. <u>g</u> lucose | C. di <u>g</u> estive | D. teen <u>a</u> ger |
| 3. A. <u>g</u> reat      | B. <u>g</u> ood    | C. hu <u>g</u> e      | D. <u>g</u> reen     |

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

- |               |                 |                |               |
|---------------|-----------------|----------------|---------------|
| 4. A. amount  | B. cancer       | C. schedule    | D. football   |
| 5. A. belongs | B. relationship | C. competition | D. appearance |

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

Choose the best option to complete the following questions.

6. They ..... to go far to use the gym because it was across the street.  
A. shouldn't      B. couldn't      C. didn't have to      D. mustn't
7. If you work at a desk, you ..... get up and walk around at least once every hour.  
A. must      B. might      C. can't      D. shouldn't
8. Can you give me some advice on how to ..... my body and get fit?  
A. increase      B. strengthen      C. manage      D. maintain
9. You have to ..... your street shoes and put on your trainers at the gym.  
A. take away      C. take after  
B. take over      D. take off
10. If you ..... the Internet for too long at night, you may not get enough sleep.  
A. take up      B. exercise      C. surf      D. ride
11. Sue ..... lose weight after following a healthy diet.  
A. could      B. was able to      C. had to      D. should
12. When you play a team sport, you should try to ..... strong relationships with your teammates.  
A. provide      B. prevent      C. boost      D. build
13. Parents ..... need to encourage their children to do more exercise at times.  
A. have to      B. may      C. must      D. could
14. **John:** So, I should eat a healthy meal before an important match. ....  
**Linda:** Yes. You should get eight hours of sleep the night before.  
A. I hope it helps.      C. Do you have any other tips for me?  
B. How useful is it?      D. Is there anything I should do?
15. James eats a ..... diet with lots of fruit, vegetables, grains and meat.  
A. balanced      B. stressed      C. junk      D. boiled

16. Peter ..... swim very fast before he injured his leg.  
A. had to                      B. might                      C. could                      D. should
17. John can't ..... late tonight because he is playing in a tennis competition tomorrow.  
A. take up                      C. get up  
B. pick up                      D. stay up

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

18. Julia should change her diet, so she doesn't gain weight.  
A. put on                      B. go on                      C. try on                      D. carry on

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

19. During exams, students often feel very worried and stressed.  
A. weak                      B. unhappy                      C. relaxed                      D. tired

### III. WORD FORMATION (5 QUESTIONS)

Write the correct form of the given word.

20. Sally is joining a ..... class at the gym to help strengthen her body. (**FIT**)  
21. If you have a stomach ache, you should avoid ..... foods and dairy. (**FAT**)  
22. My grandparents work out ..... because they want to maintain a healthy weight and prevent disease as they get older. (**REGULAR**)  
23. We should eat foods with vitamins and minerals .....to build strong bones and teeth. (**DAY**)  
24. The new dance instructor at the sports centre is very ..... and cheerful. (**ENERGY**)

### IV. ERROR RECOGNITION (3 QUESTIONS)

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

25. Helen doesn't have change her diet; she always eats healthy food.  
A. doesn't have                      B. change                      C. always eats                      D. food
26. If you don't want to go to the gym, you can carry on a workout program at home.  
A. don't want                      B. to go                      C. carry on                      D. at home
27. You must spend too much time in front of the computer; it's bad for your eyes.  
A. must                      B. too much                      C. in front of                      D. for

## V. READING (10 QUESTIONS)

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

### Is Sugar Healthy? A Sweet Surprise

Sugar makes things like sweets, chocolate and soda taste great. It comes **28)** ..... plants like sugarcane or beets, the sap from some trees like maple or palm trees. It can even come from bees in the form of honey.

Most people believe that sugar is bad for our health. Well, that's not exactly true. In fact, without sugar, your body **29)** ..... work well. We must have one type of sugar, glucose for certain things like brain **30)** ..... and energy. We don't have to eat sweets to get glucose, though. Our bodies can also break down the carbohydrates in bread, rice and other **31)** ..... foods into glucose and use it for energy.

If sugar is good for the body, can we eat all the sugar we want? No! Too much sugar can be very bad for us. It may make us **32)** ..... weight, which isn't healthy. Eating lots of sugary things can also damage our teeth. So, it's important to watch how much sugar we have if we want to stay fit and keep our smiles bright.

- |                  |            |              |                    |
|------------------|------------|--------------|--------------------|
| 28. A. with      | B. off     | C. from      | D. on              |
| 29. A. shouldn't | B. can't   | C. couldn't  | D. doesn't have to |
| 30. A. organs    | B. joints  | C. functions | D. bones           |
| 31. A. sugary    | B. fatty   | C. dairy     | D. starchy         |
| 32. A. gain      | B. to gain | C. gaining   | D. gained          |

B. The following passage has five sections (A-E). Choose the correct heading (i-viii) for each section from the list of headings below.

### Fun Ways to Keep Fit

Getting fit can be entertaining! There are many ways you can maintain a healthy body and enjoy yourself at the same time.

- A. You can join a dance class to keep fit and have fun. If you can't afford a dance class, you should get together at the park or at a friend's house and dance there. Your body will thank you!
- B. Laugh your way to fitness! You can stay fit if you join a yoga class where you do exercise and share a laugh. This can improve your mood and boost your energy.
- C. Walking pads (a type of exercise equipment for walking in a small space) are more affordable nowadays. So, people can walk while they enjoy their favourite series. It's a great way to mix entertainment and exercise.



- D. If waking up early and going for a run sound boring, you might try running with a group of people. It is fun to be part of a team, even if you are not playing a sport!
- E. You can explore new paths on your daily walks. Go to a different part of your neighbourhood each day. This can make walking more exciting.

Don't forget that it's important to exercise daily. If we find fun ways to exercise, staying fit can become a positive part of our lifestyle.

#### List of headings

- i. Laughter Yoga
- ii. Adventure Walks
- iii. Run before the Sun Rises
- iv. Move your Feet to the Beat
- v. Relax in front of the TV
- vi. Fitness at a Desk
- vii. Watch TV while You Work Out
- viii. Join a Running Club

33. Section A \_\_\_\_\_
34. Section B \_\_\_\_\_
35. Section C \_\_\_\_\_
36. Section D \_\_\_\_\_
37. Section E \_\_\_\_\_

#### VI. LISTENING (5 QUESTIONS)

Listen to a conversation between two friends. Choose the correct answer to each question.

38. Why does Sam ask Jenny for advice?

- A. He is sick.
- B. He is stressed.
- C. He is surfing the Internet too much.
- D. He wants to give up his hobby.

39. Jenny thinks Sam should spend less time \_\_\_\_\_.

- A. online
- B. surfing
- C. smiling
- D. socialising

40. How much time does Jenny spend on exercise each day?

- A. an hour
- B. an hour and a half
- C. half an hour
- D. three hours

**41. Jenny tells Sam to join a team sport because it is \_\_\_\_.**

- A. good for his fitness level
- B. good for his mental health
- C. a good way to make new friends
- D. a lot of fun

**42. What will Sam do first?**

- A. surf the Internet
- B. take up a sport
- C. socialise
- D. make an appointment with his doctor

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

**Combine the sentences using the words in brackets.**

**43.** You want to sleep better at night. You shouldn't surf the Internet for too long. **(IF)**

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**44.** Teens should exercise for half an hour each day. They can maintain a healthy weight. **(SO)**

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**45.** Dave eats late at night. It is possible for him to get digestive problems. **(MAY)**

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**46.** We want to keep our teeth healthy. It is a good idea to eat fewer sugary snacks. **(SHOULD)**

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

**47.** joined / energy / the / Eric / team. / boosted / when / his / basketball / he

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**48.** they / reduce / If teens / sports, / stress. / prevent / play / and / diseases / can

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**Make questions for the underline words.**

49. Working out as a family can help build relationships between parents and their children.

\_\_\_\_\_ ?

50. It's possible to do exercise daily to strengthen your body and get fit.

\_\_\_\_\_ ?