

NAME:..... G9-U3-TEST 1-MARKS:.....

I. Find the word which has a different sound in the part underlined.

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|-----------------------|---------------------|--------------------|---------------------|
| 1. A. <u>h</u> abit | B. <u>h</u> omework | C. <u>h</u> ealthy | D. <u>h</u> onest |
| 2. A. <u>h</u> ouse | B. <u>h</u> otel | C. <u>h</u> our | D. <u>h</u> obby |
| 3. A. <u>r</u> adio | B. <u>r</u> un | C. <u>r</u> uler | D. <u>r</u> esort |
| 4. A. <u>h</u> and | B. <u>h</u> at | C. <u>v</u> ehicle | D. <u>h</u> elp |
| 5. A. <u>r</u> eal | B. <u>r</u> oad | C. <u>r</u> iver | D. <u>r</u> hyme |
| 6. A. <u>h</u> istory | B. <u>h</u> oliday | C. <u>h</u> our | D. <u>h</u> otel |
| 7. A. <u>r</u> ead | B. <u>r</u> abbit | C. <u>r</u> ing | D. <u>w</u> rite |
| 8. A. <u>h</u> onest | B. <u>h</u> ard | C. <u>h</u> orse | D. <u>h</u> urry |
| 9. A. <u>h</u> ome | B. <u>h</u> ungry | C. <u>h</u> onor | D. <u>h</u> ospital |
| 10. A. <u>c</u> ar | B. <u>r</u> un | C. <u>w</u> rong | D. <u>r</u> oad |

II. Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

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|--------------------------|---------------------------------|-------------------------------|---------------------------------|
| 1. A. <u>a</u> dvice | B. <u>e</u> xam | C. <u>m</u> aintain | D. <u>s</u> chedule |
| 2. A. <u>d</u> elay | B. <u>h</u> abit | C. <u>h</u> ealthy | D. <u>r</u> eady |
| 3. A. <u>s</u> everal | B. <u>d</u> istracti <u>o</u> n | C. <u>h</u> appi <u>n</u> ess | D. <u>w</u> orri <u>ng</u> |
| 4. A. <u>m</u> ental | B. <u>e</u> xam | C. <u>i</u> mprove | D. <u>d</u> ivide |
| 5. A. <u>c</u> ounsellor | B. <u>p</u> hysical | C. <u>c</u> oncentrate | D. <u>d</u> istracti <u>o</u> n |

III. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. My homeroom teacher advised me to avoid any _____ for better concentration at school.
A. physical B. distractions C. counsellor D. priorities
2. Schools should give _____ to teenagers' mental health by providing counselling services.
A. priority B. routine C. results D. efforts

IV. Complete the sentence with the correct form of the word in brackets.

1. Despite challenges, many teenagers remain _____ about their future and embrace new opportunities. (OPTIMISM)
2. A lot of students are experiencing _____ due to pressures from schoolwork, classmates and family. (ANXIOUS)
3. Jogging is a popular activity to maintain _____ health among young people nowadays. (physically)
4. We have to complete different kinds of _____ at the end of this semester. (assign)
5. Don't hesitate to ask for _____ support from your teacher and friends. (add)

V. Complete the sentence by filling in the blank with a suitable word from the box. There is ONE extra word you do not need to use.

effectively mental regularly omission distractions delay

1. Finding a quiet place to study can help reduce _____ and increase productivity.
2. Doing things you enjoy can significantly improve your _____ health and overall well-being.
3. Knowing how to break a large task into smaller ones can help students learn more _____ and get rid of stress.
4. The _____ of parental guidance sometimes leaves teenagers feeling lost and uncertain.
5. Because I have been overloaded with schoolwork recently, I asked my maths teacher for permission to _____ the assignment until next Monday.

VI. Choose the correct answer A, B, C or D.

1. James _____ fit by doing exercises in the gym three times a week.
A. makes B. keeps C. does D. seems
2. You should try to avoid foods high _____ salt.
A. in B. of C. for D. about
3. Rice water could help _____ stomach ache.
A. relieve B. fight C. improve D. cure
4. This orange doesn't _____ fresh.
A. sound B. see C. touch D. taste
5. If you have too much homework, you can feel _____.
A. balanced B. relaxed C. stressed D. free
6. _____ sugary snacks are harmful to you.
A. Enough B. Too much C. Little D. Too many
7. Henry's coffee tastes very sweet because he always puts lots of _____ in it.
A. salt B. sugar C. oil D. pepper
8. "I'm going to cycle. Would you like to join me?" – " _____ "
A. No, thanks. I'm not interested. B. I don't really agree. C. Yes, I do. D. Cycling was good.
9. Nuts are rich _____ protein, vitamins and minerals.
A. with B. of C. in D. for
10. This cereal is full _____ fiber and lots of vitamins.
A. with B. of C. in D. from
11. My friend suggested _____ on a yoga course to lose weight.
A. enrolled B. enroll C. enrolling D. to enroll
12. In order to stay healthy, make sure you have a balanced **intake** of vitamins and minerals.
A. take-off B. take-away C. consumption D. digestion
13. There are several ways to **exercise** and stay healthy.
A. apply B. exploit C. keep fit D. operate
14. If you take this medicine, you will **recover** quickly.
A. get well B. get on C. get up D. get in
15. "I think you should eat more vegetables and less meat." - " _____ "
A. I believe it. B. No, I don't have. C. Yes, you're right. D. Everything will be alright.

VII. Choose the correct answer A, B, C or D to complete the sentences

1. The sports teachers are trying to help develop the _____ well-being of their students.
A. mental B. intellectual C. emotional D. physical
2. Before you ask him, wait until he's in a better _____.
A. emotion B. mood C. opinion D. feeling

3. Sarah is _____ an exam this afternoon. She's studied hard.
A. skipping B. taking C. setting D. making
4. I'm not good at art so I'm _____ this subject. I'll try French now.
A. attending B. marking C. dropping D. taking
5. Hung has got too much homework to do this week and he's completely _____.
A. optimistic B. relaxing C. stressed out D. burned out
6. If they spend more time reading materials, they _____ understand the topic more.
A. should B. might C. could D. would
7. When do you _____ up for the school holidays?
A. break B. move C. keep D. line
8. If you join in cooking courses, you _____ prepare your own food.
A. must B. should C. will D. can