

**ANSWER KEY REVIEW UNIT 3: HEALTHY LIVING FOR TEENS - TEST****1****Môn: Tiếng Anh – Lớp 9 Bộ sách: Global Success****Thời gian làm bài: 60 phút****A. LISTENING: (2.5 points)**

**PART 1: Listen to the audio talking about HEALTHY LIVING FOR TEENS and complete the blanks with NO MORE THAN TWO WORDS. You can listen to the recording TWICE.(1.0 point) 160-180W**

(NB) 1. Every morning, Tom eats a healthy breakfast with \_\_\_\_\_ and fruit.

(TH) 2. His mother reminds him to avoid \_\_\_\_\_ and drink more water.

(NB) 3. Tom puts his phone in a \_\_\_\_\_ to avoid distractions while studying.

(VD) 4. These small changes help improve his focus, mood, and \_\_\_\_\_.

**PART 2: Listen to the talk about HEALTHY LIVING FOR TEENS and circle A, B C or D to answer each question. You will listen TWICE.(1.5 points) skill 2 160-180W**

(NB) **Question 5.** What colour does Trang use for her test dates?

- A. Blue for exams and red for games
- B. Green for homework and red for fun
- C. Red for deadlines, green for exams
- D. Red for schoolwork and green for birthdays

(NB) **Question 6.** What does Phong do when he starts studying?

- A. He leaves his phone on silent mode
- B. He listens to relaxing music
- C. He calls a friend to study together
- D. He turns off his phone and signs out

(TH) **Question 7.** Why does Tom start his assignments early?

- A. So he can watch TV in the evening

- B. So he doesn't feel stressed before deadlines
- C. Because he wants to finish before his friends
- D. Because his teacher told him to

**(TH) Question 8.** What helps Trang stay on top of her schoolwork?

- A. Using coloured notes in class
- B. Talking with friends after school
- C. Using a calendar to plan ahead
- D. Sleeping early every night

**(VD) Question 9.** What is Phong's main reason for logging out of social media?

- A. He wants to delete his accounts permanently
- B. He wants to avoid distractions while studying
- C. He doesn't like using his phone
- D. His parents told him to stop

**(VD) Question 10.** What do Trang, Phong, and Tom all try to do?

- A. Eat healthier snacks after school
- B. Sleep before 9 p.m. every night
- C. Improve how they manage their time
- D. Do group homework together

### **B. KNOWLEDGE OF LANGUAGE: (2,5 points)**

**PART 1: Read the following advertisement/ announcement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fit each of the numbered blanks from 11 to 15 (1.25 points)**

#### **HEALTHY HABITS – STRONGER TEENS!**

Teenage years can be stressful, so it's important to build healthy habits. If you want to succeed at school, stay active, and feel happy, start with small changes.

##### **1. Plan Your Time**

Use a calendar to write down deadlines, tests, and daily goals. Never forget your \_\_\_\_ (11), and plan ahead to avoid stress.

##### **2. Take Care of Your Mind**

Sometimes students feel \_\_\_\_ (12) because they try to do too much at once. Take short breaks and avoid distractions.



**3. Stay Positive**

It's important to be \_\_\_\_ (13), even when things don't go as planned. A positive attitude can help you bounce back from challenges.

**4. Balance Study and Play**

If you spend all your time studying, you \_\_\_\_ (14) feel tired and bored.

**5. Be Active**

If you exercise regularly, you \_\_\_\_ (15) improve your physical and mental health.

**(NB) Question 11:**

- A. delay                      B. distraction                      C. due date                      D. schedule

**(NB) Question 12:**

- A. stress                      B. stressful                      C. stressed                      D. stressing

**(NB) Question 13:**

- A. positivity                      B. positive                      C. positively                      D. positivist

**(TH) Question 14:**

- A. may                      B. must                      C. should                      D. can

**(TH) Question 15:**

- A. must                      B. might                      C. can                      D. should

**PART 2: Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 16 to 20. (1.25 points)**

**HEALTHY LIVING FOR TEENS: SMALL STEPS, BIG DIFFERENCE!**

Teen life is full of challenges, but staying healthy makes everything easier. If you don't sleep enough or skip meals, you \_\_\_\_ (16) tired and stressed.

Good habits like eating a well-balanced breakfast and staying hydrated can help reduce \_\_\_\_ (17) such as phones and social media.

To succeed in both study and health, teens should set clear goals and \_\_\_\_ (18) their time wisely.

Even if your schedule is full, try to stay \_\_\_\_ (19) and look at every day as a chance to improve.

If you manage your health well, you \_\_\_\_ (20) feel more focused and ready to enjoy life.

**(TH) Question 16:**

- |              |              |
|--------------|--------------|
| A. will do   | B. will feel |
| C. will have | D. will fall |

**(NB) Question 17:**

- |                 |                 |
|-----------------|-----------------|
| A. distract     | B. distractedly |
| C. distractions | D. distracted   |

**(NB) Question 18:**

- |            |             |
|------------|-------------|
| A. manage  | B. managing |
| C. manages | D. managed  |

**(VD) Question 19:**

- |               |                 |
|---------------|-----------------|
| A. bored      | B. stressed out |
| C. optimistic | D. be good      |

**(NB) Question 20:**

- |         |          |
|---------|----------|
| A. can  | B. may   |
| C. must | D. might |

**C. READING (2.5 points)**

**PART 1: 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 21 to 25. (1.25 pts) 180-200w**

**How to Manage Your Time Effectively**

Managing time well is a key skill for students and working people alike. We can improve this skill by following several useful strategies. First, it is important to set clear, specific goals and list your tasks in order of priority. This helps you (21) \_\_\_\_\_ on your own task on what is most urgent and important, allowing you to allocate your time and energy wisely.

Second, using a schedule or to-do list helps you stay organised and ensures you complete your work on time. Try to avoid distractions such as social media or noisy environments. Instead, find a quiet space to work and (22) \_\_\_\_\_ only on one task one task at a time.

Third, take regular short breaks to rest your mind. Breaks help prevent burnout and improve your productivity. Doing something relaxing like stretching, walking, or (23) \_\_\_\_\_ to music for a few minutes can refresh your energy.

Finally, review your schedule regularly and adjust it if needed. Make sure you are making progress towards your goals and that your plan still fits your (24) \_\_\_\_\_ situation.

By applying these tips, you can make the most of your time, reduce stress, and succeed in both school and personal life. Good time management leads to better results and a healthier, more (25) \_\_\_\_\_ lifestyle.

*(Adapted from Global Workbook 9)*

**(NB) Question 21.**

- A. focus clearly
- B. prepare carefully
- C. explain fully
- D. manage wisely

**(NB) Question 22.**

- A. complete
- B. handle
- C. concentrate
- D. practise

**(VD) Question 23.**

- A. listening slowly and gently
- B. talking softly
- C. listening quietly
- D. relaxing calmly

**(TH) Question 24.**

- A. usual
- B. current



- C. recent
- D. normal

**(TH) Question 25.**

- A. nervous
- B. balanced
- C. tired
- D. difficult

**PART 2: 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 26 to 30. (1.25 pts) 180-200w**

**Setting Realistic Goals for a Healthy Lifestyle**

Setting goals is a key step toward living a healthier life. It gives you focus and motivation by providing clear direction and a way to measure your progress. However, it's important to set goals that are realistic and achievable. Trying to make huge changes too quickly such as quitting smoking or losing a lot of weight at once. This can lead to frustration and disappointment.

To avoid this, begin with small, manageable goals and concentrate on one at a time. For example, if your goal is to lose weight, you might start by exercising three times a week or replacing sugary snacks with fruit. These small actions may seem minor, but they become powerful over time when done regularly.

Using a journal or a tracking app can help you stay on track and monitor your progress. Once these small steps turn into daily habits, you can slowly take on more challenges, like reducing fast food or including strength training in your routine.

Small, consistent efforts are often more effective than drastic changes. Over time, these healthy habits will grow, helping you feel better and reach your bigger health goals—without feeling overwhelmed or giving up too soon.

*(Adapted from Global Workbook 9)*

**(NB) Question 26. What do goals help you do?**

- A. Make more food every day
- B. It gives you focus and motivation

- C. Sleep earlier and eat more
- D. Go to school and play more

**(NB) Question 27. What can happen if you try to change too much at once?**

- A. This helps get more food and sleep
- B. This helps learn faster and smarter
- C. This can lead to frustration and disappointment.
- D. This helps be stronger and healthier

**(NB) Question 28. Which tool can help track your healthy habits?**

- A. A food list and workout clothes.
- B. A photo album and calendar.
- C. A journal or a tracking app.
- D. A book about fast food meals.

**(TH) Question 29. According to the passage, what makes small efforts effective?**

- A. They stop you from doing many things.
- B. They always help reduce your weight.
- C. They become strong when repeated.
- D. They only work when done once.

**(VD) Question 30. Which best summarizes the main idea of the last paragraph?**

- A. Small efforts done often lead to success.
- B. Daily goals are tiring and confusing.
- C. People should avoid small changes.
- D. Healthy habits make people weaker.

#### **D. WRITING (2.5 points)**

**Part 1: 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 in each of the following questions from 31 to 32. (0.5 pt)**

**(TH) Question 31:**

- a. Mai: Can you open the door, Tom?
- b. Mai: Can you open the door, please?
- c. Tom: Sorry?
- d. Tom: Oh, I didn't hear you the first time.

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

**(VD) Question 32:**

- a. Nick: Excuse me. Would you mind showing me the way to the post office?
- b. Nick: Would you mind showing me the way to the post office again, please?
- c. Woman: I beg your pardon.
- d. Woman: Oh, the post office is two blocks down this street, then turn left.
- e. Nick: Thank you very much. That's really helpful.

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

**Part 2: Combine each pair of sentences to make one sentence, using the words given in brackets in each of the following questions from 33 to 36. (1,0pt)**

**(TH) Question 33:** Teenagers want to stay healthy. They do regular exercise.  
(SHOULD)

→ \_\_\_\_\_

**(TH) Question 34:** You don't want to feel tired in the morning. You go to bed early. (MUST)

→ \_\_\_\_\_

**(VD) Question 35:** Anna is feeling stressed. She goes for a walk or she does some deep breathing. (MIGHT)

→ \_\_\_\_\_

**(VD) Question 36:** With the right support, teens will manage their screen time better. (BE ABLE TO)

→ \_\_\_\_\_

**Part 3: Write a paragraph (about 100-120 words) about how to manage your time effectively. The following cues below might help you. (1.0 pt)**



## USEFUL LANGUAGE

- make a plan / daily schedule
- set priorities
- avoid distractions
- take regular breaks
- finish urgent tasks first
- use time wisely
- stay focused
- reduce stress

## OUTLINE

### Introduction:

There are several ways to manage our time effectively.

### Body:

Problem 1: Not having a clear plan → wasting time

Problem 2: No priorities → missing deadlines / poor performance

Problem 3: Too many distractions → low productivity

### Conclusion (Suggestion):

We should make good plans, stay focused, and avoid distractions to manage our time well.

### Writing Sample

There are several ways to manage our time effectively. Firstly, we should make a clear plan or daily schedule. This helps us use our time wisely and avoid wasting it. Secondly, it is important to set priorities. If we know what tasks are the most important, we can finish them first and avoid missing deadlines. Thirdly, we must avoid distractions such as phones, games, or social media. These things can make us lose focus and waste a lot of time. Lastly, taking regular breaks is also useful. It

helps our mind relax and reduces stress. These are the most helpful tips to manage our time better, so we can study and work more efficiently every day.

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