

## UNIT 8 WELLNESS WAVES: MIND AND BODY (BASIC)

### Part 1: Vocabulary

1. Which word means “to move your body for health”?  
A. Sleep  
B. Exercise  
C. Study  
D. Cook
2. What do you drink to stay healthy?  
A. Soda  
B. Coffee  
C. Water  
D. Juice only
3. What should you do when you feel tired?  
A. Sleep and rest  
B. Eat candy  
C. Watch TV all night  
D. Work more
4. What is good for your mental health?  
A. Arguing  
B. Relaxing  
C. Stress  
D. Worrying
5. What do you call food that is good for your body?  
A. Junk food  
B. Healthy food  
C. Fast food  
D. Cheap food

### Part 2: Dialogue and Usage

6. A: How do you stay healthy?  
B: \_\_\_\_\_  
A. I eat vegetables and exercise.  
B. I health.  
C. Stay me.  
D. Exercise yes.
7. A: What time do you usually sleep?  
B: \_\_\_\_\_  
A. I go to bed at 10 p.m.  
B. I sleep time.  
C. Yes, night.  
D. Sleep now.
8. A: Do you drink enough water every day?  
B: \_\_\_\_\_  
A. Yes, I do. It's important.  
B. Drink day yes.  
C. Water yes.  
D. I water.
9. A: What do you do when you feel sad?  
B: \_\_\_\_\_  
A. I talk to my friends.  
B. Sad me yes.  
C. I sleep.  
D. Talk yes.
10. A: Why is sleep important?  
B: \_\_\_\_\_  
A. Because it helps us rest and grow.  
B. Sleep good.  
C. Because night.  
D. It time yes.

**UNIT 7 TRENDSETTERS: WHAT'S HOT, WHAT'S NOT (BASIC)**

**1. Part 1: Vocabulary**

❑ Which word means “very popular right now”?

- A. Trendy
- B. Old
- C. Boring
- D. Quiet

2. ❑ What do people wear on their feet?

- A. Hat
- B. Shoes
- C. Ring
- D. Shirt

3. ❑ What do you call a person who starts a new style?

- A. Follower
- B. Trendsetter
- C. Listener
- D. Tourist

4. ❑ What do people read to learn about new fashion or trends?

- A. Magazine
- B. Notebook
- C. Menu
- D. Letter

5. ❑ What do people use to share new trends online?

- A. Social media
- B. Library
- C. Kitchen
- D. Office

**6. Part 2: Dialogue and Usage**

❑ A: What's popular with teenagers now?  
B: \_\_\_\_\_

- A. Wearing sneakers and baggy pants.
- B. Teenagers yes.
- C. It's popular.
- D. New trend good.

7. ❑ A: Do you follow fashion trends?  
B: \_\_\_\_\_

- A. Yes, I do.
- B. Yes, I follow it now.
- C. I like trend.
- D. Fashion yes.

8. ❑ A: Who is your favorite influencer?  
B: \_\_\_\_\_

- A. My favorite is Bright Vachirawit.
- B. Yes, influencer.
- C. I like he.
- D. Favorite yes.

9. ❑ A: What color is in style this year?  
B: \_\_\_\_\_

- A. Green is in style this year.
- B. Yes, color.
- C. Style good.
- D. Color year.

10. ❑ A: Do you like trying new styles?  
B: \_\_\_\_\_

- A. Yes, I do. It's fun.
- B. Try yes.
- C. I style.
- D. New yes.

### UNIT 9 MEDIA MATTERS: TRUTH OR TREND? (BASIC)

#### Part 1: Vocabulary

1. What do you call information on TV, radio, or the internet?
  - A. Media
  - B. Fashion
  - C. Music
  - D. Market
2. What do you read in a newspaper?
  - A. Songs
  - B. News
  - C. Games
  - D. Weather only
3. Which word means “not true”?
  - A. Real
  - B. Fake
  - C. Honest
  - D. Kind
4. What do people post on social media?
  - A. Homework
  - B. Photos and videos
  - C. Tests
  - D. Books
5. What should you do before believing news online?
  - A. Share it quickly
  - B. Fact-check it
  - C. Ignore it
  - D. Delete it

#### Part 2: Dialogue and Usage

6. A: What do you watch on TV?  
B: \_\_\_\_\_
  - A. I watch the news.
  - B. Watch yes.
  - C. TV me.
  - D. Yes, I watch.
7. A: Do you use Facebook or TikTok more?  
B: \_\_\_\_\_
  - A. I use TikTok more.
  - B. Facebook yes.
  - C. TikTok I.
  - D. Yes, both.
8. A: What's this video about?  
B: \_\_\_\_\_
  - A. It's about a new movie.
  - B. About yes.
  - C. Video good.
  - D. Watch it.
9. A: Is this news real or fake?  
B: \_\_\_\_\_
  - A. I think it's fake.
  - B. Yes, real.
  - C. Fake yes.
  - D. Think real.
10. A: What should people do before sharing news?  
B: \_\_\_\_\_
  - A. They should check if it's true.
  - B. Share yes.
  - C. Post now.
  - D. Check no.