

Test 12 - Strong Again: The Path to Self-Healing

Healing oneself is important for a happy and healthy life. When we get hurt or feel sad, we should take steps to help ourselves feel better. Healing can happen both in the body and in the mind. When you are sick or have a minor injury, getting enough rest is very important. Sleeping well at night helps the body fix itself. Eating healthy food, like fruit and vegetables, also gives the body strength. Drinking water and doing light exercise can help you heal faster.

Healing is not just for the body. Sometimes, we feel sad, worried or stressed. To heal your mind, you can talk to someone you trust, like a friend or family member. Sharing your feelings can make you feel lighter and less burdened. Doing activities you enjoy, like reading, listening to music or walking outside, can also support healing. Breathing deeply and slowly is a good way to calm your mind and body.

It is important to be patient because healing can take time. Don't be afraid to ask for help when you need it. Doctors, teachers and family can give you support. Remember, everyone heals at their own speed. Taking small steps every day can make a big difference. Be kind to yourself and believe that you can heal. With time, self-care, and support from others, we can all become strong again.

23. Our body can repair itself if we sleep as much as possible.

24. Healing is not only for our body but also for our emotions.

25. Doing enjoyable activities like reading, music or walking supports healing.

26. Every individual heals at exactly the same pace without exception.

27. According to the passage, you can heal your mind by talking to someone you trust because _____.

- A. talking about your feelings can help you feel calmer and more at ease
- B. expressing your emotions can help you feel more confident and ready to face challenges
- C. opening your heart to others can make you easily hurt and depressed
- D. sharing your feelings with trusted people can help you gain new ideas and solutions

28. Which of the following is NOT mentioned in the text?

- A. Resting is essential when someone is sick or has a small injury.
- B. Eating fruit and vegetables gives the body strength.
- C. Drinking water and light exercise can speed up the healing process.
- D. Spending time in nature often improves emotional health.

Test 13 - Homelessness in the United States

Homelessness is a serious problem in the United States. There are several cities in the USA with large homeless populations such as New York, Los Angeles and San Francisco. Without a safe place to live, many people are forced to sleep on the streets, in parks or even in their cars. Others stay in temporary shelters for the homeless. Homelessness can happen to anyone. Children, adults and older people can all be affected. There are numerous factors that contribute to homelessness. People can lose their homes because of losing a job, struggling with money, facing family problems or coping with health issues. While some people are homeless for a short time, others face this hardship for many years.

The experience of homelessness remains extremely harsh, exposing people to severe weather, illness and social isolation. To address the issue, the government and many non-profit organisations try to help homeless people through many ways. They give them food, clothes, shelters and job programmes. Volunteers also help by giving their time or money. In short, homelessness is a problem that needs everyone's help. If people work together, they can help more people find a safe home and a better life.

23. Homelessness is an issue that happens in just some parts of the United States.

24. People lose their homes because they want to live outdoors.

25. Children, adults and older people may all experience homelessness.

26. Volunteers are willing to support the homeless with their time or money.

27. What is the main idea of the passage?

- A. The hopelessness of homeless people in the USA
- B. The different backgrounds of homeless people in the USA
- C. The situation of homeless people in the USA
- D. The loneliness and sadness of homeless people in the USA

28. Which of the following is NOT mentioned in the text?

- A. Everyone who becomes homeless quickly gets a new house from the government.
- B. Many people without homes sleep on the streets, in parks or in cars.
- C. People without homes might get sick or become isolated.
- D. Some people are homeless for a short period while others remain homeless for years.