

B. Adults should aim for 7-9 hours of sleep per night

C. Adults should aim 7-9 hours sleep per night

D. Adults should aim sleep of 7-9 hours every night

Question 21: A. to include regular check-ups and screenings

B. with including regular check-ups and screenings

C. include regular check-ups and screenings

D. including regular check-ups and screenings

Question 22: A. In summary

B. Instead of

C. In contrast

D. Even though

Question 23: A. contributes to living

B. contributes to live

C. contributes living

D. contributes for living

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 24 to 28.

The Importance of Sleep

For about one third of your life, your eyes will be closed. You will not move very much. You will breathe very slowly. You will be quiet. In other words, for about one third of your life, you will be asleep.

Why do we sleep so much? What is the purpose? Scientists do not have a complete answer. They believe that sleep (24)_____ your energy and helps your brain work better. If you do not sleep enough, you cannot (25)_____ on your work, and you feel tired all day. Without enough sleep, you are also more likely to get sick.

Sleep is important for normal development. This means (26)_____ children need a lot of sleep in order to grow up strong and healthy. During the first two weeks of life, babies sleep for about 16 hours every day. This changes as they grow and need less sleep. Teenagers still need about 9 hours of sleep every night, but (27)_____ adults need less – only about 8 hours. After about the age of 70, they only sleep for about 6 hours every night.

All animals need sleep, (28)_____ there is great variation in how much they sleep. For example, some big snakes sleep for more than 18 hours a day. Sheep only sleep for about 4 hours, and giraffes sleep less than 2 hours a day! Pigs sleep for 8 hours a day just like adult humans.

Adapted from Making Connections

Question 24: A. spreads

B. suffers

C. restores

D. releases

Question 25: A. treat

B. relax

C. vaccinate

D. concentrate

Question 26: A. which

B. that

C. whom

D. whose

Question 27: A. most

B. each

C. some

D. much

Question 28: A. but

B. so

C. because

D. although

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 29 to 33.

Our body clock, also known as the circadian rhythm, is an internal system that **regulates** our sleep-wake cycle, influencing various physiological processes. This biological clock is primarily influenced by external cues such as light and temperature, aligning our body's functions with the day-night cycle. For instance, exposure to natural light in the morning signals the body to wake up and be alert, while the absence of light in the evening triggers the production of melatonin, a hormone that promotes sleep.

Maintaining a consistent circadian rhythm is crucial for overall health. Disruptions to **it**, such as those caused by shift work, travel across time zones, or irregular sleep patterns, can lead to various health issues. These disruptions can affect sleep quality, mood, and cognitive functions, and over time, may contribute to more serious conditions such as obesity, diabetes, and cardiovascular diseases. Therefore, it is essential to follow a regular sleep schedule, ensure exposure to natural light during the day, and minimize light exposure at night to keep the body clock in sync.

Moreover, the circadian rhythm also regulates other bodily functions, including hormone release, eating habits, and digestion. Studies have shown that our body clock influences the timing of meals, and eating at irregular times can disrupt metabolic processes. For optimal health, it is recommended to eat meals at consistent times each day and avoid late-night eating. By understanding and respecting it, we can improve our sleep quality, boost our overall health, and enhance our daily performance.

Reference: <https://www.nigms.nih.gov>

Question 29: What would be the best title for the passage?

- A. The Benefits of Melatonin B. The Science of Sleeping Pills
C. Understanding of the Body Clock D. The Impact of Technology on Sleep

Question 30: What does the word “**regulates**” in the passage mostly mean?

- A. disrupts B. controls C. ignores D. influences

Question 31: What does the word “**it**” in paragraph 2 refer to?

- A. work B. melatonin C. disruption D. circadian rhythm

Question 32: Which of the following is NOT mentioned as a factor affecting global health?

- A. income B. education C. pollution levels D. lifestyle

Question 33: According to the passage, what is recommended for optimal health regarding meal times?

- A. Eating meals at the same times every day B. Eating whenever you feel hungry
C. Skipping breakfast regularly D. Eating large meals late at night

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 34 to 40.

Individuals make decisions about their physical and mental health because serious illnesses can significantly impact them and their families. Just as family health is tied to individual members, a nation's health is connected to **its** people. A country's economic strength relies on a healthy workforce. Hence, governments monitor the health of their populations, examining connections between health and lifestyle. The World Health Organization (WHO) uses this data to answer: How healthy is the world?

The WHO **assesses** large populations' health using life expectancy and mortality rates. Life expectancy measures the average age people are expected to live. Since the 20th century, life expectancy has significantly increased worldwide. For example, the average global citizen now lives 27 years longer than a century ago. Japan shows even more dramatic increases, with people living 38 years longer on average than 100 years ago. These improvements indicate that the world is healthier now than in the past century.

Mortality rates, the second indicator, measure deaths in specific regions, focusing on **premature** deaths. WHO emphasizes child mortality, which makes up over 20 percent of all premature deaths. Though global child mortality has decreased by 30 percent since 1990, significant disparities exist between nations and within countries. Mortality rates fall faster in wealthier nations and among higher-income individuals, highlighting ongoing health inequalities.

Governments aim to reduce mortality rates by targeting premature death causes. While infectious diseases still cause millions of deaths, particularly in developing countries, there has been progress. HIV/AIDS, once stigmatized and ignored, has seen a 16 percent decline in new infections globally between 2000 and 2008 due to prevention efforts and new drugs.

Lifestyle choices significantly affect life expectancy and mortality rates. Obesity and smoking are major health risks, with obesity reducing life expectancy by up to 20 years and smoking causing millions of deaths annually. The CDC estimates a billion smokers worldwide, with 80 percent in developing countries. Lifestyle choices thus pose health risks for individuals and nations alike.

By examining life expectancy, mortality rates, and lifestyle, we get a mixed view of global health. While people live longer due to improved life expectancy, infectious diseases and poor lifestyle choices still cause millions of deaths. Improving global health requires continued efforts in health education, job provision, and income increase, highlighting the link between education, income, and health. Better-educated individuals make healthier lifestyle choices, benefit from improved job prospects, and pass these advantages to their children, ultimately enhancing global health.

Reference: <https://www.samhsa.gov/>

Question 34: What would be the best title for the passage?

- A. The Importance of Health Education
B. The Role of WHO in Global Health
C. Assessing Global Health: Indicators and Challenges
D. Lifestyle Choices and Their Impact on Health

Question 35: The word “**assesses**” in paragraph 2 is closest in meaning to _____.

- A. ignores B. evaluates C. dismisses D. overlooks

Question 36: What does the word “**its**” in paragraph 1 refer to?

- A. nation B. health C. decision D. strength

Question 37: The word “**premature**” in paragraph 3 is opposite in meaning to _____.

- A. timely B. early C. delayed D. expected

Question 38: According to the passage, what is a significant achievement in reducing global mortality rates?

- A. The complete eradication of HIV/AIDS
B. A decrease in new HIV/AIDS infections
C. A 50 percent reduction in child mortality
D. The eradication of tobacco-related diseases

Question 39: Which of the following is NOT true according to the passage?

- A. Obesity can reduce life expectancy by up to 20 years.
B. The CDC estimates there are a billion smokers worldwide.
C. Infectious diseases have been eliminated in developing countries.
D. Lifestyle choices pose health risks for individuals and nations.

Question 40: It can be inferred from the passage that _____.

- A. Health education has no impact on life expectancy.
B. Governments play a role in reducing mortality rates.
C. All countries have equal health outcomes.
D. Life expectancy is not linked to economic factors.

TEST 2

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.

Question 1: A. virs B. habit C. fitness D. illness

Question 2: A. germ B. grow C. gone D. gap

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

Question 3: A. disease B. homework C. muscle D. treatment

Question 4: A. recipe B. energy C. poisoning D. infection

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

Question 5: Many people find that they need to _____ sugary drinks and sodas to better manage their weight.

- A. turn down B. get over C. work out D. give up

Question 6: People who _____ from high levels of stress are more likely to experience mental health issues

- A. prevent B. suffer C. expect D. deny

Question 7: Drinking water _____ throughout the day is crucial for supporting bodily functions.

- A. positively B. happily C. properly D. especially

Question 8: A balanced diet rich in essential _____ is key to maintaining a long and healthy life.

- A. labels B. tools C. nutrients D. organisms

Question 9: She _____ a variety of fruits and vegetables in her diet for five years.

- A. includes B. has included C. will include D. had included

Read the following advertisement/announcement 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 10 to 12.

Find Your Inner Peace: Join Our Meditation Course Today!

Are you looking to reduce stress, improve focus, and enhance your overall well-being? Our expert-led meditation course is designed just for you! Over the course of five weeks, you will:

- Learn effective meditation techniques to calm your mind and body.
- Develop a (10) _____ practice that fits into your daily routine.
- Experience the benefits of reduced anxiety and improved mental clarity.

Join us now and take the first step towards a (11) _____ and peaceful life. Sign up today and start your journey to inner tranquility!

Special Offer: Enroll now and get a 10% discount on your first session!

Visit our website or call us at 0123456789 to (12) _____ your spot!

Find your calm, one breath at a time.

nighttime restlessness. By making these dietary adjustments, individuals can create a more conducive environment for a restful night's sleep.

Reference: <https://www.nytimes.com/>

- Question 18:** A. Certain foods help promote sleep although they lead to the production of a chemical
 B. Certain foods help promote sleep because they lead to the production of a chemical
 C. Certain foods help promote sleep although they lead to the productivity of a chemical
 D. Certain foods help promote sleep because they lead to the productivity of a chemical

- Question 19:** A. Such as B. Like C. In short D. For instance

- Question 20:** A. which subsequently makes you feel sleepy and relaxed.
 B. that subsequently makes you feel sleepy and relaxed.
 C. which subsequently makes you feel sleep and relaxed.
 D. which subsequent makes you feel sleepy and relaxed.

- Question 21:** A. making it difficult wind down
 B. to making it difficult to wind down
 C. making it difficult to wind down
 D. making it difficulty to wind down

- Question 22:** A. However, consuming these foods in the evening
 B. Moreover, consuming these foods in the evening
 C. Consume these foods in the evening
 D. Therefore, consuming these foods in the evening

- Question 23:** A. while avoiding foods that contain stimulants
 B. while avoiding foods contain stimulants
 C. after avoiding foods which contain stimulants
 D. before avoiding foods containing stimulants

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 24 to 28.

A virus is a tiny infectious agent (24)_____ can only replicate inside the living cells of an organism. Viruses consist of genetic material, either DNA or RNA, surrounded by a protective protein coat called a capsid. Some viruses also have an outer lipid envelope.

Viruses are very diverse and can infect (25)_____ forms of life, including animals, plants, fungi, and bacteria. When a virus infects a host, it attaches to a specific cell, injects its genetic material, and takes over the cell's machinery to produce new virus particles. These new viruses then burst out of the host cell, often destroying it, and go on to infect more cells.

While some viruses cause mild or no symptoms, others can (26)_____ to serious diseases such as influenza, HIV/AIDS, COVID-19, and Ebola. Vaccines, which are a key tool in preventing viral infections, and antiviral medications can help manage some viral diseases. (27)_____ their tiny size and simple structure, viruses have a profound impact on the health and disease of all living (28)_____.

Reference: <https://microbiologysociety.org/>

- Question 24:** A. that B. whose C. when D. whom
Question 25: A. each B. much C. many D. other
Question 26: A. take B. lead C. pay D. put
Question 27: A. Because B. Despite C. As D. Though
Question 28: A. structures B. organisms C. forms D. samples

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 29 to 33.

Monaco, with an average life expectancy of nearly 86 years, **attributes** its longevity to a diet rich in seafood, fruits, and vegetables, inspired by French and Italian cuisines. Known as the "playground of billionaires," Monaco is famous for **its** luxurious and affluent lifestyle. Data reveals that this second smallest country in the world, with a population of under 40,000, boasts an average life expectancy of 85.9 years. Following Monaco in the list of countries with the highest life expectancy are Japan (84.8), Australia (84.5), Switzerland (84), Malta (83.8), and South Korea (83.7). In contrast, the ten countries with the lowest life expectancy, all under 60 years, are in Africa, including Chad, Nigeria, Lesotho, the Central African Republic, South Sudan, Somalia, Eswatini, Ivory Coast, Guinea, and Mali.

These statistics from Our World in Data are based on updated figures from the United Nations Population Fund. Life expectancy has significantly increased worldwide over the past few decades, thanks to medical advancements such as vaccines, antibiotics, and improved hygiene, which have eradicated many causes of early death. In 1950, the average life expectancy was 46.5 years, but this figure rose to 71 by 2021.

Health disparities between countries have also improved. In 1950, Mali in West Africa had an average life expectancy of 28.2 years, while Norway's was 71.2 years—a gap of 43 years. By 2021, this difference had decreased to 33.4 years. Technology, better food sources, improved nutritional education, and greater awareness of health risks have collectively extended human life spans. Additionally, learning from Monaco and Japan's experiences could help us live longer.

One significant factor contributing to Monaco's high life expectancy is its Mediterranean diet. Located near the sea, seafood is a crucial component of the Monegasque diet, along with abundant fruits and vegetables, and dishes influenced by French and Italian cuisine. Besides a healthy diet, Monaco's high-quality, state-supported healthcare system and the residents' substantial income levels have also contributed to their increased longevity.

Reference: <https://altoo.io>

Question 29: What would be the best title for the passage?

- A. The Mediterranean Diet of Monaco B. Life Expectancy Around the World
C. Factors Contributing to Longevity D. The Impact of Wealth on Health

Question 30: What does the word "attributes" in the passage mostly mean?

- A. considers B. owes C. ignores D. controls

Question 31: What does the word "its" in paragraph 1 refer to?

- A. Monaco B. life expectancy C. longevity D. playground

Question 32: Which of the following is NOT mentioned as a factor contributing to increased life expectancy worldwide?

- A. vaccines B. antibiotics
C. improved hygiene D. higher education levels

Question 33: According to the passage, what is a significant factor contributing to Monaco's high life expectancy?

- A. Its Mediterranean diet B. Its small population size
C. Its advanced technology D. Its low pollution levels

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 34 to 40.

Life expectancy refers to the average number of years a person can expect to live based on demographic factors, primarily influenced by geography, genetics, lifestyle, and access to healthcare. Over the past century, life expectancy has seen significant increases globally due to advancements in medical technology, improvements in public health, and higher living standards. In the early 1900s, the average life expectancy was around 50 years, but today, **it** has risen to over 70 years worldwide, with some countries boasting averages of over 80 years.

Several factors contribute to variations in life expectancy among different populations. Healthcare quality and accessibility are **paramount**; countries with advanced healthcare systems and **universal** coverage tend to have higher life expectancies. For example, Japan and Switzerland are known for their efficient healthcare systems and correspondingly high life expectancies. In contrast, countries with limited healthcare resources often have lower life expectancies due to higher rates of infant mortality, infectious diseases, and chronic health conditions.

Lifestyle choices also play a crucial role in determining life expectancy. Diet, exercise, smoking, and alcohol consumption are significant factors. Populations that consume diets rich in fruits, vegetables, lean proteins, and whole grains, such as the Mediterranean diet, often have higher life expectancies. Regular physical activity and the avoidance of smoking and excessive alcohol consumption further contribute to longer, healthier lives.

Social and economic factors are equally important. Education, income levels, and social support networks influence life expectancy. Higher education levels are associated with better health literacy and healthier lifestyle choices. Economic stability allows for better access to nutritious food, healthcare, and safe living conditions. Additionally, strong social support networks, including family and community ties, have been shown to reduce stress and contribute to overall well-being, thereby increasing life expectancy.

Genetics also play a role, albeit a less controllable one. Family history of certain diseases can predispose individuals to shorter lifespans, though modern medicine has made significant strides in managing hereditary conditions.

Environmental factors, such as clean air and water, also impact life expectancy. Regions with high levels of pollution and limited access to clean water tend to have lower life expectancies due to the increased risk of respiratory and waterborne diseases.

Reference: <https://ourworldindata.org/>

Question 34: What would be the best title for the passage?

- A. The Role of Genetics in Life Expectancy B. Factors Influencing Life Expectancy
C. Advancements in Medical Technology D. The Importance of Public Health

Question 35: The word “**paramount**” in paragraph 2 is opposite in meaning to _____.

- A. secondary B. insignificant C. crucial D. irrelevant

Question 36: What does the word “**it**” in paragraph 1 refer to?

- A. life expectancy B. medical technology C. public health D. living standards

Question 37: The word “**universal**” in paragraph 2 is closest in meaning to _____.

- A. partial B. worldwide C. selective D. comprehensive

Question 38: According to the passage, why do countries with advanced healthcare systems tend to have higher life expectancies?

- A. They have access to more nutritious and balanced food options.
B. They experience lower rates of smoking among the population.
C. They engage in higher rates of regular physical activity and exercise.
D. They have superior healthcare services and easier access to medical care.

Question 39: Which of the following is NOT true according to the passage?

- A. Life expectancy has increased significantly over the past century.
B. Countries with advanced healthcare systems tend to have higher life expectancies.
C. Obesity has no impact on life expectancy.
D. Social and economic factors influence life expectancy.

Question 40: It can be inferred from the passage that _____.

- A. Life expectancy is solely determined by genetics
B. Economic stability does not affect life expectancy
C. Public health advancements have increased life expectancy
D. Social support networks have no impact on life expectancy

TEST 3

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.

Question 1: A. tiny B. diameter C. nutrient D. antibiotic

Question 2: A. habit B. honest C. healthy D. helpful

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

Question 3: A. suffer B. balance C. relax D. follow

Question 4: A. regular B. infectious C. positive D. interesting

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

Question 5: Consuming fresh and clean ingredients is essential to avoid food _____ and maintain good health.

- A. poisonously B. poisonous C. poison D. poisoning

Question 6: _____ regularly can improve your sleep quality.

- A. Giving up B. Working out C. Taking up D. Standing out

Question 7: In 2018, the government _____ a national campaign to encourage citizens to adopt healthier lifestyles.

- A. launched B. has launched C. had launched D. launches

Question 8: Vaccination is a key strategy in preventing the _____ of infectious diseases.

- A. treatment B. spread C. recipe D. illness

Question 9: Washing your hands regularly is one of the best ways to protect yourself from harmful _____.

A. strengths B. abilities C. virus D. germs

Read the following advertisement/announcement 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 10 to 12.

DISCOVER YOUR NEW FAVORITE FITNESS SPOT AT GREEN MEADOW PARK!

We are excited (10)_____ the grand opening of our new park for everyone to enjoy!

Date: July 20, 2024, from 7:00 AM to 10:00 PM

Location: Green Meadow Park, 123 Elm Street, Springfield

Activities:

- Outdoor fitness area with modern (11) _____
- Running and walking paths spanning 5 km
- Soccer and basketball courts

Join us for a day of fun and fitness! Everyone is welcome to come and enjoy the beautiful new park. (12)_____ your family and friends, and make the most of this new community space.

- Question 10:** A. announce B. to announce C. announcing D. announces
Question 11: A. equipment B. tool C. gadget D. advice
Question 12: A. Take B. Lift C. Bring D. Put

ANNOUNCEMENT: CELEBRATORY PARTY FOR SENIORS

The Local Seniors' Association is delighted to invite all residents aged 70 and above to a special celebratory party. This event (13)_____ to honor our esteemed seniors and present certificates of appreciation for their contributions (14)_____ the community.

Date: August 15, 2024, from 4:00 PM to 7:00 PM

Location: Community Hall, 456 Maple Street, Springfield

Event Highlights:

- Presentation of Certificates of Appreciation
- Live Music and Entertainment
- Refreshments and Dinner
- Opportunity to (15)_____ with fellow seniors

We warmly welcome you to join us for an evening of celebration, recognition, and community. Please bring your family and friends to share in this joyous occasion.

- Question 13:** A. organized B. is organized C. organizes D. has organized
Question 14: A. for B. on C. to D. with
Question 15: A. protect B. receive C. avoid D. connect

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/letter in each of the following questions.

Question 16:

- a. Moreover, staying hydrated by drinking plenty of water aids in digestion and nutrient absorption.
- b. To begin with, a balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients and energy.
- c. Adopting these habits can lead to a healthier, more vibrant life.
- d. Regular physical activity strengthens the heart, muscles, and bones, while also improving mood and mental clarity.
- e. Living a healthy life involves several key practices that promote overall well-being.

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

Question 17:

- a. Engaging in mindfulness practices such as meditation can significantly reduce stress levels.
- b. Additionally, getting sufficient sleep each night allows the body to repair and rejuvenate.
- c. Overall, these strategies contribute to maintaining a balanced and healthy lifestyle.

- d. Dear Sarah, I've recently been exploring ways to enhance my daily health routine and wanted to share some thoughts with you.
- e. Another important aspect is maintaining strong social connections, which support emotional well-being.
- f. Regular exercise, proper nutrition, and adequate rest are fundamental to physical health.

A. d - f - a - e - b - c

B. f - d - a - e - b - c

C. d - f - e - a - b - c

D. d - a - f - e - b - c

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 18 to 23.

The term "couch potato" often brings to mind images of children lounging in front of screens for hours, (18)_____ can be more complex. Understanding the experiences and influences that shape these sedentary lifestyles is essential to addressing the challenges they face.

Children today are growing up in a digital age (19)_____ in their daily lives. With the widespread availability of smartphones, tablets, and gaming consoles, children are spending more time engaged in screen-based activities. While (20)_____ offer educational content and entertainment, excessive screen time can lead to a sedentary lifestyle. Parents and caregivers often struggle to find a balance between allowing access to technology and (21)_____.

Environmental and social factors also contribute to the sedentary habits of couch potatoes. Urbanization has led to (22)_____ for children to play. In many neighborhoods, parks and recreational facilities are either inadequate or too far away. Additionally, busy family schedules and concerns about safety often limit opportunities for outdoor play. Socially, children might prefer staying indoors (23)_____ similar sedentary activities, reinforcing the cycle of inactivity.

Reference: <https://www.weforum.org/>

Question 18: A. but the reality of their childhood

B. so the reality of their childhood

C. but their childhood of reality

D. so their childhood of reality

Question 19: A. which technology and media play a significant role

B. that media and technology play a significant role

C. that media and technology put a significant role

D. where technology and media play a significant role

Question 20: A. this device

B. these devices

C. those devices

D. that device

Question 21: A. to encouraging physical activity

B. encouraging physical activity

C. encourage physical activity

D. for encouraging physical activity

Question 22: A. decrease in safe outdoor spaces

B. decrease safe outdoor spaces

C. a decrease in safe outdoor spaces

D. a safe decrease in outdoor spaces

Question 23: A. if their peers are also engaged in

B. if their peers also are engaged in

C. before their peers are also engaged in

D. with their peers also are engaged in

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 24 to 28.

Emily had always (24)_____ with her weight, facing numerous challenges (25)_____ affected her health and quality of life. At 30, she decided it was time for a change. With the help of a nutritionist, she crafted a balanced meal plan including fruits, vegetables, lean proteins, and whole grains. Tracking her calorie intake, Emily worked hard to change her long-standing eating habits. She also began incorporating exercise into her routine, starting with walking and yoga, and eventually discovering a love for cycling. Joining a local cycling group provided her with a supportive community that encouraged her progress.

Throughout her journey, Emily faced obstacles such as discouraging days when the scale didn't move and tempting social events. (26)_____, she learned to make healthier choices and focused on non-scale victories like improved clothing fit and increased energy. After a year of consistent effort, Emily lost 50 pounds and experienced significant improvements in her mental and emotional well-being. Her success (27)_____ those around her, and she became (28)_____ advocate for healthy living. Emily's story is a testament to the power of determination and support in achieving health goals.

Reference: <https://bodynet.com/>

Question 24: A. struggled

B. battled

C. dealt

D. suffered

Question 25: A. who

B. where

C. whose

D. that

Question 26: A. Moreover

B. However

C. Although

D. Therefore

Question 27: A. inspired

B. encouraged

C. reduce

D. exchange

Question 28: A. an

B. some

C. each

D. many

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 29 to 33.

Going to the gym offers numerous benefits beyond just improving physical appearance. It is a **comprehensive** physical activity that combines strength training and cardio exercises, contributing to overall health and well-being.

One of the most noticeable benefits of going to the gym is the improvement in physical health. Regular exercise strengthens the cardiovascular system, reducing the risk of heart-related diseases such as high blood pressure and stroke. Additionally, gym workouts help build and maintain muscle mass, increase flexibility, and improve balance. Exercises like weightlifting, squats, and planks are particularly effective in preventing osteoporosis and other bone-related issues.

Gym workouts also have a significant positive impact on mental health. During exercise, the body produces endorphins, **which** are hormones that reduce stress and induce feelings of happiness. This can alleviate symptoms of mental health conditions such as depression and anxiety. Furthermore, achieving small fitness goals can boost self-confidence and provide a sense of personal accomplishment.

Regularly going to the gym enhances overall quality of life. Maintaining a consistent workout routine improves sleep quality, leading to better rest and more energy throughout the day. It also promotes a healthier lifestyle by encouraging better dietary habits and a structured daily routine. Social interactions at the gym can lead to new friendships and a supportive community, further enhancing mental and emotional well-being.

Reference: <https://www.mayoclinic.org/>

Question 29: What would be the best title for the passage?

A. The Importance of Cardio Exercises

B. Benefits of Going to the Gym

C. How to Build Muscle Mass

D. Improving Mental Health through Exercise

Question 30: What does the word "**comprehensive**" in the first paragraph mostly mean?

A. detailed

B. complete

C. limited

D. confusing

Question 31: What does the word "**which**" in the third paragraph refer to?

A. feelings

B. workouts

C. body

D. endorphins

Question 32: Which of the following is NOT mentioned as a benefit of going to the gym?

A. improving sleep quality

B. reducing high blood pressure

C. increasing creativity

D. building muscle mass

Question 33: According to the passage, what is a mental health benefit of going to the gym?

A. reducing symptoms of anxiety

B. promoting social interactions

C. encouraging a structured routine

D. improving cardiovascular health

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 34 to 40.

Sleep is a **vital** component of overall health and well-being, but not everyone requires the same amount of sleep. People generally fall into two categories: long sleepers and short sleepers. Long sleepers typically need around 9-10 hours of sleep per night to feel fully rested, while short sleepers function well on 5-6 hours of sleep.

Long sleepers are individuals who naturally require more sleep than the average person. They often feel the need for 9-10 hours of sleep each night to maintain optimal functioning. This need for extended rest can be due to a variety of factors, including genetic predisposition, lifestyle, and overall health. Long sleepers tend to have a slower sleep cycle, which means they spend more time in deep sleep stages, crucial for physical and mental restoration.

In contrast, short sleepers thrive on significantly less sleep. They typically require only 5-6 hours per night and wake up feeling refreshed and ready to take on the day. Short sleepers often have a more efficient sleep cycle, spending less time in deep sleep stages but still managing to get sufficient rest. This efficiency allows them to function at high levels of productivity and alertness with less sleep. Some short sleepers attribute their ability to thrive on less sleep to genetic factors or a naturally higher level of energy and resilience. However, it is essential to note that not everyone can adopt a short sleeper lifestyle without experiencing negative effects on health and performance.

The amount of sleep one gets significantly impacts daily life and overall health. Long sleepers often find it easier to focus, maintain emotional balance, and perform physical tasks when **they** have had enough rest. They might struggle with schedules that do not allow for their required amount of sleep, leading to fatigue and decreased productivity. On the other hand, short sleepers can benefit from having more waking hours to engage in activities and responsibilities. Their ability to function well on limited sleep can be advantageous in demanding careers or busy lifestyles.

Both long and short sleepers must pay attention to their sleep quality and overall health.

Reference: <https://www.sleepfoundation.org>

Question 34: What would be the best title for the passage?

- A. The Benefits of Long and Short Sleep
- B. Understanding Sleep Patterns
- C. The Dangers of Sleep Deprivation
- D. Differences Between Long and Short Sleepers

Question 35: The word "vital" in the first paragraph is opposite in meaning to _____.

- A. important
- B. unnecessary
- C. optional
- D. unbelievable

Question 36: What does the word "they" in the fourth paragraph refer to?

- A. physical tasks
- B. long sleepers
- C. short sleepers
- D. schedules

Question 37: According to the passage, which of the following is NOT a characteristic of short sleepers?

- A. Needing only 5-6 hours of sleep per night
- B. Having a more efficient sleep cycle
- C. Spending more time in deep sleep stages
- D. Waking up feeling refreshed

Question 38: Which of the following is mentioned as a benefit of being a short sleeper?

- A. Higher rates of physical activity
- B. More waking hours for activities
- C. Improved emotional balance
- D. Lower risk of chronic diseases

Question 39: The phrase "chronic sleep deprivation" in the fourth paragraph is closest in meaning to _____.

- A. temporary lack of sleep
- B. long-term insufficient sleep
- C. occasional sleepless nights
- D. improved sleep patterns

Question 40: It can be inferred from the passage that _____.

- A. Everyone can easily become a short sleeper without any health risks
- B. Long sleepers have a more efficient sleep cycle
- C. Sleep quality is more important than sleep quantity
- D. Genetics play no role in sleep patterns