

UNIT TEST

English 9 - Unit 3 - Test 1

Time allowed: 45 minutes

Full name:

Class:

Choose the word/phrase/sentence (A, B, C or D) that best fits the space or best answers the question given in each sentence. (3.5 pts)

1. Choose the word whose underlined part is pronounced differently from the others.
A. honest B. happy C. habit D. healthy
2. Choose the word whose underlined part is pronounced differently from the others.
A. house B. out C. routine D. about
3. Choose the word whose main stress position is different from the others.
A. physical B. deadline C. anxiety D. calendar
4. Choose the word whose main stress position is different from the others.
A. fattening B. accomplish C. concentrate D. counsellor
5. You should check the _____ of this project to submit it on time.
A. sore throat B. home gym C. due date D. junk food
6. Sophia: "I feel stressed out because of my exams." - Liam: "_____"
A. You might like to eat some fattening food.
B. You should talk to the school counsellor.
C. You can exercise in the home gym later.
D. You must not get enough sleep at night.
7. If you want to maintain good physical health, you _____ exercise daily.
A. shouldn't B. must C. won't D. don't
8. If she doesn't turn off her phone, she _____ concentrate on studying.
A. cannot B. must C. should D. does
9. They _____ gain weight if they keep eating too much fast food.
A. might B. must to C. shouldn't to D. won't to
10. If he _____ too late tonight, he will feel very tired tomorrow.
A. stay up B. stays up C. will stay up D. staying up
11. Choose the word CLOSEST in meaning to the underlined word:
If you feel stressed out, you should try to reduce your daily workload.
A. increase B. maintain C. overcome D. decrease

12. Choose the word OPPOSITE in meaning to the underlined word:

Staying up late is bad for your physical health and brain development.

- A. good B. poor C. safe D. hard

13.a. Secondly, she must create a weekly work list on a calendar.

b. First, Sophia should list all the tasks she needs to do.

c. These habits can help her manage her time much more effectively.

d. Finally, she must get rid of all distractions when studying.

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

14.a. If you have too many assignments, you may feel stressed out.

b. In this way, you can overcome stress and maintain your health.

c. To deal with this, you should try to prioritise your tasks.

d. You shouldn't delay your work until the actual due date.

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

Look at the sign or notice and choose the best answer (A, B, C or D) for each question. (0.5 pt)



15. Look at the sign. What does it mean?

- A. You must turn off your phone here.
B. You may use phones for internet here.
C. Please keep your phone fully charged.
D. You can buy new mobile phones here.



16. Look at the notice. What does it mean?

- A. Silent mode is not permitted inside.
B. Phone chargers are provided inside.
C. You may make quick phone calls here.
D. Phones must be switched off inside.

Choose the word(s) (A, B, C or D) that best fits each space in the following passage. (1 pt)

School life is exciting, but students often feel (17) _____ because of busy schedules and homework. If they do not know how to manage their time, their academic performance and mental health will suffer. To deal with this problem, they should learn to prioritise their tasks and make a weekly work (18) _____. They can use a calendar to track their due dates so that they do not delay their assignments. Furthermore, students must get enough sleep at night because it helps their brain rest. When they feel (19) _____ and alert, they can concentrate on lessons much better. If their stress becomes too heavy, they should consult a doctor or talk to the school (20) _____. An optimistic attitude and good habits can bring them happiness and success in school.

- | | | | |
|----------------------|---------------|-----------------|----------------|
| 17. A. well-balanced | B. optimistic | C. stressed out | D. fattening |
| 18. A. routine | B. due date | C. deadline | D. priority |
| 19. A. urgent | B. healthy | C. alert | D. awake |
| 20. A. home gym | B. ingredient | C. counsellor | D. distraction |

Four phrases/sentences have been removed from the text below. Choose the correct option (A, B, C or D) that best fits each of the numbered blanks. (1 pt)

Creating Healthy Daily Routines

To maintain good physical health, you should create a well-balanced daily routine. (21) _____ Regular exercise helps to strengthen your body and improve your mood. You can do physical exercise in a home gym or go for a walk in a local park.

(22) _____ You shouldn't eat too much fast food or fattening snacks because they can make you gain weight.

(23) _____ You should sleep at least eight hours a night if you want to feel awake and fully alert the next morning.

(24) _____ If you follow these healthy habits consistently, you can prevent illness and enjoy your life.

Options:

- A. Second, you should eat a healthy diet with fresh ingredients
- B. Finally, you should make time for relaxation and hobbies
- C. First, you should try to work out for thirty minutes every day
- D. Third, getting enough sleep is also necessary for your body

21.

22.

23.

24.

Read the following passage and choose the correct answer (A, B, C or D) for each question. (1 pt)

The Power of Effective Time Management

Time management is a critical skill for high school students. With multiple subjects, sports, and social activities, students often find themselves overwhelmed. If they manage their time effectively, they can accomplish their goals and reduce stress. The first step in time management is to list all tasks and prioritise them. Students should determine which tasks are urgent and must be completed immediately, and which ones can be done later. Using tools like calendars and to-do lists can help them plan their schedule and track due dates.

Another important aspect of managing time is to get rid of distractions. When students study, they should turn off their mobile phones and sign out of social media accounts. This allows them to concentrate on their work and complete it much faster. Moreover, they should not forget to take short breaks. A brief walk or some physical exercise can give their brain a rest and improve productivity. By dividing their time wisely between study and relaxation, students can keep a healthy balance and achieve timely completion of all their schoolwork.

25. What is the main topic of the passage?

- A. How to choose healthy food for lunch breaks.
- B. How to use social media for school projects.
- C. The importance of playing sports at school.
- D. The benefits of time management for students.

26. The word "them" in the first paragraph refers to _____.

- A. tasks
- B. tools
- C. goals
- D. sports

27. According to the passage, how can students get rid of distractions?

- A. By taking long walks in the park.
- B. By making a list of weekly goals.
- C. By studying with school counsellors.
- D. By turning off their mobile phones.

28. Why should students take short breaks during study time?

- A. To buy fast food for lunch.
- B. To check their social media.
- C. To give their brain a rest.
- D. To plan a new study schedule.

Use the correct form of the word given in each sentence. (1 pt)

29. If you want to manage your time, you should make a schedule.
(EFFECT)

30. Regular physical exercise can help you reduce stress and
(ANXIOUS)

31. He always feels about the future, even in difficult situations.
(OPTIMISM)

32. She wants to her English speaking skills, so she practises every day. (ENHANCEMENT)

Look at the entry of the word in a dictionary. Use what you can get from the entry to complete the sentences with two or three words. (0.5 pt)

worry (verb)

Definition: to keep thinking about unpleasant things that might happen

- **worry about something:** Sophia always worries about her final test marks.
- **worry someone:** The news about the exam due dates worried Oliver.
- Many students **worry that** they cannot complete the project.
- There is **no need to worry** because the task is easy.

33. You should plan your study schedule so that you do not have to
your exams.

34. The school counsellor told Liam that there was about his grades.

Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it, or build complete sentences from the given cues. (1.5 pts)

35. *You should drink plenty of water if you exercise in hot weather.*

If you

36. *It is necessary for you to get enough sleep to stay awake.*

If you

37. *Don't eat too much junk food, or you will gain weight.*

If you

38. *If / she / not / eat / healthy / diet, / she / may / gain / weight.*

If she

39. *You / should / turn / off / phone / if / you / want / concentrate.*

You should

40. *If / they / not / follow / rules, / they / must / be / punished.*

If they