

1.

a. Lisa: I try to exercise three times a week. It helps me feel more energetic.

b. Tom: How do you stay so fit and healthy?

c. Tom: That's great! What kind of exercise do you do?

d. Lisa: I usually go jogging in the morning and do yoga in the evening.

A. b-a-c-d

B. a-b-c-d

C. c-d-a-b

D. b-c-a-d

2.

a. Mike: I stopped eating fast food last month.

b. Sarah: Really? How do you feel now?

c. Mike: Much better! I have more energy and I sleep better at night.

d. Sarah: That's amazing! Maybe I should try it too.

A. a-b-c-d

B. b-a-c-d

C. c-d-a-b

D. a-c-b-d

3.

a. Anna: I work from 9 to 5, then spend time with my family.

b. David: How do you balance work and personal life?

c. David: Do you check work emails at home?

d. Anna: Never! When I'm home, I focus only on my family.

e. David: That's a healthy lifestyle. I should learn from you!

A. a-b-c-d-e

B. b-a-c-d-e

C. c-a-b-d-e

D. b-c-a-d-e

READING

Exercise 1: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.



1. What does the sign mean?

A. You must not drop rubbish here.

B. You should recycle paper only.

C. You can leave rubbish beside the bin.

D. This is a place to collect litter.



2. What does the notice ask people to do?

A. Keep their voices down in this area.

B. Turn on music to relax.

C. Speak louder so others can hear.

D. Use this area for group discussions.



3. What does the sign warn you about?
- A. There is a step that could cause you to trip.
 - B. The lift is out of order.
 - C. The floor is wet and slippery.
 - D. The stairs are closed today.



4. What is the notice telling you?
- A. Swimming is not allowed here.
 - B. You must swim with a lifeguard.
 - C. Swimming is only allowed in the morning.
 - D. You should learn to swim here.



5. What does the sign indicate?
- A. Only employees are allowed to enter.
 - B. Customers can enter with a receipt.
 - C. Everyone must sign in at this door.
 - D. This room is open to visitors.

Exercise 2: Read the following advertisement/ notice/ flyer/ announcement and mark the letter A, B, C or D to indicate the correct option that best fits each of the numbered blanks

My New Life on the Island

By Georgina Moore

My life changed completely when I moved from London to Taggs Island. In my thirties, I lived in a small flat in the city. I worked hard in a (1)_____ company and went to parties every weekend. I enjoyed the busy lifestyle, but I felt lonely sometimes. Then I met James. He lived on a houseboat on Taggs Island, a (2)_____ place near London. At first, I thought living there was strange. I loved the city too much! But when we decided to have a baby, I moved to the island. The first months were (3)_____. I missed my old life and friends. But then I made new friends on the island. My neighbours were very friendly and helpful. Now I work from home on a boat and spend more time with my family. I don't miss (4)_____ city parties anymore. My new lifestyle is calmer and happier. I found a real home.

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|---------------|--------------|---------------|------------------|
| 1. to publish | B. publishes | C. publishing | D. to publishing |
| 2. quietness | B. quiet | C. quieten | D. quietening |
| 3. difficult | B. tiring | C. hard | D. stressful |
| 4. Ø | B. a | C. an | D. the |

What Makes Life Meaningful?

Many people think happiness is (1)_____ most important thing in life. But psychologist Susie Orbach says we should think about something different. She believes a meaningful life comes from understanding our true feelings and (2)_____. Orbach says we need to ask ourselves good questions. Why do we want certain things? What do we really need? When we understand these (3)_____, we can live better lives. She also says helping other people is very important. When we give to others, make things, or join community activities, we feel good inside.

During difficult times, Orbach suggests (4)_____ at our problems from different angles. We should also notice small everyday moments—like having good conversations with friends or enjoying simple pleasures. These things help us feel connected and give our lives real meaning.

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|----|------------|-------------|--------------|-----------|
| 1. | A. a | B. an | C. the | D. Ø |
| 2. | A. need | B. needs | C. needy | D. needed |
| 3. | A. answers | B. problems | C. questions | D. ideas |
| 4. | A. look | B. to look | C. looking | D. looks |

Exercise 3: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

The Truth About Love and Relationships

Many people believe in romantic "myths" about love. They think they must (1)_____ a strong feeling immediately when they meet someone special. (2)_____, experts say this is not always true. Real love often grows slowly through shared values and mutual respect. Some people think good relationships should be easy and (3)_____. This is wrong! All couples have problems and arguments. Fighting can actually be healthy (4)_____ it helps partners understand each other's needs better. The important thing is to communicate honestly. Another myth is that your partner must be your best friend and meet all your needs. This puts too much pressure (5)_____ one person. It's okay to have other friends and hobbies. Some couples even sleep in separate (6)_____ to get better rest, and their relationships are still strong and happy!

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|----|--------------|---------------|-----------------|------------|
| 1. | A. to feel | B. feeling | C. feel | D. feels |
| 2. | A. Therefore | B. However | C. Because | D. While |
| 3. | A. effort | B. effortless | C. effortlessly | D. efforts |
| 4. | A. because | B. while | C. therefore | D. however |
| 5. | A. in | B. at | C. for | D. on |
| 6. | A. beds | B. houses | C. rooms | D. places |

A Teenage Girl's Problem

A 15-year-old girl wrote to ask for advice. She loves her boyfriend, but there is (1)_____ serious problem in their relationship. She must be very careful with everything she says because he gets upset easily. He becomes angry about small things and sometimes threatens to hurt himself. This makes her feel worried all the time. The girl cannot share her good news or feel happy because she is afraid he will be sad. Relationship expert Annalisa Barbieri says this is not healthy love. When you (2)_____ changing your behaviour to make someone happy all the time, the relationship is not good. The (3)_____ advice is that the girl cannot fix her boyfriend's problems. She is not _____ for his feelings.