

ENGLISH 10 (2024-2025)

TEST 1

Exercise 1. Read the following passage choose the best answer to each of the following questions.

Being environmentally conscious is not all about plastic bags; it's about making a lot of everyday choices. People can be more environmentally conscious through many actions.

Firstly, recycling conserves natural resources, reduces pollution and saves energy. Recycling involves sorting and cleaning up trash to produce "secondary materials" - mainly glass, paper, metal and plastic - for reuse in products. Recycled aluminium, for example, is a particularly valuable resource; manufacturing using recycled aluminium is 92% more efficient than when unused raw materials are used, according to the Aluminum Association. About 40% of the country's aluminium supply comes from recycling, but people are still throwing away nearly \$1 billion worth of aluminium cans that could have been recycled every year.

Secondly, people should pay attention to plastic bags. They take hundreds of years to **break down** and cause a particular threat to wildlife. Hundreds of thousands of marine mammals die every year after mistaking plastic bags as food. Many animals get trapped in plastic bags and die. Therefore, people can decline the number of **them** when they bring their own bags. Use and reuse all those bags - paper, plastic, cloth - whether or not they are designed to be "reusable." If they become too old to carry new purchases, use them to pick up litter. And, finally, dispose of them properly - recycle them if you can.

Question 1. What is the main idea of the passage?

- A. The scarcity of vital resources
- B. The effects of plastic bags
- C. Ways to be eco-friendly
- D. Smart life choices

Question 2. The word "**them**" in paragraph 3 refers to _____.

- A. purchases
- B. people
- C. animals
- D. plastic bags

Question 3. The phrase "**break down**" in paragraph 3 is CLOSEST in meaning to _____.

- A. divide into smaller parts
- B. disappear
- C. become reusable
- D. melt down

Question 4. What impact do plastic bags have on marine mammals?

- A. source of food
- B. increased population
- C. cause of deaths
- D. limited effect

Question 5. Which of the following is NOT TRUE according to the passage?

- A. Marine animals can eat plastic bags by mistake.
- B. Plastic bags are not reusable.
- C. People can use used cloth bags to pick up trash.
- D. People need to throw away plastic bags properly.

Exercise 2. Read the following passage choose the best answer to each of the following questions.

New research suggests that volunteers aren't just helping the communities they serve. People who volunteer actually experience a **boost** in their mental health - good news at a time when more than a third of Americans are experiencing symptoms of anxiety or depression.

In a study published this year in the Journal of Happiness Studies, researchers examined data from nearly 70,000 research participants in the United Kingdom, who received surveys about their volunteering habits and their mental health, including their concerns in everyday life, every two years from 1996 to 2014.

Compared to people who didn't volunteer, people who had volunteered in the past year were more satisfied with their lives and rated their overall health as better. Additionally, the researchers found that people who volunteered more frequently experienced greater benefits: Those who volunteered at least once a month reported better mental health than participants who volunteered infrequently or not at all.

But does volunteering make people happy, or are happy people simply more likely to volunteer? The researchers found the same results even when **they** considered participants' initial levels of well-being before they started volunteering. In other words, people who started to volunteer became happier over time.

Although it's true that people who are happier do tend to spend more time volunteering, the current study suggests that you don't need to already feel happy in order to benefit from it. In fact, some research suggests that people who start out with lower levels of well-being may even get a bigger boost from volunteering.

Why does volunteering support our mental health? According to Ricky Lawton, associate director at Simetrica Research Consultancy and lead author of the paper, a

combination of factors is likely at play. First, volunteering appears to be intrinsically rewarding- when we help others, we tend to experience what researchers call a “warm glow”. Second, volunteering is likely to help boost our sense of social connection. In particular, for older adults, volunteering can be a way to stay connected to others after retirement.

Finally, volunteering can be a way to build professional skills and try out leadership opportunities, which is especially relevant to young adults. In the current study, the researchers found that participants ages 16-24 and 55-74 were especially likely to benefit from volunteering, perhaps because of the opportunity to build social connections and new skills.

Question 1. Which of the following can be the best title for the passage?

- A. How Volunteering Helps Volunteers Themselves
- B. What is Volunteer Work?
- C. Volunteers in the USA
- D. Volunteers: Their Impact on Communities

Question 2. The word “boost” in paragraph 1 is CLOSEST in meaning to _____.

- A. loss
- B. pain
- C. explanation
- D. improvement

Question 3. How often did participants in the study receive surveys about their volunteering habits and mental health?

- A. every week
- B. every month
- C. every year
- D. every two years

Question 4. The word “they” in paragraph 4 refers to _____.

- A. people who did not volunteer
- B. people who volunteered
- C. researchers
- D. happy people

Question 5. Which of the following is NOT TRUE according to the passage?

- A. Volunteering can enhance mental health regardless of a person's initial happiness.
- B. People who volunteer tend to have better mental well-being than those who do not.
- C. Older adults often find volunteering a way to disconnect from social circles.
- D. Volunteering can help individuals develop professional skills and leadership opportunities.

Exercise 3. Read the following passage choose the best answer to each of the following questions.

Family routines set out how families organise themselves to get things done, spend time together and have fun. Routines help family members know who should do what, when, in what order and how often. Routines also let your children know what's important to your family. Routines can bring children several benefits.

Routines can be part of an organised and predictable home environment, which helps children and teenagers feel safe and looked after. And a predictable family life can also help children cope during development changes like puberty or life events like the birth of a new child, divorce, illness or a house move. Also, routines built around having fun or spending time together develop a sense of belonging and **strengthen** family relationships. For example, your routine might include things like reading a story together before bed each night, sharing regular family meals, or having a kick with your child before soccer practice every week.

Having chores as part of family routines helps children and teenagers develop a sense of **responsibility** and some basic skills like time management. **These** are what children can use for life. And when children can do their parts of the routine with less help or supervision, it also helps them become more independent.

Routines can help younger children to learn healthy habits, like brushing their teeth, taking medicine regularly, doing physical activity, or washing their hands after using the toilet. This means that routines can be good for children's health. For example, children who wash their hands more regularly might be less likely to get colds and other common illnesses. Also, routines can reduce stress, and lower stress is good for children's immune systems.

Question 1. Which of the following can be the best title for the passage?

- A. The Importance of Family Routines
- B. Organizing Family Time Effectively
- C. Developing Healthy Habits in Children
- D. Building Strong Family Relationships

Question 2. The word "**strengthen**" in paragraph 2 is OPPOSITE in meaning to _____.

- A. weaken
- B. enhance
- C. support
- D. increase

Question 3. The word “**responsibility**” in paragraph 3 is CLOSEST in meaning to _____.

- A. choice B. consequence C. duty D. benefit

Question 4. According to paragraph 3, what skills can children develop through doing chores as part of family routines?

- A. creativity and time management
B. responsibility and time management
C. independence and communication skills
D. physical strength and responsibility

Question 5. The word “**these**” in paragraph 3 refers to _____.

- A. skills B. chores C. routines D. teenagers

Question 6. Which of the following is NOT true about routines according to the passage?

- A. Routines promote healthy habits in children.
B. Routines are unnecessary for building strong family relationships.
C. Routines help children cope with changes in family life.
D. Routines teach children responsibility and life skills.

Question 7. Which of the following can be inferred from the passage?

- A. Routines are only important for younger children, not teenagers.
B. Family routines help children deal with major life changes.
C. Children who have routines are more likely to get sick.
D. Independent children do not require any help or supervision in their routines.

Exercise 4. Read the following passage choose the best answer to each of the following questions.

Teenagers love music. They, specifically, attach meaning to and take aspects of their identity from music. This is not surprising that music holds so much meaning for today’s teens.

Music creates a much needed sense of belonging in the lives of teenagers. Teenagers are known for feeling isolated from society and friends. Music, as an art form, can help them express the feelings of frustration that come with feeling isolated.

Listening to music can also give teens the chance to feel **connected** to musicians and other fans of specific musicians.

Music is a well-known tool for stress relief. Many people actively turn to music as a coping strategy when processing stress or sadness, because **it** helps shut out the noise of the world and the noise inside our heads. Furthermore, music is increasingly being used as a form of therapy, and music therapy has existed for centuries. Teenagers, especially those going through puberty, conflicts with friends, or the college process, are under a high amount of stress. Listening to music has been seen to help teens process or release difficult emotions in a healthy way.

Experiences tend to be very different depending on race or ethnicity. Music provides the opportunity for teens of all races and ethnicities to share a common **bond** and learn about each other's cultures and backgrounds. For instance, much of the Rap and R&B genres originated in Black culture, and many of the prominent performers and names in those genres are Black. Music is also usually very personal to the experience of the artist, so through those things, music can be used as an educational tool for teenagers to learn about backgrounds differing from theirs.

Music can also provide teenagers with a skill or hobby that is special to them, which can help further build identity and give teens something to be proud of during a period of life that is often characterized by low self-confidence. Music is an incredibly powerful tool that can be accessed and appreciated by people of all ages and backgrounds.

Question 1. Which of the following can be the best title for the passage?

- A. Teenagers and Music
- B. The Power of Music in Teenagers' Lives
- C. The Role of Music in Cultural Exchange
- D. Music Therapy for Teenagers

Question 2. The word "**connected**" in paragraph 2 is CLOSEST in meaning to _____.

- A. isolated
- B. confident
- C. independent
- D. linked

Question 3. The word "**it**" in paragraph 3 refers to _____.

- A. strategy
- B. music
- C. stress
- D. relief

Question 4. The word “bond” in paragraph 4 is OPPOSITE in meaning to _____.

- A.** connection **B.** break **C.** isolation **D.** relation

Question 5. According to paragraph 4, which genres of music originated in Black culture?

- A.** R&B and Pop **B.** Jazz and Rap
C. Rap and R&B **D.** Country and Rock

Question 6. What is NOT true about one role of music in teenagers’ lives?

- A.** helping them cope with stress **B.** teaching new skills
C. providing a sense of identity **D.** isolating them from others

Question 7. Which of the following can be inferred from the passage?

- A.** Music is only important for young children and does not impact teenagers.
B. Listening to music can help teenagers manage stress and emotions.
C. Music is not considered a useful educational tool for teenagers.
D. All teenagers experience the same feelings and connect with music in the same way.