NAME:……..…… G9-U3-TEST 14-MARKS:…….

I. Find the word which has a different sound in the part underlined.

1. A. word	B. first	C. are	D. from
2. A. whose	B. while	C. white	D. what
3. A. group	B. work	C. very	D. zero
4. A. unhealthy	B. human	C. vehicle	D. behave
5. A. every	B. better	C. together	D. standard

II. Circle the correct word to complete the sentences. (Khoanh vào từ đúng để hoàn thành các câu.)

1. To feel energized throughout the day, it's important to (**give / make**) healthy food choices.

2. Taking breaks from studying and engaging in relaxing activities can help reduce (**mental / physical**) stress.

3. Teens enjoy staying up late to watch videos, but this can (**encourage / discourage**) getting enough sleep.

4. You should find ways to (**take / manage**) stress in a healthy way, like exercise or relaxation techniques.

5. Don't (**delay / accomplish**) spending time with friends and family, even when you're busy with schoolwork.

6. Skipping breakfast is an example of a(n) (**healthy / unhealthy**) way to start your day.

7. Surrounding yourself with (**negative / positive**) people can help you stay motivated and achieve your goals.

8. It's crucial to consider both physical and mental health to achieve a (**well-balanced / badly balanced**) lifestyle.

9. Many teens struggle to get enough sleep. A good (**cause / solution**) to this problem could be setting a regular sleep schedule and sticking to it.

10. Having a healthy lifestyle can make you feel more (**optimistic / pessimistic**) about your future health and well-being.

III. Choose the correct answer A, B, C or D. ***(Chọn đáp án đúng nhất A, B, C hoặc D.)***

1. If she _____ hard for her exams, she _____ with flying colors.
A. studies - must pass B. doesn't study - might pass
C. doesn't study - can pass D. studies - will pass

2. Tom _____ punished by his parents if he _____ his chores.
A. mustn't be – finishes B. is - won't finish C. can be - doesn't finish D. should be – finishes

3. If the weather _____ nice this weekend, Lily _____ to the park with her friends.
A. is - might go B. isn't - will go C. is - must go D. will be - can go

4. If David _____ playing the guitar every day, he _____ his skills quickly.
A. practices - won't improve B. practices - can improve
C. will practice – improves D. will practice - may improve

5. If Emily _____ a healthy breakfast, she _____ tired in class.
A. don't eat - will feel B. won't eat - may feel C. eats - shouldn't feel D. doesn't eat - can feel

6. If John _____ his room, his father _____ him go to the parity.
A. cleans - won't let B. cleans - may let C. doesn't clean - may let D. can't clean - could let

7. If Emily _____ her phone at the dinner table, her mother _____ her.
A. uses - will scold B. will use – scolds C. can use - must scold D. will use - may scold

8. David _____ the soccer team if the coach _____ more players.
A. must join – needs B. shouldn't join - won't need C. can join – needs D. joins - will need

9. The teacher _____ the lesson again if the students _____ confused.
A. explains – are B. must explain – be C. will explain - will be D. should explain – are

LIVEWORKSHEETS

10. If Tommy _____ enough sleep, he _____ tired in school tomorrow.

A. doesn't get - should be B. won't get - may be C. doesn't get - must be D. can get - shouldn't be

IV. Complete the dialogue with the sentences from the box.

A. That sounds good. **B. Thanks for the advice.**

C. Remember, getting enough sleep is just as important as working hard.

D. In fact, it will probably make you feel even worse tomorrow.

E. How about we set a specific time for you to relax each night?

F. You know you need to get some sleep.

Dad: Liam, the light is still on in your room. (**1**) _____

Liam: I know, Dad, but I can't seem to fall asleep. I have a big project due tomorrow, and I'm feeling stressed.

Dad: I understand, but staying up late won't help. (**2**) _____

Liam: But I have so much to do!

Dad: Maybe we can come up with a plan to help you manage your stress and get a good night's sleep. (**3**) _____ You could read a book, take a warm bath, or listen to calming music.

Liam: (**4**) _____ Maybe I could start working on my project earlier in the day too, so I don't feel so overwhelmed at night

Dad: Definitely! (**5**) _____ It helps your brain function properly and gives you the energy you need to tackle your day.

Liam: You're right, Dad. (**6**) _____

Dad: Any time, son. Now, off to bed.

V. Read the passage and write True or False. (Đọc đoạn văn và viết True (Đúng) hoặc False (Sai).)

Being a teenager is like navigating a three-ring circus. On one hand, you're juggling the demands of school, with exams, homework, and projects testing your academic skills. On the other hand, you're likely involved in extracurricular activities, from sports and clubs to music lessons and volunteering. Add to that the ever-present desire for social interaction with friends and family, and it's no wonder teenagers often feel stretched thin.

This constant balancing act can be challenging. Finding enough time to meet all your commitments can be a struggle, leading to feelings of stress and anxiety. Prioritizing tasks and creating a schedule can help, but unexpected events and changes in plans can throw everything out of whack.

However, navigating this juggling act also offers valuable lessons. It teaches teenagers valuable skills like time management, organization, and prioritization. They learn to be responsible, handle pressure, and adapt to changing situations. Additionally, the diverse experiences gained through academics, activities, and social interactions contribute to personal development and self-discovery.

1. _____ The main idea of the passage is that teenagers should focus only on their academic life.

2. _____ Teenagers are often involved in various activities beyond just schoolwork.

3. _____ Prioritizing tasks and creating a schedule can be detrimental to managing time effectively.

4. _____ Unexpected events can disrupt a teenager's carefully planned schedule.

5. _____ Participating in different activities offers no benefits to teenagers.

VI. Choose the option that best transforms the original one. (Chọn câu đúng nhất với câu được cho.)

1. Teenagers often find talking to their parents hard.

A. Teenagers find hard to talk with their parents. B. Teenagers often hardly find talking to their parents.

C. Teenagers often find it difficult to talk to their parents.

LIVEWORKSHEETS

D. Teenagers often find it hard talking to their parents.

2. If I had more time, I would join the school sports team.

A. I wouldn't join the school sports team unless I had more time.

B. Unless I have more time, I would join the school sports team.

C. I would join the school sports team, unless I have more time.

D. If I have more time, I will join the school sports team.

3. Sue spends hours choosing the perfect outfit for school.

A. Sue doesn't care about how she looks at school. B. Sue often changes her outfit after arriving at school.

C. It takes Sue very little time to find an outfit for school.

D. Sue takes a long time to choose the perfect outfit for school.

4. "I've just finished my homework", Tina said.

A. Tina said she just finished her homework. B. Tina said she had just finished her homework.

C. Tina said that she finished her homework. D. Tina said that I have just finished her homework.

LIVEWORKSHEETS