Name_____ Date_____

QUIZ

Part 1: Listening

1. **____ need(s) 9 to 10 hours of sleep a night.**

a) Adults

b) Teenagers

c) Everyone

2. **Without enough Rapid Eye Movement (REM) sleep, you are likely to be ____.**

a) hungry

b) alert

c) distracted

3. **Not getting enough sleep can make you ____.**

a) wakeful

b) hungry

c) addicted

4. **Sleep tends to reinforce ____ and ____.**

a) hunger / willpower

b) mood changes / forgetfulness

c) learning / memory

5. **Coffee and energy drinks help keep you awake ____.**

a) in the long term

b) for a few minutes

c) in the short term

6. **In most adults, ____ leads to sleeplessness.**

a) routine

b) worry

c) a late night snack

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VOCABULARY: Choose the correct word that completes each sentence.

1.The scientists finally made a major _____ in their cancer research.

a) willpower
b) impasse
c) breakthrough
d) stage

2.Jake became so _____ on winning the game that he ignored everything else.

a) fixated
b) distracted
c) faulty
d) addicted

3.She was so _____ by her phone that she didn't hear the teacher's instructions.

a) addicted
b) distracted
c) fixated
d) stage

4.After hours of discussion, the team reached an _____ and couldn't agree on a solution.

a) breakthrough
b) habit
c) impasse
d) faulty

5.Eating too much sugar became a daily _____ for him.

a) habit
b) stage
c) fixated
d) fault

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6.Despite being on a diet, she had the _____ to say no to the cake.

a) breakthrough
b) fixated
c) willpower
d) addicted

7.The washing machine was returned because it had a _____ motor.

a) faulty
b) habit
c) distracted
d) stage

8.Many teens are _____ to video games these days.

a) addicted
b) breakthrough
c) distracted
d) impasse

9.The toddler is in the "why" _____ where he questions everything.

a) habit
b) stage
c) breakthrough
d) fixated

Choose the correct word.

Choose the correct word or phrase to complete each sentence.

1. You won't succeed _____ you put in the effort.
   a) Otherwise b) Even if c) Unless d) As long as

2. She agreed to join us _____ she finishes her chores.
   a) Otherwise b) But only after c) As long as d) Even if

3. I'll go to the beach with you _____ it rains.
   a) Even if b) Unless c) But only after d) As long as

4. He apologized, _____ being reminded several times.
   a) Otherwise b) Unless c) But only after d) Even if

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5. We must leave now. _____ we'll miss the bus.
a) Unless b) But only after c) As long as d) Otherwise

6. You can borrow my bike _____ you return it by tomorrow.
a) Even if b) As long as c) But only after d) Unless

7. She won't stop trying _____ she wins the competition.
a) Unless b) Even if c) Until d) As long as

8. He joined the match _____ finishing his homework.
a) But only after b) Otherwise c) Even if d) As long as

9. They might cancel the trip _____ the weather improves.
a) Unless b) Otherwise c) As long as d) But only after

10. I'll support you _____ I don't fully understand your decision.
a) Even if b) Unless c) Otherwise d) But only after

Choose the correct article.

1. I saw _____ cat sitting on the roof.
a) a
b) an
c) the
d) no article

2. We need to buy _____ bread and butter.
a) a
b) an
c) the
d) no article

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3.She has _____ idea for a new project.
a) a
b) an
c) the
d) no article

4. He was _____ first person to arrive at the party.
a) a
b) an
c) the
d) no article

5. I am looking for _____ book about the history of art.
a) a
b) an
c) the
d) no article

6.There is _____ apple on the table.
a) a
b) an
c) the
d) no article

7. He is _____ most talented musician in the group.
a) a
b) an
c) the
d) no article

8.I have _____ idea. Do you want to hear it?
a) a
b) an
c) the
d) no article

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9.She gave me _____ advice that I needed for the job.
a) a
b) an
c) the
d) no article

10. _____ Eiffel Tower is one of the most famous landmarks in the world.
a) The
b) An
c) A
d) no article

Read the passage and answer the questions.

TOEFL ITP Reading Practice

Passage: The Mystery of the Giant Stone Heads of Easter Island

Easter Island, located in the southeastern Pacific Ocean, is famous for its massive stone statues known as moai. Carved between 1400 and 1650 CE by the Rapa Nui people, these statues can be as tall as 10 meters and weigh up to 80 tons. The moai were carved from volcanic tuff, a relatively soft rock found in the island's quarries, and then transported across the island to their final locations.

Archaeologists have long debated the purpose of the moai. Many believe they were built to honor important ancestors and to serve as symbols of authority and power. Their placement on stone platforms, called ahu, facing inland, suggests that they were meant to watch over the island's communities rather than the sea. The Rapa Nui people viewed their ancestors as protectors who could bring prosperity and fertility to the land.

The transportation of the moai remains a subject of fascination. Earlier theories suggested that they were moved on wooden sledges or rollers, which might have led to deforestation. However, more recent experiments have shown that the statues could have been "walked" upright by rocking them from side to side using ropes. This method would have required fewer trees and less manpower.

Despite the island's remarkable cultural achievements, Easter Island eventually faced serious ecological decline. Overuse of resources, combined with the introduction of foreign diseases and the slave trade in the 19th century, drastically reduced the Rapa Nui population. Today, the moai stand as silent witnesses to both the ingenuity and the struggles of the island's people.

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Questions

1. What is the main topic of the passage?

A. The history of the Pacific Ocean

B. The cultural significance and history of the moai statues

C. The role of volcanic eruptions on Easter Island

D. The decline of the Rapa Nui language

2. The word massive in paragraph 1 is closest in meaning to:

A. Heavy

B. Ancient

C. Huge

D. Valuable

3. According to the passage, what was the primary purpose of the moai?

A. To watch over the sea

B. To serve as religious offerings to the gods of the ocean

C. To honor ancestors and symbolize authority

D. To mark the boundaries of villages

4. The moai were carved from which type of rock?

A. Basalt

B. Granite

C. Volcanic tuff

D. Sandstone

5. Which of the following is NOT mentioned as a theory about how the moai were transported?

A. Sliding them on wooden sledges

B. Rolling them on logs

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C. Walking them upright using ropes

D. Floating them across water

6. The author suggests that the newer transportation theory is significant because it:

A. Explains how the moai could be built faster

B. Shows that deforestation may have been less severe than previously thought

C. Proves that the Rapa Nui were influenced by other cultures

D. Suggests that the statues were made from lighter stone

7. The word prosperity in paragraph 2 is closest in meaning to:

A. Wealth

B. Population

C. Health

D. Respect

8. What happened to the Rapa Nui population in the 19th century?

A. It increased due to trade

B. It was reduced by disease and the slave trade

C. It remained stable

D. It grew because of tourism

9. Which of the following best describes the tone of the passage?

A. Critical and argumentative

B. Informative and respectful

C. Humorous and lighthearted

D. Emotional and nostalgic

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10. What can be inferred about the moai today?

A. They are no longer standing

B. They continue to hold cultural importance

C. They are still being carved by the Rapa Nui people

D. They are used as religious altars

TOEFL ITP Reading Practice - Passage 2

Passage: The Amazon Rainforest – A Fragile Giant

The Amazon Rainforest, often called the "lungs of the Earth," produces about 20% of the world's oxygen and is home to millions of species of plants and animals. Stretching across nine countries in South America, it is the largest tropical rainforest in the world, covering an area of approximately 5.5 million square kilometers.

The Amazon is not only a biodiversity hotspot but also plays a crucial role in regulating the Earth's climate. The dense vegetation absorbs large amounts of carbon dioxide, a greenhouse gas that contributes to global warming. However, the rainforest is under severe threat from human activities. Logging, agriculture, and mining have led to large-scale deforestation, reducing the forest's ability to store carbon and disrupting the habitats of countless species.

Deforestation also affects the local climate within the rainforest. Without the trees, the soil becomes drier and less fertile, which in turn makes it harder for plants to grow. Moreover, the loss of trees can lead to reduced rainfall, creating a dangerous cycle that threatens the entire ecosystem.

Efforts are being made to protect the Amazon, including the establishment of protected areas, sustainable farming practices, and international agreements to reduce deforestation. Still, the challenge remains immense, as economic pressures often push local communities toward short-term gains rather than long-term conservation.

Scientists warn that if deforestation continues at the current rate, the Amazon could reach a "tipping point," where it would no longer function as a rainforest but instead transform

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into a dry savanna. Such a change would have catastrophic consequences for global climate stability and biodiversity.

Questions

1. What is the main topic of the passage?

A. The economic potential of the Amazon

B. The biodiversity and threats to the Amazon Rainforest

C. The history of South American forests

D. The role of mining in South America

2. The phrase "lungs of the Earth" in paragraph 1 refers to the Amazon's ability to:

A. Absorb carbon dioxide

B. Produce oxygen

C. Create rainfall

D. Support animal life

3. According to the passage, the Amazon Rainforest covers an area of approximately:

A. 5.5 million square kilometers

B. 2 million square kilometers

C. 20% of South America

D. 9 million square kilometers

4. Which of the following is NOT mentioned as a cause of deforestation in the Amazon?

A. Logging

B. Agriculture

C. Urban expansion

D. Mining

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5. The word “immense” in paragraph 4 is closest in meaning to:

A. Small

B. Huge

C. Difficult

D. Urgent

6. What effect does deforestation have on local climate within the Amazon?

A. It increases rainfall

B. It makes the soil drier and less fertile

C. It cools the temperature

D. It encourages plant growth

7. What is meant by the “tipping point” mentioned in the last paragraph?

A. The moment when the Amazon starts growing faster

B. The point when the Amazon will completely disappear

C. The stage at which the Amazon could permanently change into a savanna

D. The beginning of the rainy season

8. Which of the following best describes the tone of the passage?

A. Cautious and optimistic

B. Serious and warning

C. Humorous and sarcastic

D. Neutral and descriptive

9. Why would the transformation of the Amazon into a savanna be catastrophic?

A. It would reduce tourism

B. It would harm the global climate and biodiversity

C. It would make farming easier

D. It would lower oxygen levels in South America only

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10. What can be inferred about the efforts to protect the Amazon?

A. They have completely stopped deforestation

B. They face challenges due to economic pressures

C. They are supported by all local communities

D. They rely mainly on mining profits

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