

REVIEW UNIT 3: HEALTHY LIVING FOR TEENS - TEST 2**Môn: Tiếng Anh – Lớp 9 Bộ sách: Global Success****Thời gian làm bài: 60 phút****A. LISTENING: (2.5 points)**

PART 1: Listen to the audio talking about HEALTHY LIVING FOR TEENS and complete the blanks with NO MORE THAN TWO WORDS. You can listen to the recording TWICE.(1.0 point) 160-180W

(NB) 1. Anna used to feel tired at school because she often skipped _____.

(TH) 2. Her teacher gave a lesson about the importance of a _____.

(NB) 3. To stay focused while studying, Anna turns off her _____.

(VD) 4. These small changes help Anna be _____ every day.

PART 2: Listen to the talk about HEALTHY LIVING FOR TEENS and circle A, B C or D to answer each question. You will listen TWICE.(1.5 points) skill 2 160-180W

(NB) **Question 5.** What problem did Lily face last year?

- A. She always ate fast food and gained weight.
- B. She often stayed up late and felt tired.
- C. She had too much homework from school.
- D. She didn't enjoy doing sports with friends.

(NB) **Question 6.** What club did Lily join at school?

- A. A club about healthy eating and cooking.
- B. A reading club focused on self-help books.
- C. A school club about mental wellness.
- D. A group that promoted environmental care.

(TH) **Question 7.** What change did Lily make to her evening routine?

- A. She turned off her phone at 9 p.m.
- B. She called her friends before bed.

- C. She did yoga and meditation online.
- D. She listened to music all night long.

(TH) Question 8. How did Lily react when some friends made fun of her?

- A. She felt upset and gave up her habits.
- B. She ignored them and stayed strong.
- C. She stopped talking to those friends.
- D. She complained to her school teacher.

(VD) Question 9. What is Lily's mother doing now to support students?

- A. She is raising funds for fitness classes.
- B. She is working with the school counselor.
- C. She is helping Lily write a health blog.
- D. She is coaching a teenage sports team.

(VD) Question 10. What future plan does the teacher have?

- A. To bring doctors to check students' diets.
- B. To launch a campaign on mobile use.
- C. To invite a doctor to speak at school.
- D. To open a club for student dancers.

B. KNOWLEDGE OF LANGUAGE: (2,5 points)

PART 1: Read the following advertisement/ announcement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fit each of the numbered blanks from 11 to 15 (1.25 points)

HEALTHY MIND – HEALTHY TEENS!

Teenagers today face many challenges. To stay healthy both physically and mentally, it's important to develop smart daily habits. Here are some simple tips to help you feel better and achieve more.

1 Manage Your Time Wisely

Create a daily plan and write important dates like (11)___ and project due dates to stay organized and avoid last-minute stress.

2 Relax Your Mind

Don't try to___ (12) everything alone. If you feel overwhelmed , take a short walk, listen to music, or talk to someone you trust.

3 Think Positively

It's helpful to stay (13) ____ when you face difficulties. Positive thinking can give you the strength to overcome stress.

4 Balance Your Life

If you spend too much time on your phone or gaming, you ____ (14) lose focus on your studies.

5 Stay Active

If you make time for exercise every day, you ____ (15) improve your energy and mood.

(NB) Question 11:

- | | | | |
|------------|-------------|----------|----------------|
| A. examine | B. examiner | C. exams | D. examination |
|------------|-------------|----------|----------------|

(NB) Question 12:

- | | | | |
|------------|-----------|------------|-------------|
| A. handles | B. handle | C. handled | D. handling |
|------------|-----------|------------|-------------|

(NB) Question 13:

- | | | | |
|-------------|---------------|---------------|-----------------|
| A. positive | B. positivity | C. positively | D. positiveness |
|-------------|---------------|---------------|-----------------|

(TH) Question 14:

- | | | | |
|----------|---------|--------|-----------|
| A. might | B. must | C. can | D. should |
|----------|---------|--------|-----------|

(TH) Question 15:

- | | | | |
|---------|-----------|--------|----------|
| A. will | B. should | C. may | D. could |
|---------|-----------|--------|----------|

PART 2: Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 16 to 20. (1.25 points)

TEEN HEALTH: SMALL STEPS TOWARDS A BETTER LIFE!

Being a teenager can be challenging, but healthy habits can make a real difference. If you skip breakfast or sleep too little, you ____ (16) exhausted and unable to focus in class.

Reducing unhealthy (17) ____ like junk food and sugary drinks can help improve your concentration and energy.

To succeed both academically and emotionally, teenagers should ____ (18) their time carefully by setting clear and realistic goals.

Even when things are difficult, try to stay ____ (19) and keep going forward.

If you live a healthy lifestyle, you ____ (20) enjoy better mental and physical wellbeing every day.

(TH) Question 16:

- | | |
|--------------|----------------|
| A. will find | B. will become |
| C. will take | D. will stay |

(NB) Question 17:

- | | |
|-------------|---------------|
| A. habit | B. habits |
| C. habitual | D. habitually |

(NB) Question 18:

- | | |
|------------|-------------|
| A. manage | B. managing |
| C. manages | D. managed |

(VD) Question 19:

- | | |
|-----------------|-------------|
| A. stressed out | B. tired |
| C. positive | D. laziness |

(NB) Question 20:

- | | |
|----------|---------|
| A. might | B. can |
| C. will | D. must |

C. READING (2.5 points)

PART 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 21 to 25. (1.25 pts) 180-200w

TIPS TO MAKE HOMEWORK LESS STRESSFUL

There are several ways to make homework easier and less stressful. First, always ensure that you clearly understand the assignment. Write it down in your notebook or planner so you won't forget, and don't hesitate to ask your teacher questions if anything is unclear. It's better to ask immediately than to (21) _____ later that

night. You can also ask how long the assignment should take so that you can (22) _____ carefully your time effectively.

Second, take advantage of any free time at school to start your homework. Many schools offer libraries or study rooms where students can work quietly. The(23) _____ work you get done at school, the less you'll have to do at home in the evening.

Third, pace yourself. If you don't complete everything at school, think about how much time is left in the day and what else is happening. This helps you stay (24) _____ and less overwhelmed.

Finally, don't be afraid to ask for help. If you don't feel comfortable with your teacher, ask another teacher or a friend who is good at the subject. Sometimes hearing a different (25) _____ can make things much easier to understand.

(Adapted from Futurelang 9)

(TH) Question 21:

- | | |
|----------------------|-------------------|
| A. struggle alone | B. delay starting |
| C. forget completely | D. manage poorly |

(NB) Question 22:

- | | |
|------------|-------------|
| A. planner | B. planning |
| C. plan | D. planned |

(NB) Question 23:

- | | |
|---------|----------|
| A. most | B. more |
| C. best | D. worse |

(VD) Question 24:

- | | |
|--------------|---------------|
| A. motivated | B. optimistic |
| C. balanced | D. focused |

(NB) Question 25:

- | | |
|----------------|----------------|
| A. explanatory | B. explanation |
| C. explainer | D. explain |

PART 2: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 26 to 30. (1.25 pts) 180-200w

Internet Safety: How Not to Get Trapped in the Spider's Web

The Internet is an important part of teen life. Students use it to chat, watch videos, play games, and do homework. However, spending too much time online can be harmful. Many teens spend over 7 hours a day using screens, which can affect their health and sleep.

The Internet also has dangers. One of the biggest risks is **cyberbullying**—when someone uses the Internet to hurt others. This includes posting hateful comments, spreading rumours, or sharing someone's private information without permission. Victims often feel scared, sad, or ashamed.

Another risk is **sharing personal information online**. Thieves can steal your name, photo, or even credit card details to create fake profiles or commit identity theft. It's important not to post private details like your address or school.

Social media can also affect self-esteem. People often post only happy or perfect moments, which may lead others to feel bad when they compare. Remember, what you see online isn't always real.

To stay safe online, be smart: don't overshare, think before posting, and talk to an adult if something feels wrong. The Internet can be great—but only if we use it wisely.

(Adapted from Futurelang 9)

(NB) Question 26: What is one common activity teenagers do on the Internet?

- A. They visit museums online. B. They play games or watch videos.
C. They write letters by email. D. They attend school events.

(NB) Question 27: How can using screens too much affect teenagers?

- A. It can make them feel tired or lose sleep.
B. It can help them do better at sports.

- C. It can make them more active outdoors.
- D. It can improve their eyesight.

(NB) Question 28: What is cyberbullying according to the passage?

- A. Playing online games with strangers.
- B. Sharing positive comments on social media.
- C. Using the Internet to hurt others.
- D. Sending homework to friends by email.

(TH) Question 29: What is one way to protect personal information online?

- A. Share your address with close friends.
- B. Don't post private details on social media.
- C. Use the same password everywhere.
- D. Post your school name online.

(VD) Question 30: Which of the following best paraphrases the advice in the last paragraph?

- A. The Internet is only safe if used carefully and with awareness.
- B. The Internet is dangerous and should never be used.
- C. Teenagers should never use the Internet for fun.
- D. Social media can replace real-life communication.

D. WRITING (2.5 points)

Part 1: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph in each of the following questions from 31 to 32. (0.5 pt)

(TH) Question 31:

- a. Lan: Can you help me carry these shopping bags?
 - b. Lan: Can you help me carry these bags to the kitchen, please?
 - c. Minh: Sorry, could you say that again?
 - d. Minh: Oh, sorry! I didn't hear you clearly.
-
- A. a – b – d – c
 - B. c – a – d – b

- C. a – c – b – d
 D. b – d – a – c

Giải thích: Câu này kiểm tra khả năng sử dụng **modal verb “can”** trong lời đề nghị và kỹ năng **diễn đạt lại/ lịch sự trong giao tiếp**.

(VD) Question 32:

- a. Peter: Excuse me. Could you tell me how to get to the sports centre?
 b. Peter: Thanks a lot. I really appreciate it.
 c. Man: I beg your pardon.
 d. Man: Sure. Walk straight ahead, then turn right. The sports centre is on your left.
 e. Peter: Sorry, could you tell me how to get to the sports centre again, please?

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

Giải thích: Câu này kiểm tra việc sử dụng **modal verb “could”** trong yêu cầu lịch sự và phản ứng phù hợp trong hội thoại.

Part 2: Combine each pair of sentences to make one sentence, using the words given in brackets in each of the following questions from 33 to 36. (1,0pt)

(TH) Question 33: (using first conditional)

Teens want to improve their fitness. They do physical exercise every day.

(NEED TO)

→ _____

(TH) Question 34:(using first conditional)

You don't want to be late for school. You get up earlier. **(HAVE TO)**

→ _____

(VD) Question 35:

Tom is feeling anxious. He goes jogging or he listens to calming music. **(COULD)**

→ _____

(VD) Question 36:

With better time management, teens will avoid getting stressed before exams.

(MANAGE TO)

→ _____

Part 3: Write a paragraph (about 100-120 words) about how to balance a Teen's life and study effectively. The following cues below might help you. (1.0 pt)

USEFUL LANGUAGE:

- manage time wisely
- set clear goals and priorities
- avoid distractions (phones, social media)
- take regular breaks
- stay physically and mentally healthy
- ask for help when needed

OUTLINE:**Introduction:**

Balancing a teen's life and study effectively is very important.

Body:

Tip 1: Good time management → less stress, more productivity

Tip 2: Avoid distractions → better concentration

Tip 3: Take breaks and exercise → better health and energy

Tip 4: Stay positive and seek help when needed

Conclusion:

With these habits, teens can succeed both in school and in life.

Writing Sample:

Balancing a teen's life and study effectively is very important. Firstly, teenagers should manage their time wisely by creating a daily schedule and setting clear

goals. This helps them stay organised and avoid last-minute stress. Secondly, they must avoid distractions such as mobile phones and social media while studying. Staying focused allows them to finish tasks faster and have time to relax. Thirdly, teens should take regular breaks and do physical activities like walking, cycling, or playing sports to keep both body and mind healthy. Lastly, staying positive and asking for help when facing difficulties are also essential. By following these tips, teenagers can balance their life and study successfully.

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