Unit 4- Test 3

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

Question 1. A. sound B. shoulder C. account D. found
Question 2. A. visit B. summer C. increase D. interest

Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 3. A. become B. useful C. local D. centre
Question 4. A. quality B. develop C. orphanage D. regular

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions

Question 5: _____ I joined the event, the volunteers were picking up trash from the streets.
A. When B. If C. Though D. Neither

Question 6: I am volunteering at the local wildlife conservation group and I want to _____ people's interest in protecting endangered species.
A. donate B. increase C. sort D. realise

Question 7: I helped _____ the fundraising event by arranging tables and preparing donation booths.
A. focus on B. search for C. apply for D. setup

Question 8: When I was volunteering at the local soup kitchen, a famous chef _____.
A. was visiting B. was visited C. visited D. was being visited

Question 9: As a volunteer with a _____ organisation, I have had the opportunity to work on various community development projects.
A. governmental B. governed C. ungovernmental D. non-governmental

Read the following advertisement/ school announcement 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.

DRINK AN ORANGE!

Do you often have **(10)**_____? Orange juice provides an aid to digestion that counteracts ill effects when you overeat.

This single day liquid food **(11)**_____ the tiniest babies as well as for grown ups by thousands of physicians all over the world.

In short, drinking an orange a day is always **(12)**_____.

Question 10 : A. heavy meal **B.** good meals **C.** delicious meals **D.** yummy meals
Question 11 : A. is required for **B.** is ready for **C.** is advised for **D.** is produced for
Question 12 : A. a good job **B.** a good time **C.** a wise juice **D.** a wise policy

ANNOUNCEMENT OF THE MID-TERM TESTS

The school administrators would like to announce

➢ All students **(13)**_____ present by 7:30, from Dec 26 upto Dec 29.
➢ **(14)**_____ cheating during your tests.
➢ Bringing along mobile devices **(15)**_____ stopping your tests.

Question 13 : A. must **B.** required **C.** have to be **D.** receive
Question 14 : A. Without **B.** Not **C.** No **D.** Hardly
Question 15 : A. means **B.** equal **C.** requires **D.** refers

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/ letter in each of the following questions.

Question 10. a. More than 300 students attended the fair and enjoyed Vietnamese dishes, songs and games.
b. In my view, the day was a great success. All the attendees felt happy.
c. There were 30 stalls where various activities were offered.
d. Yesterday, our school organised the Spring Fair in the playground
e. However, it would be better if we could make Banh Chung during the night.
A. d-a-c-b-e B. d-b-a-c-e C. b-d-a-e-c D. b-c-d-e-a

Question 11. a. I came back to Bangkok but I still remember your school spring fair.
b. Dear Xuan,

LIVEWORKSHEETS

c. Thank you for having invited me to the fair. I'll never forget the event in my life.
d. I liked the songs and games, but the dish called "Cha Gio" made a deep impression on me.
e. I am now staying on a farm to help my uncle collect grapes.

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

Mark the letter A, B, C, or **D** on your answer sheet to indicate the correct option that best fits each uf the numbered blanks from 18 to 23.

Playing sports brings a lot of advantages. First, it helps you(18)___. When you are physically active, your mind gets a chance to unplug from daily stresses and strains of life. Physical exercise reduces the stress hormones in your body and stimulates the release of endorphins, (19)__you more energy and focus for whatever life has. Next, sports enables you to build better relationships with people. Through frequent sport you can get to know a lot about people's personalities,(20)__ strengths and weaknesses. Sport with colleagues is a good opportunity (21)__and networks that may help you in your job.(22)__, it strengthens immune system. When playing sports, the body (23)__from different types of harmful bacteria and virus. To sum up, people should play sports regularly because it brings lots of advantages..

Question 18.
A. reduce stress **B.** reducing stress
C. to reduce stress **D.** Both A and C are correct

Question 19.
A. it may give **B.** that may give
C. which may give **D.** this may give

Question 20.
A. his **B.** him **C.** them **D.** their

Question 21.
A. built better relationships **B.** to build better relationships
C. building better relationships **D.** for building better relationships

Question 22.
A. Last but the least **B.** Finally but not least **C.** Last and not least **D.** Last but not least

Question 23.
A. is protected **B.** are protected **C.** was protected **D.** protected

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

A YEAR WITH OVERSEAS VOLUNTEERS

I was with Overseas Volunteers (OV) for a year after leaving university, and I was sent to an isolated village in Chad, about 500 kilometres from the capital N'Djamena. Coming from a (124)....country, I got quite a shock, as conditions were much harder than I had expected. But after a lew days I got used to (25)....there. The people were always very friendly and helpful, and I soon began to appreciate how beautiful the countiyside was.

One of my jobs was to supply the village (26)....water. The well was a long walk away, and the women used to spend a long time every day carrying heavy pots backwards and forwards. So I contacted the organisation and arranged to have some pipes delivered. (27)....these pipes were not really perfect, they still made a great difference to the villagers.

All in all, I think my time with OV was a good experience. Although it was not paid, it was well worth doing and I would recommend it to anyone (28)....was considering working for a charity.

Question 24. **A.** rich B. comfortable C. well-paid D. luxurious
Question 25. A. lived **B**. living C. lived D. lively
Question 26. A. for B. on **C**. with D. from
Question 27. A. If B. Because C. When **D**. Although
Question 28. A. which B. when C. where **D**. who

Read the passage and choose the best answers to the questions.

Think back to the last time you helped someone, whether it was holding the door open for a classmate or raking your elderly neighbour's leaves. While you were doing it and afterward, how did you feel? We are going to make a safe bet you felt happy and more positive about life. That's because the fastest way to feel joy is serving others.

LIVEWORKSHEETS

An old Chinese proverb tells it perfectly, "If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."
But serving does not just make your heart feel good. Studies have shown that there are mental and physical health benefits to serving, like reducing depression, lowering blood pressure and lengthening your lifespan. Putting other people's needs before yours also strengthens your relationships. It connects you with the one you're serving, and if that someone is someone you know, it creates a stronger bond with them.
It also enriches other people's lives. Taking time out of your busy day to even bring a friend a bowl of soup when they are sick makes them feel better and can uplift them during their rough time.
And perhaps the best benefit of service is the chance of that person paying it forward. If you help someone, they are more likely to do something nice for someone else that day. **Your one act of kindness could have a major domino effect.**

Question 29. Which of the following best serves the title of the passage?

A. How to Live Happily
B. Time to Help Others
C. Why It's Important to Help Others
D. Strengthening Relationships

Question 30. Why does the author quote the Chinese proverb in the second paragraph?

A. To give an example of the period of time it takes to help somebody
B. To show how important it is to help others
C. Because happiness varies depending on people's needs
D. Because the author wants to compare kindness with happiness

Question 31. The word 'It' in the fifth paragraph refers to _____.

A. your good deed or kindness
B. a stronger bond between you with someone you know
C. strengthening your relationships
D. the act of putting other people's needs before yours

Question 32. What does the last sentence of the passage imply?

A. Other acts of kindness will highly likely to happen due to yours.
B. You could make more people feel happy with your kindness.
C. There will be more acts of kindness, but yours is the major.
D. Without your act of kindness, other people can still behave well.

Question 33. As we learn from the passage, which of the following is unlikely to be considered as an act of kindness?

A. Giving someone your seat on a crowded bus
B. Helping the elderly cross the crowded street
C. Speeding up so everyone cannot merge in front of you in traffic
D. Bringing your neighbour a bowl of porridge when they are sick

. Read the following passage and choose the correct 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,

LIVEWORKSHEETS

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.

Adapted from: https://greatergood.berkeley.edu/article/item/how_volunteering_can_help_your_mental health

Question 34. 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 35. The word "**boost**" in paragraph 1 is CLOSEST in meaning to _____.

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

Question 36. 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 37. According to the study, how did people who volunteered at least once a month rate their mental health?

A. worse than those who didn't volunteer B. the same as those who didn't volunteer
C. better than those who didn't volunteer D. unsure about improvement in their health

Question 38. The word "**connected**" in paragraph 6 is Opposite in meaning to _____.

A. separated B. combined C. associated D. improved

Question 39. The word "**they**" in paragraph 4 refers to _____.

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

Question 40. Which age groups were found to benefit most from volunteering in the study?

A. ages 5-15 B. ages 16-24 and 25-34 C. ages 35-54 D. ages 55-74

The End

LIVEWORKSHEETS