UNIT 3. HEALTHY LIVING FOR TEENS

TEST 02

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

Question 1. A. counsellor B. physical C. optimistic D. submit

Question 2. A. deadline B. minimize C. physical D. priority

Mark the letter A, B, C or D on your answer sheet 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. delay B. mental C. deadline D. balance

Question 4. A. accomplish B. minimize C. physical D. liveable

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

Question 5. Maintaining a ____ life often means making time for the things you have to do, as well as the things you want to do in a suitable way.

A. Educational B. mental C. well-balanced D. social

Question 6. When we ____ our task, we headed home.

A. Succeeded B. won C. accomplished D. managed

Question 7. She's in poor health, but she's optimistic ____ her future.

A. About B. of C. with D. to

Question 8. A. There are too many _____ in this classroom it's hard for me to pay attention to the lesson.

A. Difficulties B. distractions C. obstacles D. omissions.

Question 9. Louise has learnt a poem ____ - she can remember all of it.

A. Compulsory B. academic C. by heart D. by memory

Question 10. Unless you ____ enough water, you ____ become dehydrated.

A. Drink – might B. drink – will C. drink – won't D. will drink – might

Question 11. If you ____ good posture, you many avoid back pain in the future.

A. Maintains B. will maintain C. should maintain D. maintain

Question 12. Mai: " I've won the first price in the English speaking contest."
Adam: " _____ "

A. Stay calm. Everything will be alright! C. Congratulations!

B. If I were you I would get some sleep. D. I understand how you feel.

Read the following 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 from 13 to 16.

Dear Students,

Maintaining good health is important for your well-being. Here are some tips:

1. Healthy Eating: Eat (13)_____ whole grains, and healthy fats every day.
2. Regular Activity: Incorporate (14) ____ minutes of physical activity (15) ____ your daily routine.
3. Proper Rest: Ensure you get a few hours of rest each night to keep your body (16) _____ well.

Question 13. A. no B. all C. a variety of D. the

Question 14. A. much B. little C. a few D. several

Question 15. A. into B. from C. of D. on

Question 16. A. function B. functioning C. functioned D. functions

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions 17.

a. Furthermore, if you exercise regularly, you can improve your fitness and well-being.

b. Firstly, regular physical activity is essential for maintaining good health.

c. Moreover, incorporating exercise into your daily routine will help you stay active.

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d. In addition, you should find activities that you enjoy to stay motivated.
e. Finally, staying active contributes to both physical and mental health.
A. a-d-b-c-e B. b-c-d-a-e C. a-b-d-e-c D. b-e-c-d-a

Question 18.
a. First of all, if you choose nutritious foods, you will support your overall health.
b. Moreover, healthy eating habits are crucial for teens.
c. In addition, planning your meals can help you include a variety of nutrients.
d. Furthermore, eating a balanced diet helps in maintaining energy levels.
e. Finally, you should avoid sugary and processed foods to stay healthy.
A. a-d-b-e-c B. b-a-e-c-d C. a-b-c-d-e D. b-d-a-e-c

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 numbered blank from 19 to 24.

It's not easy to manage school and life, but with some good time (19) _____ techniques, it's possible to (20) _____ a study-life balance. Here are some tips for secondary-school students.

Firstly, (21) _____ a schedule. Plan your week in advance, allocating specific times for studying, attending classes, and doing homework. You should also include breaks and time for (22) _____ or hobbies.

Secondly, learn to prioritise. You should identify the most important tasks and focus on those first. If necessary, you can (23) _____ less urgent activities until you've finished your important tasks. Remember that it's okay to say no sometimes if you feel overwhelmed.

Thirdly, take (24) _____ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also advisable to get small tasks done during short breaks between classes.

Finally, don't be too hard on yourself if you can't do everything perfectly. It's normal to occasionally feel stressed out. In these situations, you can consider talking to a teacher or school counsellor for support.

Question 19. A. limitation	B. period	C. management	D. awareness
Question 20. A. achieve	B. provide	C. collect	D. contain
Question 21. A. give	B. make	C. work	D. hold
Question 22. A. communication	B. relaxation	C. education	D. application
Question 23. A. create	B. finish	C. delay	D. complete
Question 24. A. advantage	B. action	C. responsibility	D. moment

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25: "Perhaps we can cycle around the West Lake this weekend," Nam suggested.
A. Nam suggested cycling around the West Lake this weekend.
B. Nam suggested to cycle around the West Lake this weekend
C. Nam told we could cycle around the West Lake this weekend.
D. Nam asked whether we could cycle around the West Lake this weekend.

Question 26. Giving priority to work, school and family is really difficult for students.
A. It is really difficult for students to give priority to work, school and family.
B. Students should learn how to give priority to work, school and family.
C. Students find it easy to give priority to work, school and family
D. Giving priority to work, school and family is necessary task for all students.

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

Question 27: *it/ rain/ tomorrow/ we/ have/ delay/ meeting.*
A. If it rains tomorrow, we may delaying the meeting.
B. If it rain tomorrow, we may have delay the meeting.
C. If it rains tomorrow, we have may to delay the meeting.
D. If it rains tomorrow, we may have to delay the meeting.

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Question 28. *you/ finish/ test/ you/ hand/ it/ and/ leave/ home/ immediately.*

A. If you finish the test, you can hand it in and leave home immediately.

B. If you finish the test, you can handing it and leave home immediately.

C. If you finish test, you can hand it in leave home immediately.

D. You finish the test if, you can hand it and leave home immediately.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29. What does the sign say?

A. You are allowed to take photos in this area

B. Photography is not allowed in this area

C. We don't sell cameras

D. People who forget bringing cameras are not allowed to enter.

Question 30. What does the notice say?

"The local swimming pool is having a water safety course for children on Saturday morning. Sign up now!"

A. The water safety course for children will be held on Saturday morning.

B. Sign up now for the children's course.

C. The course is held in the afternoon for teenagers

D. Registration begins next month for the children's course.

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 following questions from 31 to 36.

Teenagers can live a balanced lifestyle by getting enough exercise, eating healthily and having enough rest. They need to be involved in a fair level of physical activity to **maintain** a fit and healthy lifestyle. Physical activity can include a variety of activities such as cycling, playing sports, or walking a dog. Teenagers should aim to perform two or more of these activities regularly. Healthy eating is also an important part of a teenager's life. A human needs food to create energy so that they can function.

Eating healthily consists of eating a balance of the five food groups. These include: fruit, vegetables, meat, dairy and a small amount of sugary foods. Having a balanced diet will result in better brain function, healthy weight gain and greater fitness.

Finally, a person needs to stop work or movement in order to relax, **refresh** oneself and recover. Many people think that rest and sleep are the same thing but they are not. Sleep is when your body shuts down to repair and refresh itself. Rest is a time where your body relaxes such as when you go on a holiday or engage in activities that make you happy and give you pleasure. When you rest, you relax and relieve your mind and body of all the things in life that may cause you stress.

Question 31. What is the main idea of the passage?

A. Teenagers should play sports every day.

B. A balanced lifestyle includes exercise, healthy eating, and rest.

C. Teenagers should avoid sugary foods completely.

D. Rest and sleep are the same things.

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Question 32. Which of the following is NOT true according to the passage?
A. Teenagers need physical activity to stay fit.
B. Eating a balanced diet can improve brain function.
C. Rest and sleep are exactly the same.
D. Walking a dog is a form of exercise.

Question 33. What are the five food groups mentioned in the passage?
A. Fruit, vegetables, meat, dairy, and sugary foods.
B. Fruit, vegetables, meat, dairy, and fast food.
C. Fruit, vegetables, meat, dairy, and junk food.
D. Fruit, vegetables, bread, dairy, and meat.

Question 34. Why is rest important for teenagers?
A. It helps them relieve stress and relax their mind and body.
B. It allows them to eat more food.
C. It is the same as sleep.
D. It helps them exercise more.

Question 35. Which word is CLOSEST in meaning to "**maintain**" in the passage?
A. Destroy B. Continue C. Reduce D. Ignore

Question 36. Which word is OPPOSITE in meaning to "**refresh**" in the passage?
A. Rejuvenate B. Exhaust C. Recover D. Strengthen

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

Portion control is also important when you're trying to lose weight. One problem many overweight teens have is that (37) _____. So, stop super-sizing, and learn what a healthy portion looks like. (38) ____. Six small meals per day appears to be one of the best approaches to eating, (39) ____ . Just remember these mini meals need to be small. If you feel you are overweight, talk to your primary health care provider or a registered dietitian. There are plenty of medically supervised diets that work well for teens who need to lose more than 10 pounds.(40) _____ , or you'll find that the weight comes back as easily as it left you.

A. especially when you're trying to lose weight
B. they underestimate how much they really eat
C. Just be sure to include exercise
D. It may also help to eat more suitably.

Question 37 **Question 38** **Question 39** **Question 40**

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