



IED BILINGÜE MARÍA CANO
ÁREA DE INGLÉS
PLAN DE MEJORAMIENTO PREVENTIVO
Grade 10 – Unit 3: Live Your Best Life

Instructions

Read each situation carefully. Choose the best answer (A, B, C or D).

Exercise 1. Vocabulary in Context

1. Laura spends almost eight hours every day sitting in front of her computer. She rarely exercises and prefers watching series instead of going outside. Laura has a _____ lifestyle.
A. conscious B. sedentary C. iconic D. balanced
2. Juan has an important English presentation tomorrow. Although he goes to bed at 10:00 p.m., he cannot fall asleep because he feels nervous. Juan is probably suffering from _____.
A. well-being B. downtime C. insomnia D. meditation
3. After finishing her exams, Valentina decides not to check her phone for a few hours. Instead, she listens to music and relaxes in the park. Valentina is enjoying some _____.
A. comfort zone B. downtime C. insomnia D. diversity
4. Daniel used to be afraid of speaking English in class. However, after receiving positive feedback from his teacher, he now participates more confidently. The teacher helped _____.
A. create Daniel's comfort zone. B. improve Daniel's insomnia.
C. increase Daniel's downtime. D. boost Daniel's confidence.
5. Camila joins a volunteer project because she wants to become more aware of how her actions affect other people and the environment. Camila wants to be more _____.
A. sedentary B. iconic C. conscious D. exhausted

Exercise 2. Comparative and Superlative

6. Sofia usually drinks water instead of soda because she believes it is _____ for her body.
A. good B. better C. the better D. best
7. Taking the stairs is usually _____ than using the elevator.
A. active B. more active C. the most active D. activist
8. Among all the students in the class, Andrés sleeps eight hours every night, exercises daily, and eats balanced meals. According to the information, Andrés has the _____ lifestyle.
A. healthy B. healthier C. most healthy D. healthiest
9. Martha says yoga helps her relax _____ weightlifting.



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- A. more than B. most than C. better that D. good than

10. A health magazine compared three daily habits:

- Walking 30 minutes
- Riding a bicycle
- Running

According to the article, running burns the most calories. Which sentence is correct?

- A. Running is healthier than walking. B. Running is the healthiest activity of the three.
C. Running is healthiest than cycling. D. Running is more healthiest than walking.

Exercise 3. Equality Comparison (as...as)

11. Tom and Kevin train together every afternoon. They both run five kilometers in the same amount of time. Kevin is _____ Tom.

- A. as fast as B. as faster than C. the most fast as D. so faster as

12. A nutritionist says that drinking enough water is just as important as sleeping well. Which sentence expresses the same idea?

- A. Drinking water is as more important than sleeping well.
B. Sleeping well is less important as drinking water.
C. Drinking water is as important as sleeping well.
D. Drinking water is the most important habit.

13. Maria and her sister both feel equally confident when speaking English. Maria is _____ her sister.

- A. more confident as B. as confident as C. the most confident as D. as confident than

14. Yesterday's workout and today's workout required the same amount of effort. Today's workout was _____ yesterday's.

- A. as difficult than B. as difficult as C. less difficult as D. the most difficult

15. Two students obtained exactly the same score on their fitness test. Which sentence is correct?

- A. David is as fit than Samuel. B. Samuel is the fittest student.
C. David is as fit as Samuel. D. David is as fitter as Samuel.

Exercise 4. Double Comparative (The more..., the...)



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16. A school campaign promotes healthy habits with the message: "If you exercise regularly, your body becomes stronger." Which sentence best expresses this idea?

- A. The more you exercise, the stronger you become.
- B. More you exercise, stronger you become.
- C. The most you exercise, the strongest you become.
- D. As you exercise, as you become stronger.

17. A doctor tells his patients: "When people spend less time on their phones before sleeping, they usually sleep better." Choose the correct sentence.

- A. The least time you spend, the best you sleep.
- B. The more time you spend on your phone, the better you sleep.
- C. Less time you spend, better you sleep.
- D. The less time you spend on your phone, the better you sleep.

18. An English teacher says that regular practice improves communication skills. Which sentence is correct?

- A. The best you practice English, the more you communicate.
- B. More you practice English, better you communicate.
- C. The more you practice English, the better you communicate.
- D. As you practice English, as you communicate.

19. A nutrition expert explains that eating more fruits and vegetables usually improves people's health. Choose the best option.

- A. The more fruits and vegetables you eat, the healthier you become.
- B. The healthier you become, the more fruits and vegetables eat.
- C. More fruits you eat, healthier you become.
- D. The most fruits you eat, the healthiest you become.

20. A psychologist explains that leaving your comfort zone helps you become more confident. Which sentence best summarizes this idea?

- A. As you leave your comfort zone, as you become confident.
- B. The most you leave your comfort zone, the confident you become.
- C. More you leave your comfort zone, more confident you become.
- D. The more you leave your comfort zone, the more confident you become.