ENGLISH READING & COMPETENCY TEST

Comprehensive Evaluation Worksheet — Part 1

The text is for questions 1 to 4.

In 2022, my uncle asked me to watch an aquatic world championship. There was an incident that I couldn't forget. The incident occurred when four swimmers were competing in the woman's singles freestyle final. When we were watching the race tensely, a swimmer passed out at the end of race and immediately fell into the pool. Luckily, her coach quickly jumped in and helped the athlete. The spectators, including me, were worried. We were shocked when the swimmer wasn't breathing. Fortunately, the swimmer came to her senses moments after the efficient work of the medical personnel. The team of doctors checked on her condition. Despite the incident, the swimmer finished seventh in the final. This incident gave me a lesson that anything could happen in the race.

QUESTIONS 1–4

1. What is the text about?

A. Participating in a swimming competition.
B. The embarrassing moment when watching a competition.
C. Watching a swimming competition with family.
D. The incident happened in a swimming competition.
E. The problem faced by athletes in world championship.

2. What incident happened in the event?

A. A swimmer got drown. B. A swimmer got cramped while swimming.
C. A swimmer passed out in the pool. D. Someone hit one of the swimmers.
E. There were only four swimmers participating in the championship.

3. We can infer that

A. the swimmer was disqualified B. the swimmer couldn't continue the race
C. there were the medical personnel in the competition D. no one noticed the swimmer when she passed out
E. the swimmer fell into the pool because she slipped

4. "When we were watching the race tensely, ..."
The synonym of the word "tensely" is

A. nervously B. madly C. lively D. happily E. comfortably

The text is for questions 5 to 8.

I remember when I watched a bike race in 2022. It was the first bike race that I watched with my parents, I was twelve at that time. I watched in a big stadium where the bike race started. I saw my favorite bike rider, Nelson. He sat on his bike and started praying. I also saw his dad praying at the stands. When the race began, the spectators clapped their hands and roared. The camera captured Nelson. He rode in the center of the two-lane strip, right along the broken white lines. He rode fast and without thought. A few riders slung to him then gave up. I was so nervous because they rode fast. I heard people shouting his name. there were many people shouting, waving their arms. I saw Nelson trying hard to pass other riders. Sometimes, he looked back and then rode faster. When he passed the finish ribbon, he opened his hands with pals out. He looked happy and relieved. I was so excited that I hit someone's shoulders in front of me. Then, I ran back to my seat and waited for him go to the podium. From that moment, I started to watch bike race.

QUESTIONS 5–8

5. The purpose of the text is to

A. describe a bike race B. retell past experience when watching a bike race
C. explain how the bike race runs D. persuade the readers to watch a bike race
E. entertain the readers with a story about bike race

6. We know from the text that the writer

A. was a bike rider B. took picture with Nelson C. watched the bike race on the television at home
D. was happy to see his favorite bike rider, Nelson E. was disappointed about the result of the race

7. Why did the writer feel excited? Because

A. Nelson won the race B. he hit someone C. he could watch the bike race
D. he would go to the podium E. he could reach the finish line

LIVEWORKSHEETS

8. "..., the spectators clapped their hands and roared."
The synonym of the underlined word is
A. murmured B. spoke C. mumbled D. chatted E. screamed

The text is for questions 9 to 12.
Fluids are essential to keeping the vital organs active. Follow these tips to stay safe and healthy.
1. Don't wait till you're thirsty to drink. (By the time you feel thirsty, you're already slightly dehydrated.)
2. Flavor your water. (Add flavor with fresh fruits or juice.)
3. Eat water-rich fruits and vegetables. (Watermelon, strawberries, pineapple, cucumbers, tomatoes.)
4. Stay inside when it gets too hot. (Avoid sun exposure between 10 a.m and 2 p.m.)
5. Dress for the weather. (Stick with lighter shades when hot.)

9. Why should we stay hydrated? A. To avoid hot weather. B. To protect our skin. C. To stay fit and happy. D. To prevent dehydration. E. To prevent diseases.

10. The healthy drink to flavor our water is A. coffee B. soda C. hot chocolate D. fruits juice E. sport drink

11. The negative imperative is....
A. Don't wait till you're thirsty.
B. Flavor your water.
C. Eat water-rich fruits and vegetables.
D. Stay inside when it gets too hot.
E. Dress for the weather.

12. The best color of clothing worn in the hot weather is
A. black B. white C. navy D. deep purple E. brown

The text is for questions 13 to 15.
Being a student means being pretty busy a great deal of the time. This can make it a bit difficult to make the wisest healthy eating choices. Here are tips to eating healthier for students.
1. Eat a good breakfast.
2. If you must eat fast foods, choose it wisely.
3. Keep healthy snacks on hand.
4. If you need to lose weight, do it sensibly.
5. Limit your sugar intake.
6. Drink lots of water.

13. What is the text about?
A. Tips to get better health. B. Tips for eating well. C. Tips for mindless eating.
D. Tips to eat healthier for students. E. Tips to prevent health problems.

14. What aren't good for students?
A. Low-fat yogurt and raw vegetables. B. Healthy snacks and fruits. C. Fruits and juice.
D. A bagel and a glass of juice. E. French fries and fried chicken.

15. "If you need to lose weight, do it sensibly."
The synonym of the underlined word is
A. wisely B. excitedly C. impractically D. senselessly E. seriously

The text is for questions 16 to 19.
How to Slash Your Sugar Intake: 1. Just say no to sugary carbonated drinks. 2. Choose whole-grain breakfast cereals and avoid those coated with sugar or honey. 3. If you add sugar to tea, coffee, or cereals, use a little less every day. 4. Avoid products that list any kind of sugar among the first few ingredients. 5. When you buy canned fruit, read the label to make sure it is in its own juice, not in sugar syrup. 6. When you feel that you need something sweet, reach for a piece of real fruit or even a small square of dark, bittersweet chocolate.

16. What is the synonym of the word "slash"? (More than one answer)
A. Reduce. B. Cut. C. Limit. D. Maintain. E. Keep.

LIVEWORKSHEETS

17. Which foods usually contain sugar? (More than one answer)

A. Whole-grain cereal. B. Canned fruits. C. Sugary carbonated drinks. D. Honey-coated cereal. E. Yogurt.

18. According to the text, what should we consume when we need something sweet? (More than one answer)

A. Fruit with sugar syrup. B. Whole-grain cereals. C. Sugary carbonated drinks. D. Real fruit juice. E. A small square of dark, bittersweet chocolate.

19. Which imperative verbs are found in the text? (More than one answer)

A. Feel. B. Read C. Choose D. Buy E. Avoid

The text is for questions 14 and 15. [Tips to Tame Stress]

If your stress is getting out of control and you need quick relief, try one of these tips.

1. Get active (Almost any form of physical activity can act as a stress reliever.)
2. Eat a healthy diet (Aim to eat many fruits, vegetables, and whole grain.)
3. Avoid unhealthy habits (These may include drinking too much caffeine, smoking, eating too much.)
4. Meditate (It can give you a sense of calm, piece and balance.)
5. Laugh more (When you laugh, it lightens your mental load.)

20. What should you do to tame your stress? (More than one answer)

A. Avoid laughing more. B. Overeating. C. Eat a healthy diet. D. Quit doing unhealthy habits. E. Do physical activity.

21. What are the benefits of taming stress? (More than one answer)

A. You will feel calm. B. It harms your health. C. You can feel peace in your life. D. It can cause negative physical health. E. It improves your health.

22. According to the text, what habits are unhealthy? (More than one answer)

A. Living like an athlete. B. Eating too much. C. Smoking. D. Consuming prescribed medicine. E. Consuming too much caffeine.

23. Which activities can decrease your stress? (More than one answer)

A. Jogging. B. Practicing meditation. C. Watching funny TV shows. D. Chatting with toxic friends. E. Having hectic schedules.

MATCHING EXERCISES

24. Draw a line from the word to the matching synonym!

Word	Match	No.	Synonym
A. Draw	[ ]	1.	Sportsperson
B. Athlete	[ ]	2.	Tie
C. Referee	[ ]	3.	Umpire

25. Draw a line from the term to the matching category!

Word	Match	No.	Category
A. Hitter	[ ]	1.	Basketball
B. Lay up	[ ]	2.	Football
C. Free Kick	[ ]	3.	Volleyball

26. Draw a line from the term to the matching opposite!

Term	Match	No.	Opposite
A. Healthy diet	[ ]	1.	Hectic lifestyle
B. Physically activity	[ ]	2.	Sedentary lifestyle
C. Balance life	[ ]	3.	Junk food

LIVEWORKSHEETS

27. Draw a line from the word to the matching definition!

Word	Match	No.	Definition
A. Hygiene	[ ]	1.	The kinds of food that a person, animal, or community habitually eats.
B. Diet	[ ]	2.	The state of being comfortable, healthy, and happy.
C. Well-being	[ ]	3.	The process of keeping things clean, especially to prevent disease.

28. Draw a line from the food to the matching category!

Food	Match	No.	Category
A. Bread	[ ]	1.	Grain
B. Nuts	[ ]	2.	Dairy
C. Yogurt	[ ]	3.	Protein

29. Draw a line from the word to the matching meaning!

Word	Match	No.	Meaning
A. Fiber	[ ]	1.	The amount of energy.
B. Fat	[ ]	2.	Indigestible carbohydrate.
C. Calorie	[ ]	3.	Oily and greasy substances.

30. Draw a line from the habit to the matching benefit!

Habit	Match	No.	Benefit
A. Get enough sleep	[ ]	1.	Reduce eye strain
B. Reduce screen time	[ ]	2.	Get sick less often
C. Drink enough water	[ ]	3.	Keep a normal temperature

LIVEWORKSHEETS