

UNIT 3. HEALTHY LIVING FOR TEENS

TEST 01

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. accomplish B. additional C. anxiety D. assignment

Question 2. A. educate B. death C. distraction D. study

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. awake B. advise C. delay D. mental

Question 4. A. cognitive B. abandon C. emotion D. important

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. To most people, ____ living means both physical and mental health are functioning well together.

A. Healthy B. unhealthy C. health D. healthily

Question 6. The school counsellor advises the students ____ their study and play time.

A. Underground B. to balance C. taxi D. bus

Question 7. Students have to ____ their time by planning their schedule and giving priority to their work.

A. Manage B. waste C. managing D. bring

Question 8. If you ____ time for relaxation, you will avoid feeling overwhelmed.

A. Will make B. make C. should make D. must make

Question 9. Unless you follow a healthy diet, you ____ feel tired.

A. Might B. will C. can't D. should

Question 10. If you don't hand ____ your homework, you will get into trouble.

A. In B. into C. up D. on

Question 11. I'm not good at art so I'm ____ this subject. I'll try French now.

A. Attending B. marking C. dropping D. taking

Question 12. Mary: " Shall we have a drink when you finish your talk?"

John: " ____ "

A. No you can't B. All right C. You're welcome D. You needn't do that

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.

COME AND JOIN OUR LUNCHTIME YOGA CLASS WITH EXPERIENCED TEACHER

When? – (13) ____ Tuesday at 1.30 p.m

Where? – (14) ____ Room 7

How much? - \$10 for four 30-minute classes

What to bring? – (15) ____ clothes. Divya will provide the yoga mats.

How to join? Write to Sam at Sam.

We can only take a (16) ____ of 20 in the room, so book now!

Question 13. A. Almost B. Most C. Every D. All

Question 14. A. in B. at C. on D. about

Question 15. A. fashionable B. comfortable C. expensive D. cheap

Question 16. A. minimum B. number C. maximum D. minority

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. Sleep is very important for staying healthy because it helps your brain and emotions work well.

b. So, if you keep a regular sleep schedule, you will feel better.

c. This way, you can take better care of your health.

d. In addition, avoiding late-night activities makes your sleep better.

e. Also, creating a calm bedtime routine can help you fall asleep.

A. a-c-d-b-e

B. a-b-e-c-d

C. a-d-b-e-c

D. a-e-b-d-c

Question 18.

a. Physical activity is beneficial for teens.

b. Therefore, if you engage in regular exercise, you can enhance your fitness levels.

c. As a result, regular exercise also helps in managing stress effectively.

d. Additionally, choosing enjoyable activities increases motivation for exercise.

e. Moreover, incorporating different types of exercise can benefit overall health.

A. a-c-b-e-d

B. a-d-b-e-c

C. a-b-e-c-d

D. a-e-b-c-d

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.

When I was at school, I had to learn how to have a well-balanced life in order to reduce stress and anxiety. Here are some of the typical things I did. Firstly, I managed my time properly. (19) _____ I started to plan my schedule, made a weekly work list and gave priority to some of my work. This helped me concentrate my efforts on my most important tasks. In addition, I communicated with my family, friends, and teachers about my busy schedule and problems, so they would offer me additional (20) _____ support. I also took breaks appropriately because they helped me keep away from stress and anxiety and gave my brain a rest and improved my (21) _____.

Finally, I looked after my (22) _____. I got at least eight hours of sleep a day. I played football with my classmates twice a week and went for a walk with my grandparents early every morning. Besides, I also tried to (23) _____ a healthy diet. I ate a lot of fruit and vegetables. I ate little fattening foods and avoided (24) _____ like chips, cookies, pizza, etc.

Question 19. A. however

B. therefore

C. but

D. because

Question 20. A. a

B. the

C. some

D. X

Question 21. A. happy

B. happier

C. happiness

D. happily

Question 22. A. healthy diet

B. junk foods

C. physical health

D. mood

Question 23. A. take part

B. healthy diet

C. be careful

D. make sure

Question 24. A. junk foods

B. healthy diet

C. physical health

D. support

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. Taking care of both physical and mental health is important.

A. Taking care of both physical and mental health is unnecessary.

B. If you take care of both physical and mental health, it will not matter.

C. Both physical and mental health do not need to be taken care of.

D. It is important to take care of both physical and mental health.

Question 26. You don't manage your time well, you may feel stressed out accomplishing all the assignments.

A. If you don't manage your time well, you can easily finish all the assignments.

B. You will never feel stressed out no matter how badly you manage your time.

C. Managing your time poorly means you won't feel stressed out.

D. If you don't manage your time well, you will feel stressed out accomplishing all the assignments.

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. you/ want/ take part/ contest/ you/ fill/ this form.

A. If you want take part contest, you must filling this form.

B. You must take part in the contest if you want fill this form.

C. If you want to taking part in the contest, you must fill this form.

D. If you want to take part in the contest, you must fill in this form

Question 28. your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight.

A. If your brother might get tired tomorrow, he stays up late tonight.

- B. Your brother stays up late tonight if he might get tired tomorrow.
C. Your brother might get tired tomorrow if he stays up late tonight.
D. Your brother might get tired tomorrow if he stays up late tonight.

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. Security cameras are not being used in this area.
B. Security cameras are watching and recording in this area.
C. There are no security cameras around this building.
D. Security cameras are only active during the night.

Question 30. What does the notice say?

**"The cafe will have live music on Friday nights starting at 7 PM.
Enjoy music while you dine."**

- A. Live music will be played on Saturday nights.
B. The café will have live music on Friday nights starting at 7 PM
C. Music will be played only in the morning.
D. The café will not have live music this month.

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.

Balance is key for Mary, a busy teenager. She uses an app to stay **organized** with her assignments and deadlines; the app helps her receive **reminders** to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid **distractions**, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

Question 31: Which title best describes the content of the text?

- A. How to Use Social Media Effectively
B. Tips for Healthy Eating Habits
C. Strategies for Managing Time Efficiently
D. Importance of Exercise in Daily Life

Question 32: What is the main difference between Mary and James's approach to managing their time?

- A. Mary limits her social media use, while James avoids distractions by turning off notifications.
B. Mary uses a to-do list, while James does not use any planning tools.
C. Mary works overtime frequently, while James has a flexible work schedule.

D. Mary spends a lot of time on social media, while James spends little time with his family.

Question 33: Which word is CLOSEST in meaning to "organized"?

- A. Arrange B. Ignore C. Delay D. Confuse

Question 34: Which word is the OPPOSITE of "distractions"?

- A. Interruptions B. Focus C. Disturbances D. Transaction

Question 35: Which word is CLOSEST in meaning to "reminders"?

- A. Alerts B. Warnings C. Notifications D. Announcements

Question 36: Why does Mary limit her social media time?

- A. To avoid wasting time and stay focused
B. To relax and clear her mind
C. To focus on volunteer work
D. To spend more time with her family

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.

There are many things we should do to manage our time effectively. Firstly, (37) _____. This will help us keep focused on our most important tasks and avoid wasting time on tasks that do not contribute to our goals. Secondly, (38) _____ can help us manage our time efficiently by breaking down our day into manageable chunks. We should also be realistic about how long each task will take and build in extra time for unexpected interruptions or delays. (39) _____. Such as social media or unnecessary meetings, (40) _____. By following these tips, we can effectively manage our time and achieve success in all aspects of our life.

- A. creating a schedule or to-do list
B. Thirdly, it is essential to eliminate distractions
C. which can reduce our productivity
D. we should set specific goals and prioritise them according to their importance level

Question 37

Question 38

Question 39

Question 40

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 may avoid back pain in the future.

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

Question 12. Mai: "I've won the first prize 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.

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.

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.

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