

I. TOPIC (UNITS 1 → UNIT 2):

- A long and healthy life
- The generation gap

II. PRONUNCIATION:

- Strong and weak forms of auxiliary
- Contracted forms

III. GRAMMAR

- Past Simple and Present perfect
- Modal verbs: *must*, *have to* and *should*

IV. VOCABULARY:

- Words and phrases related to health and fitness.
- Words and phrases related to generational differences

V. FORM: 50- minute test- 40 questions.

- Pronunciation (2 questions)
- Stress (2 questions)
- Vocabulary and Grammar (5 questions)
- Filling in the short piece of information with words (6 questions)
- Arranging sentences into a paragraph or a letter (2 questions)
- Fill in the word, phrase or clause in the paragraph (11 questions)
- Reading comprehension (12 questions)

VI. SAMPLE TEST

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. afford B. casual C. interpersonal D. sympathetic
Question 2: A. disease B. individualism C. prioritize D. interpersonal

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. burden B. childcare C. wisely D. esteem
Question 4: A. attitude B. confident C. determined D. housekeeping

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:** Advances in medical science have significantly increased the average life _____ in many countries.
A. expectancy B. expectation C. expect D. expectant
- Question 6:** Electronic devices such as smartphones and computers _____ blue light, which can disrupt your sleep.
A. give off B. take in C. use up D. get over
- Question 7:** In recent years, he _____ smoking to improve his lung health.
A. stopped B. stops C. has stopped D. had stopped
- Question 8:** Parents sometimes face _____ with their children about career choices.
A. agree B. agreeable C. agreements D. disagreements
- Question 9:** Because of the new school policy, students _____ wear uniforms.
A. can B. should C. must D. have to

Read the following advertisement/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 10 to 15.

ACHIEVE YOUR HEALTH GOALS TODAY!

Are you looking to (10)_____ your health and well-being? Join our Health Improvement Program at Wellness Hub! Our program offers a wide range of activities and workshops designed to help you achieve a healthier lifestyle:

- Personalized fitness plans
- Nutritional guidance
- Stress management workshops
- Access (11)_____ expert health coaches

Whether you're a beginner or a (12)_____ enthusiast, our program is tailored to meet your needs. For more information, visit our website at www.wellnesshub.com or call us at 123-456-7890.

Start your journey to better health with us!

- Question 10:** A. explain B. avoid C. begin D. boost
Question 11: A. in B. at C. from D. to
Question 12: A. fitness B. architecture C. creativity D. technology

Announcement: PARENT-TEACHER CONFERENCE

Dear Parents,

We are pleased to invite you to our annual Parent-Teacher Conference. This important event is an opportunity for you to meet your child's teachers and discuss their (13)_____ progress, as well as any concerns you may have.

The conference will be held on Wednesday, September 25th, from 3 PM to 7 PM in the school auditorium. To ensure that we can accommodate everyone, please sign up for a time slot in advance. You can do this by visiting our school's website or calling the main office.

We believe that strong communication between parents and teachers is crucial (14)_____ student success. Your involvement and support are greatly appreciated. We look forward (15)_____ you at the conference.

Sincerely,

The School Administration

- Question 13:** A. academic B. social C. personal D. physical
Question 14: A. on B. for C. with D. by
Question 15: A. see B. to see C. to seeing D. seeing

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 16:

- a. Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.
- b. Additionally, regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases.
- c. Firstly, getting enough sleep is crucial for overall health and well-being.
- d. Finally, managing stress through techniques like meditation and mindfulness promotes mental and emotional health.
- e. Living a long and healthy life requires a combination of good habits and lifestyle choices.

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

Question 17:

- a. I believe that understanding and adapting to these changes is crucial for our children's future success.
- b. Dear parents,
- c. thank you for your continued support.
- d. As we navigate the challenges of modern parenting, it is essential to recognize the rapid changes in technology and society.
- e. Together, we can create a supportive environment that fosters growth and learning.

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

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.

Living a long and healthy life involves making consistent, positive lifestyle choices. Firstly, maintaining a balanced diet is (18) _____. Consuming a variety of fruits, vegetables, whole grains, and lean proteins helps to support overall health and prevent chronic diseases. Secondly, regular physical activity is essential. Engaging in exercises such as walking, swimming, or cycling can improve cardiovascular health, (19)_____, and enhance flexibility.

Moreover, adequate sleep is vital for the body's restorative processes. (20)_____to ensure optimal functioning and well-being. Managing stress through mindfulness techniques such as meditation, yoga, or deep-breathing exercises can also contribute to a healthy life by reducing anxiety and promoting emotional balance. Additionally, maintaining social connections and engaging in community activities can enhance mental health and provide a sense of belonging and purpose.

Preventive healthcare, (21)_____, is another important aspect. Early detection of potential health issues can lead to more effective treatments and better outcomes. Finally, avoiding harmful habits such as smoking and excessive alcohol consumption is crucial for long-term health.

(22)_____, a combination of a balanced diet, regular physical activity, sufficient sleep, stress management, social engagement, preventive healthcare, and avoiding harmful (23)_____a long and healthy life.

Reference: <https://dpuhospital.com>

Question 18: A. providing for the crucial body with necessary nutrients
B. with necessary nutrients to provide for the crucial body
C. crucial for providing the body with necessary nutrients
D. necessary to provide the body for necessary nutrients

Question 19: A. strengthen muscles
B. strong muscles
C. strongly muscles
D. muscles strength

Question 20: A. Adults should aim for 7-9 hours sleep every night
B. Adults should aim for 7-9 hours of sleep per night
C. Adults should aim 7-9 hours sleep per night
D. Adults should aim sleep of 7-9 hours every night

Question 21: A. to include regular check-ups and screenings
B. with including regular check-ups and screenings
C. include regular check-ups and screenings
D. including regular check-ups and screenings

Question 22: A. In summary B. Instead of C. In contrast D. Even though

Question 23: A. contributes to living B. contributes to live
C. contributes living D. contributes for living

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.

Conflict can happen when family members have different (24)_____or beliefs that clash. Sometimes conflict can occur when people misunderstand each other and jump to the wrong conclusion. Issues of conflict that are not resolved peacefully can lead to arguments and resentment. It is normal to disagree with each other from time to time. Occasional conflict is part of family life. (25)_____, ongoing conflict can be stressful and damaging to relationships. (26)_____people find it difficult to manage their feelings and become intentionally hurtful, aggressive or even violent. Communicating in a positive way can help (27)_____conflict so that family members can reach a peaceful resolution. This usually means that everyone agrees to a compromise or agrees to disagree. Sometimes, strong emotions or the power imbalances (28)_____can be present in relationships are difficult to resolve and can only be addressed in a counselling situation.

Adapted from <https://www.betterhealth.vic.gov.au/>

Question 24: A. aims B. changes C. views D. natives
Question 25: A. However B. Therefore C. Moreover D. Furthermore
Question 26: A. Each B. Some C. Much D. All
Question 27: A. increase B. include C. accept D. reduce

Question 28: A. whose

B. whom

C. that

D. when

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 questions.

Our body clock, also known as the circadian rhythm, is an internal system that **regulates** our sleep-wake cycle, influencing various physiological processes. This biological clock is primarily influenced by external cues such as light and temperature, aligning our body's functions with the day-night cycle. For instance, exposure to natural light in the morning signals the body to wake up and be alert, while the absence of light in the evening triggers the production of melatonin, a hormone that promotes sleep.

Maintaining a consistent circadian rhythm is crucial for overall health. Disruptions to **it**, such as those caused by shift work, travel across time zones, or irregular sleep patterns, can lead to various health issues. These disruptions can affect sleep quality, mood, and cognitive functions, and over time, may contribute to more serious conditions such as obesity, diabetes, and cardiovascular diseases. Therefore, it is essential to follow a regular sleep schedule, ensure exposure to natural light during the day, and minimize light exposure at night to keep the body clock in sync.

Moreover, the circadian rhythm also regulates other bodily functions, including hormone release, eating habits, and digestion. Studies have shown that our body clock influences the timing of meals, and eating at irregular times can disrupt metabolic processes. For optimal health, it is recommended to eat meals at consistent times each day and avoid late-night eating. By understanding and respecting it, we can improve our sleep quality, boost our overall health, and enhance our daily performance.

Reference: <https://www.nigms.nih.gov>

Question 29: What would be the best title for the passage?

A. The Benefits of Melatonin

B. The Science of Sleeping Pills

C. Understanding of the Body Clock

D. The Impact of Technology on Sleep

Question 30: What does the word “**regulates**” in the passage mostly mean?

A. disrupts

B. controls

C. ignores

D. influences

Question 31: What does the word “**it**” in paragraph 2 refer to?

A. work

B. melatonin

C. disruption

D. circadian rhythm

Question 32: Which of the following is NOT mentioned as a factor affecting global health?

A. income

B. education

C. pollution levels

D. lifestyle

Question 33: According to the passage, what is recommended for optimal health regarding meal times?

A. Eating meals at the same times every day

B. Eating whenever you feel hungry

C. Skipping breakfast regularly

D. Eating large meals late at night

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 questions.

Over the past two centuries different generations were born and given different names. Among these, Generations X, Y, and Z stand out, each characterized by specific experiences, values, and perspectives.

Generation X, born between the mid-1960s and early 1980s, grew up during a period of significant social and economic change. They witnessed the transition from analog to digital technology and often had to adapt quickly to the advent of the internet and mobile phones. Known for their independence, resilience, and pragmatic approach to life, Gen Xers are often seen as the bridge between the more traditional Baby Boomers and the tech-savvy Millennials. They value work-life balance and tend to be **skeptical** of authority, having grown up during a time of political upheaval and corporate downsizing.

Generation Y, or Millennials, born between the early 1980s and mid-1990s to early 2000s, came of age during the rise of the internet and social media. This generation is often characterized by its comfort with digital technology and its propensity for social and environmental activism. Millennials value purpose and meaning in their work and personal lives, often prioritizing experiences over material possessions. They are also known for their collaborative spirit and desire for immediate feedback, influenced by the rapid pace of technological advancements and the pervasive presence of social media.

Generation Z, born from the mid-1990s to early 2010s, is the first generation to grow up in a fully digital world. This generation is highly connected, with smartphones and social media being **integral** parts of their daily lives from a young age. Gen Z is marked by its entrepreneurial spirit, strong social consciousness, and desire for authenticity. They are pragmatic, financially minded, and highly adaptive to new technologies.

Growing up amid economic uncertainty and global challenges such as climate change, they tend to be more cautious and pragmatic than their Millennial predecessors.

Despite the differences, these generations share common ground in their adaptability and drive for positive change. Generation X's experience and resilience, combined with Generation Y's innovative and collaborative approach, and Generation Z's digital fluency and social consciousness, create a dynamic interplay that can drive society forward. For organizations and communities, understanding these generational traits is vital for creating inclusive environments **that** leverage the strengths of each group.

Reference: <https://www.pace.edu.com>

Question 34: What would be the best title for the passage?

- A. The Evolution of Generations Over Two Centuries
- B. The Impact of Technology on Different Generations
- C. Understanding Generations X, Y, and Z
- D. The Future of Intergenerational Cooperation

Question 35: What does the word "**skeptical**" in paragraph 2 mean?

- A. accepting
- B. doubtful
- C. confident
- D. curious

Question 36: The word "**integral**" in paragraph 4 is opposite in meaning to_____.

- A. essential
- B. minor
- C. optional
- D. separate

Question 37: Which of the following is NOT stated as a characteristic of Generation Z?

- A. Entrepreneurial spirit
- B. Strong social consciousness
- C. Preference for traditional media
- D. Highly adaptive to new technologies

Question 38: The word "**that**" in paragraph 5 refers to_____.

- A. inclusive environments
- B. generational traits
- C. organizations
- D. communities

Question 39: According to the passage, what makes Generation X unique compared to other generations?

- A. Their preference for material possessions
- B. Their skepticism of authority
- C. Their complete reliance on digital technology
- D. Their avoidance of social activism

Question 40: It can be inferred from the passage that_____.

- A. each generation faces unique challenges and opportunities
- B. generation Y is not comfortable with digital technology
- C. generation Z has less entrepreneurial spirit than other generations
- D. generation X has no significant influence on modern society

-- THE END --

