

Week: 07**Date: 31/08/2026**

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.
(Vocabulary)

Question 1: Regular _____ is essential for maintaining good physical and mental health.

- A. distraction B. fast food C. exercise D. delay

Question 2: A _____ can help you manage stress and provide guidance in difficult times.

- A. counsellor B. distraction C. priority D. punishment

Question 3: Eating a _____ helps you stay fit and full of energy.

- A. due date B. fast food C. healthy diet D. praise

Question 4: It's important to _____ your time effectively to balance work and leisure.

- A. delay B. manage C. train D. punish

Question 5: To stay healthy, try to _____ at least three times a week.

- A. work out B. gain weight C. look after D. wait for

Question 6: Avoid eating too much _____ if you want to lose weight.

- A. well-balanced life B. fast food C. encouragement D. accomplishment

Question 7: Regular exercise can help you _____ stress.

- A. reduce B. delay C. invite D. get through

Question 8: It's crucial to _____ a well-balanced life to achieve long-term happiness.

- A. maintain B. punish C. complete D. get burnt

Question 9: Teens should _____ enough sleep and not stay up late too often.

- A. intend B. maintain C. prioritize D. give priority

Question 10: An optimistic mindset can help you overcome _____ in life.

- A. distraction B. difficulties C. combination D. delay

Week: 07**Date: 01/09/2026**

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.
(Grammar)

Question 1: Unless you _____ enough water, you _____ become dehydrated.

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

Question 2: Unless she _____ her sleep schedule, she _____ feel tired.

- A. changes – will B. change – might C. changes – might D. will change – might

Question 3: Unless they _____ regular exercise, they _____ gain weight.

- A. do – might B. do – will C. do – won't D. will do – get

Question 4: Unless you _____ proper nutrition, you _____ struggle with your health.

- A. get – might B. get – will C. get – won't D. will get – might

Question 5: Unless he _____ his study time effectively, he _____ fall behind.

- A. manages – will B. manage – might C. manages – might D. will manage – fall

Question 6: Unless you _____ good posture, you _____ experience back pain.

- A. maintain – might B. maintain – will C. maintain – won't D. will maintain – have

Question 7: Unless they _____ their screen time, they _____ suffer from eye strain.

- A. reduce – might B. reduce – will C. reduce – won't D. will reduce – have

Question 8: Unless she _____ enough fruits, she _____ lack essential vitamins.

- A. eats – might B. eat – will C. eats – will D. will eat – lack

Question 9: Unless you _____ distractions, you _____ have trouble focusing.

- A. eliminate – will B. eliminate – might C. eliminate – won't D. will eliminate – have

Question 10: Unless they _____ a balanced diet, they _____ be at risk of nutritional deficiencies.

- A. follow – might B. follow – will C. follow – won't D. will follow – have

Week: 07

Date: 02/09/2026

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 of the numbered blanks.

It's not easy to manage school and life, but with some good time (1) _____ techniques, it's possible to (2) _____ a study-life balance. Here are some tips for secondary-school students. Firstly, (3) _____ 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 (4) _____ or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus on those first. If necessary, you can (5) _____ 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 (6) _____ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also (7) _____ to get small tasks done during short breaks between classes. Finally, don't be too (8) _____ on yourself if you can't do everything perfectly. It's normal to occasionally feel (9) _____ out. In these situations, you can consider talking to a teacher or school (10) _____ for support.

- | | | | |
|---------------------|---------------|-------------------|----------------|
| 1. A. limitation | B. period | C. management | D. awareness |
| 2. A. achieve | B. provide | C. collect | D. contain |
| 3. A. give | B. make | C. work | D. hold |
| 4. A. communication | B. relaxation | C. education | D. application |
| 5. A. create | B. finish | C. delay | D. complete |
| 6. A. advantage | B. action | C. responsibility | D. moment |
| 7. A. advise | B. advice | C. advising | D. advisable |
| 8. A. simple | B. hard | C. strong | D. wise |
| 9. A. stressed | B. nervous | C. anxious | D. negative |
| 10. A. manager | B. counsellor | C. collector | D. developer |

Week: 07

Date: 03/09/2026

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.

Many people will take on as many responsibilities either to make a good impression and showcase their dedication to work or because they just cannot say no. Yet, an overwhelming number of tasks can set a toll on our work efficiency and mindset. Therefore, setting a limit on how much workload we are willing to accept can help us manage our time and concentrate on the most important tasks. In turn, we will be able to focus and be more productive in the most pressing tasks. In addition, we can start by determining how much work is ideal for us and then be sure and confident to decline any offered workload that goes beyond it. If we feel bad about not being able to help, just explain to whoever asked that we do not have the time to do the quality work they expect or that we have other, more important deadlines to meet.

(Adapted from: <https://novoresume.com>)

Question 1: What is the main idea of the passage?

- | | |
|---------------------------------|------------------------------------|
| A. Set a limit on the workload. | B. Be more productive in tasks. |
| C. Meet important deadlines. | D. Learn to say no to work better. |

Question 2: According to the passage, setting a limit on how much workload we are willing to accept will help us _____

- | | |
|--------------------------------|------------------------------------|
| A. manage our diet. | B. focus on the most crucial tasks |
| C. concentrate on the problems | D. manage the workload |

Question 3: The word "they" in the last paragraph in paragraph 5 refers to _____.

- | | | | |
|-----------|----------|-------------|----------|
| A. people | B. tasks | C. workload | D. works |
|-----------|----------|-------------|----------|

Question 4: The word "deadlines" in paragraph 5 is closest in meaning to _____.

A. accomplishments

B. distractions

C. due dates

D. assignments

Question 5: According to the passage, which of the following is true?

A. Having too much work affects our efficiency.

B. Limiting workload is unsuitable for managing time.

C. We must determine how much work is ideal.

D. People have much work because they say no.

Week: 07**Date: 04/09/2026****Reorder the words to make a correct sentence.**

1. shouldn't/ visit/ the/ If/ park,/ a/ national/ you/ feed/ you/ wildlife./

→ _____

2. medical/ you/ you're/ advice./ consider/ should/ unwell,/ seeking/ If/ feeling/

→ _____

3. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing,/ asthma./

→ _____

4. more/ you/ practise/ posture,/ confident./ good/ appear/ If/ you/ can/

→ _____

5. smile./ If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/

→ _____

Week: 08**Date: 07/09//2026****Circle the correct words or phrases to complete the sentences.**1. Spending too much time sitting and not being physically active can lead to a/an (**healthy** / **unhealthy**) lifestyle.2. It's important to stick to a (**schedule** / **balance**) to stay organized and meet deadlines.3. (**Worrying** / **Managing**) too much about what could go wrong can prevent you from accessing great opportunities.4. Even in difficult times, she remains (**optimistic** / **regular**) and believes in the power of positive thinking.5. Consuming a lot of (**fattening** / **nutritious**) food can contribute to weight gain and poor health.6. Timmy was (**nervous** / **relieved**) about the upcoming job interview and couldn't sleep the night before.7. A quiet and organized workspace can help reduce (**distractions** / **obstacles**) and improve concentration.8. If you're experiencing persistent symptoms, it's advisable to (**consult** / **function**) a doctor for a proper diagnosis.9. People who smoke cigarettes are more likely to (**suffer** / **develop**) from respiratory problems.10. Nowadays, more and more people struggle with (**mental** / **physical**) health issues such as anxiety, depression, or bipolar disorder.**Week: 08****Date: 08/09//2026****Write the correct sentences using the suggested words. Use first conditional sentences with modal verbs. Number 0 is an example.****0.** Lan /make/delicious/dish /she/follow/recipe. (can)

→ Lan can make a delicious dish if she follows the recipe.

1. your classmate/ want/ sleep/ early/ he/ make/ schedule. (should)

→ _____

2. you/ want/ take/ part/ contest/ you/ fill/ this form. (must)

- _____
3. your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight. (might)
- _____
4. it/ rain/ tomorrow/ we/ have/ delay/ meeting. (may)
- _____
5. you/ finish/ test/ you/ hand/ it/ and/ leave/ home/ immediately. (can)
- _____

Week: 08

Date: 09/09//2026

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 of the numbered blanks.

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. (1) _____ 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 (2) _____ 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 (3) _____. Finally, I looked after my (4) _____. 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 (5) _____ a healthy diet. I ate a lot of fruit and vegetables. I ate little fattening foods and avoided (6) _____ like chips, cookies, pizza, etc.

- | | | | |
|------------------------------------|-----------------|--------------------|--------------|
| Question 1: A. however | B. therefore | C. but | D. because |
| Question 2: A. a | B. the | C. some | D. O |
| Question 3: A. happy | B. happier | C. happiness | D. happily |
| Question 4: A. healthy diet | B. junk foods | C. physical health | D. mood |
| Question 5: A. take part | B. healthy diet | C. be careful | D. make sure |
| Question 6: A. junk foods | B. healthy diet | C. physical health | D. support |

Week: 08

Date: 10/09//2026

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.

Portion control is also important when you're trying to lose weight. One problem many overweight teens have is that they underestimate how much they really eat. So, stop super-sizing, and learn what a healthy portion looks like. It may also help to eat more **suitably**. Six small meals per day appears to be one of the best approaches to eating, especially when you're trying to lose weight. 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. Just be sure to include exercise, or you'll find that the weight comes back as easily as **it** left you.

(Adapted from: <https://www.webmd.com>)

- Question 1:** What can be the best title of the passage?
- | | |
|------------------------------|------------------------|
| A. A tip to lose weight. | B. How to gain weight? |
| C. Trick to control portion. | D. Eating too much! |
- Question 2:** The word "**suitably**" is closest in meaning to _____.
 A. particularly B. additionally C. appropriately D. mentally
- Question 3:** What is the issue that many overweight teens have?

A. overestimate how long they eat

B. underestimate the food they eat

C. overestimate the times they eat

D. underestimate how much they eat

Question 4: What can we infer from the passage?

A. Overweight teens always underestimate how much they eat.

B. Eating smaller, more frequent meals can be helpful for weight loss.

C. Doing exercise is more important than maintaining weight loss.

D. It's useless to consult a healthcare provider or registered dietitian.

Question 5: The word "it" refers to _____.

A. provider

B. dietitian

C. exercise

D. weight

Week: 08**Date: 11/09//2026**

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.

1- 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

2- 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

3- a. Moreover, creating a relaxing bedtime routine can help improve sleep quality.

b. If you follow a regular sleep schedule, you will feel more refreshed.

c. Additionally, getting enough sleep is vital for your health.

d. Furthermore, avoiding screens before bed supports better sleep.

e. Finally, proper rest is important for both physical and mental recovery.

A. a-b-d-e-c

B. c-b-a-d-e

C. e-d-c-b-a

D. b-a-c-d-e

Week: 08**Date: 12/ 09//2026**

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.

Question 1: A. accomplishB. additionalC. anxietyD. assignment**Question 2:** A. deadlineB. minimiseC. physicalD. priority**Question 3:** A. educateB. deadlineC. distractionD. study**Question 4:** A. counsellorB. physicalC. optimisticD. submit**Question 5:** A. healthyB. happyC. homeworkD. honour