

## Test On Unit 1

## 1 Choose the correct answer from a, b, c, or d:

1. My father always advises us to be ..... to the power of advertising and not to buy things which we don't need.

- a immune                      b respiratory                      c prohibited                      d allowed

2. COVID-19 is a/an ....., not a microbe.

- a heart                      b immunity                      c virus                      d organ

3. The advertisement will really ..... the number of toys the shops sell.

- a infect                      b guide                      c allow                      d boost

4. You can see ..... of an onion using a simple microscope.

- a cell                      b immune                      c virus                      d organ

5. Mr Ayman applies the latest ..... in business management.

- a resilience                      b techniques                      c pioneers                      d emergency

6. To keep fit, try to take ..... a sport.

- a up                      b down                      c off                      d out

7. I ..... the umbrella, it was not raining.

- a needn't have taken                      b don't need to take                      c needn't to take                      d needn't take

8. We ..... to wear a uniform at school.

- a have                      b must                      c should                      d can

9. You ..... eat things with a lot of salt or fat in them.

- a must                      b have to                      c mustn't                      d can

10. She had already had her lunch. You ..... her all these sandwiches.

- a don't need to buy                      b needn't buy  
c needn't have bought                      d didn't have to buy

11. I have been tired all week. I ..... get more sleep.

- a don't have to                      b must                      c needn't                      d have got

12. I think you ..... see a doctor.

- a may                      b ought                      c have to                      d should

13. I want to go to university. I ..... apply before the deadline.

- a shouldn't                      b need to                      c don't need                      d mustn't

14. In some countries, children ..... wear school uniform.

- a don't need      b mustn't      c don't have      d don't need to

15. My son ..... study mathematics at school next year so that he can join the faculty of engineering.

- a need      b has to      c needn't      d needn't have

2 Read the following passage, then choose the correct answer:

Do you wish you could be in perfect health your entire life? Recent scientific research has shown that if people just practised three simple behaviours, they could not only **prolong** their lives but make them healthier as well. If you are willing to commit to leading a longer and healthier life, first, eat the right foods in the right amounts. Three-fourths of your plate should be filled with fruits, vegetables and the whole grains. If you can't give up eating meat, choose lean meat. Eat poultry, fish, beans and foods that are low in saturated fats, cholesterol, salt and sugar. People who wish they could more easily control the amount they eat may find that using a smaller plate will help.

Next, exercise at least 30 minutes a day at least three days a week. If you exercise five or more days a week of at least 75 minutes each time, the result will be even better for you. **This** helps increase muscle, strengthen bones and improve balance.

Third, make sure to get sufficient sleep. If you are over the age of 18, you probably need seven to nine hours to sleep each night. If you cannot get that much sleep, take a short nap for 20-30 minutes per day. These behaviours are the keys to living a longer and healthier life. Imagine, if you had started these behaviours years ago, you would be way ahead of the game!

16. What is the main idea of the passage?

- a Showing the importance of sleep      b Telling people what to eat  
c Encouraging people to practise sports      d Giving advice on how to stay healthy

17. The underlined word "This" refers to .....

- a doing exercise      b eating healthy food      c sufficient sleep      d all of them

18. Why do you think people need to keep themselves healthy?

- a To build strong muscles      b To enjoy their lives  
c To improve balance      d To go on the game

19. According to the passage, the underlined word "prolong" means .....

- a shorten      b lengthen      c widen      d weaken

20. Which of the following sentences is NOT correct?

- a We are what we eat      b Eat the right foods in the right amounts  
c We should get enough sleep      d Eat food high in saturated fats

21. The expression "lean meat" refers to .....

- a red meat      b meat rich in fat      c fish meat      d meat low in fat

22. Which of the following best summarizes the last paragraph?

- a You are way ahead of the game if you practise well.  
 b Children under the age of 18 don't need to sleep well.  
 c You are the winner in the long run if you eat, exercise and sleep well.  
 d All of us get tired if we don't sleep well.

23. Who is the intended audience for this article?

- a Only children and kids      b Elderly people  
 c Both the young and the old      d Elderly people

24. Choose the correct Arabic translation from a, b, c or d:

You must pay regular visits to your physician, at least once every six months.  
 That is necessary to make sure that everything is all right.

- a يجب أن تدفع لزيارات منتظمة لطبيبك ولو لمرة واحدة على الأقل كل ستة أشهر. هذا ضروري للتأكد من أن كل شيء على ما يرام.
- b يجب أن تقوم بزيارات منتظمة لطبيبك ولو لمرة واحدة على الأقل كل ستة أشهر. هذا ضروري للتأكد من أن كل شيء على ما يرام.
- c يجب ان تدفع ثمن زيارات منتظمة لطبيبك ولو لمرة واحدة على الأقل كل ستة أشهر. هذا ضروري للتأكد من أن كل شيء على ما يرام.
- d يجب أن تقوم بزيارات منتظمة لطبيبك ولو لمرة واحدة على الأقل بعد ستة أشهر. هذا ضروري للتأكد من أن كل شيء على ما يرام.

25. Choose the correct English translation from a, b, c or d:

لابد أن تلتزم بالقواعد والقوانين المنظمة لشئون الحياة في المجتمع، فالمواطن الصالح هو الذي يفكر دائماً في البناء ويقف بكل حزم ضد كل الظواهر السلبية.

- a You must violate the rules and laws regulating the affairs of life in society. A good citizen is the one who always thinks about building and stands firmly against all negative phenomena.
- b You must follow the rules and laws regulating the affairs of life in society. A good citizen is the one who always thinks about building and stands firmly against all negative phenomena.
- c You must follow the rules and laws regulating the affairs of life in society. A good citizen is the one who always think about building and stand firmly against all negative phenomena.
- d You must follow the roles and laws regulating the affairs of life in society. A good citizen is the one who always thinks about building and stands firmly against all negative phenomena.

26. Write an essay of about ONE HUNDRED AND EIGHTY (180) words on:

"Keeping a healthy heart"

Handwriting practice area with horizontal dotted lines for writing. A large, faint watermark logo is centered on the page, featuring the letters 'A' and 'B' in a stylized font, with a dot above the 'B' and the text 'EL-ZOHAIRY' below it.