VIEWPOINT 1 – UNITS 7, 8 & 9

EXTENDED & CHALLENGING PRACTICE TEST | 70 POINTS | 75 MINUTES

Name: _____	Class: _____	Date: _____
Score: _____ / 70	Teacher: _____	

PART A – VOCABULARY (25 points)

1. Choose the word or phrase closest in meaning to the underlined expression. (6 × 1 = 6)

1) I can't tolerate people who constantly interrupt others. a) put up with b) get over c) look after d) take after

2) The event will begin as soon as the guests arrive. a) give up b) get under way c) turn down d) take off

3) She decided to accompany her friends to the exhibition. a) tag along with b) drive away c) break up with d) look down on

4) The new evidence led to an important finding. a) discovery b) argument c) habit d) complaint

5) His comments may make someone leave. a) bring up b) drive away c) get along d) take up

6) A nutritious meal provides the body with what it needs. a) unhealthy b) nourishing c) expensive d) unusual

2. Complete each sentence with the best word from the box. Use each word once. (7 × 1 = 7)

metabolism – balanced – maintain – rely – nutritious – prevent – relationship

7) A healthy diet should be varied and _____. _____

8) Regular exercise can help _____ certain health problems. _____

9) Your _____ affects how quickly your body uses energy. _____

10) It's important to _____ close friendships over time. _____

11) Children often _____ on adults for support. _____

12) Fresh fruit and vegetables are highly _____. _____

13) Trust is an essential part of a strong _____. _____

3. Complete the collocations with ONE suitable word. (6 × 1 = 6)

14) _____ a decision _____

15) _____ up with a difficult situation _____

16) _____ regular exercise _____

17) _____ a healthy lifestyle _____

18) _____ along with your classmates _____

19) _____ a new project under way _____

4. Choose the correct word. Pay attention to meaning and word form. (6 × 1 = 6)

20) The scientists made an important (discover / discovery / discovered) last year.

21) Good communication is (essential / essentially / essence) in a friendship.

22) You should eat (nutrition / nutritious / nutritiously) food every day.

23) The new exercise program has had a positive (affect / effect / effective) on my health.

24) He is very (rely / reliable / reliably); you can trust him.

25) Stress can have a negative (affect / effect / effective) on sleep.

PART B – GRAMMAR (20 points)

5. Choose the best answer. (8 × 1 = 8)

26) I really enjoy _____ new people. a) meet b) meeting c) to meeting d) met

27) Neither of the two solutions _____ perfect. a) are b) were c) is d) be

28) The new hospital _____ next year. a) will build b) will be built c) builds d) building

29) She suggested _____ a short break. a) take b) to take c) taking d) took

30) All the information _____ available online. a) are b) is c) be d) have

31) I look forward to _____ from you. a) hear b) hearing c) heard d) be hear

32) The invitations _____ before the event. a) sent b) were sent c) was send d) are sending

33) Each student _____ responsible for the assignment. a) are b) have c) is d) were

6. Rewrite the sentences as instructed. (4 × 2 = 8)

34) People grow this fruit in tropical countries. (Change to the passive.)

_____

35) “Let's invite our neighbors,” she said. (Rewrite using *suggest*.)

_____

36) Both answers are incorrect. (Rewrite using *neither*.)

_____

37) He doesn't enjoy waiting in long lines. (Rewrite using *can't stand*.)

_____

7. Find and correct the error. (4 × 1 = 4)

38) Every people needs someone they can trust. _____

39) The results was published yesterday. _____

40) I suggested him to talk to his teacher. _____

41) She is looking forward to meet the new students. _____

PART C – READING (15 points)

Read the passage carefully.

Building healthy habits is rarely the result of one dramatic decision. More often, it involves small choices repeated over time. For example, someone who wants to improve their health might begin by taking the stairs instead of the elevator or preparing a balanced breakfast. These changes may seem insignificant at first, but they can gradually influence energy levels and overall well-being. Relationships also require consistent effort. People who listen carefully, communicate honestly, and show consideration are more likely to maintain strong connections. Of course, setbacks are inevitable. Rather than giving up, it is more productive to identify what went wrong and make a realistic adjustment. Progress depends less on perfection than on persistence.

Answer in complete sentences. (5 × 2 = 10)

42) According to the passage, how are healthy habits usually built?

_____

43) Give two examples of small changes that may improve health.

_____

44) What three behaviors can help people maintain strong relationships?

_____

45) What should people do when they experience a setback?

_____

46) What does the word “persistence” mean in this passage?

_____

47–51. Write T (True) or F (False). (5 × 1 = 5)

47) Healthy habits always require dramatic lifestyle changes. _____

48) Small choices can have long-term effects. _____

49) Strong relationships develop without effort. _____

50) The passage recommends giving up after a setback. _____

51) Persistence is more important than being perfect. _____

PART D – WRITING (10 points)

Write 100–120 words on ONE topic. Use at least five vocabulary items or expressions from Part A. (10 points)

A) What makes a friendship strong? Explain how people can build and maintain good relationships.
OR
B) Describe realistic changes people can make to improve their health and well-being.

_____

_____

_____

_____

_____

_____

_____

ANSWER KEY – TEACHER'S COPY

Viewpoint 1 | Units 7, 8 & 9 | Extended Practice Test

PART A – VOCABULARY

1) a 2) b 3) a 4) a 5) b 6) b

7) balanced 8) prevent 9) metabolism 10) maintain 11) rely 12) nutritious 13) relationship

14) make 15) put 16) get / do 17) maintain / lead 18) get 19) get

20) discovery 21) essential 22) nutritious 23) effect 24) reliable 25) effect

PART B – GRAMMAR

26) b 27) c 28) b 29) c 30) b 31) b 32) b 33) c

34) This fruit is grown in tropical countries. 35) She suggested inviting their neighbors. 36) Neither answer is correct. 37) He can't stand waiting in long lines.

38) Every **person** needs someone they can trust. 39) The results **were** published yesterday. 40) I suggested **that he talk** to his teacher / I suggested **talking** to his teacher. 41) She is looking forward to **meeting** the new students.

PART C – READING

42) Through small choices repeated over time. 43) Taking the stairs and preparing a balanced breakfast. 44) Listening carefully, communicating honestly, and showing consideration. 45) Identify what went wrong and make a realistic adjustment. 46) Continuing to make an effort; not giving up. 47) F 48) T 49) F 50) F 51) T

PART D – WRITING RUBRIC (10 points)

Task/content: 3 | Organization: 2 | Grammar: 2 | Vocabulary: 2 | Spelling/punctuation: 1

Note: This is an original, more challenging practice test. The vocabulary is based on the language themes and sample vocabulary used in the earlier practice test; it is not an official Cambridge paper or a verified transcription of the textbook word lists.