

21st Century Communication Level 3: Unit 7 Assessment

Name: _____ Class: _____ Date: _____

VOCABULARY

Choose the correct answer to complete the sentence.

1. This year, there will be a budget _____, so taxes may be increased in the future.
(a) decline (b) deficit
2. The government _____ how much money you can bring into the country.
(a) restricts (b) eliminates
3. The _____ fights against germs and foreign bodies to prevent us from becoming ill.
(a) digestive system (b) immune system
4. Train strikes have caused severe travel _____ across the city.
(a) disruptions (b) durations
5. We can _____ the participants' responses into two main types.
(a) classify (b) absorb

Complete the sentences with the words.

6.	optimal	unwanted	duration	deficit	evidence
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1. There is good _____ that working a four-day week actually boosts productivity.
2. The _____ of the workshop is three days.
3. Several participants of the medical study complained of _____ side-effects.
4. For _____ performance at work, it is important to get seven to eight hours of sleep.
5. Living with a sleep _____ harms our health.

7.

eliminated	interact	factors	interrelated	international
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1. There are several _____ that affect the quality of sleep.
2. Once he _____ the use of electronic devices before bed, his sleep improved dramatically.
3. I was delighted when _____ travel resumed after the end of Covid-19 restrictions.
4. Sleep and mental health are _____.
5. It is important that you have a good social life and _____ with friends and family.

LISTENING COMPREHENSION

8. Listen to a podcast about healthy eating. For each statement, choose *True* or *False*.

1. You need to eat a wide variety and a large quantity of food.
(a) True (b) False
2. 25% of your plate should contain a healthy protein.
(a) True (b) False
3. One tablespoon of ketchup contains a gram of sugar.
(a) True (b) False
4. Slow eaters eat less than fast eaters.
(a) True (b) False
5. It takes approximately 20 minutes for your stomach to fill.
(a) True (b) False

COMMUNICATION SKILL

Choose the correct answer to complete the sentence.

9. There are many benefits to taking care of your physical health, _____, it lowers your blood pressure.
(a) such as (b) for instance

10. Everyone knows that we should take care of our physical health, but it's _____ important to pay attention to our mental health.
(a) also (b) yet another
11. There are many things we can do to reduce our stress. _____, we can take up a hobby.
(a) For example (b) Another
12. Housing prices are likely to increase next year. This is _____ reason you should start looking for a place now instead of leaving it till later.
(a) next (b) yet another
13. To get to the art museum, take the train to City Hall. Once you are out of the station, turn left. _____, walk about 80 meters along the main street and you should see the museum.
(a) Finally (b) In addition

PRONUNCIATION SKILL

Listen and choose the word you hear.

14. (a) classify (b) classified
15. (a) individual (b) individuals
16. (a) damages (b) damaging
17. (a) evidence (b) evident
18. (a) eliminate (b) eliminated

SPEAKING

19. Read and answer the question below.

What are some tips to stay healthy? Share your experiences with two healthy habits you have and how they have impacted your life.