# **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

1. The government \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ how much money you can bring into the country.

(a) restricts (b) eliminates

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fights against germs and foreign bodies to prevent us from becoming ill.

(a) digestive system (b) immune system

1. Train strikes have caused severe travel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ across the city.

(a) disruptions (b) durations

1. We can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the participants' responses into two main types.

(a) classify (b) absorb

**Complete the sentences with the words.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | optimal | unwanted | duration | deficit | evidence |

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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | eliminated | interact | factors | interrelated | international |

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

1. **Listen to a podcast about healthy eating. For each statement, choose *True* or *False*.**
2. You need to eat a wide variety and a large quantity of food.

(a) True (b) False

1. 25% of your plate should contain a healthy protein.

(a) True (b) False

1. One tablespoon of ketchup contains a gram of sugar.

(a) True (b) False

1. Slow eaters eat less than fast eaters.

(a) True (b) False

1. It takes approximately 20 minutes for your stomach to fill.

(a) True (b) False

# COMMUNICATION SKILL

**Choose the correct answer to complete the sentence.**

1. There are many benefits to taking care of your physical health, \_\_\_\_\_\_\_\_\_\_, it lowers your blood pressure.

(a) such as (b) for instance

1. 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

1. There are many things we can do to reduce our stress. \_\_\_\_\_\_\_\_\_\_, we can take up a hobby.

(a) For example (b) Another

1. 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

1. 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.**

1. (a) classify (b) classified
2. (a) individual (b) individuals
3. (a) damages (b) damaging
4. (a) evidence (b) evident
5. (a) eliminate (b) eliminated

# SPEAKING

1. **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.