# **21st Century Communication Level 4: Unit 2 Assessment**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Date: \_\_\_\_\_\_\_\_\_\_\_**

# VOCABULARY

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

1. Their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is much better now that they don’t have to work on the weekends.

(a) lifestyle (b) well-being

1. He always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in photos – I wish he’d smile more.

(a) adopts (b) frowns

1. You should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the cheese for something low-fat like yoghurt.

(a) swap (b) suppress

1. The benefits of exercising regularly will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(a) fulfilling (b) long-lasting

1. If you always \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your negative emotions, they can affect your physical well-being.

(a) suppress (b) incorporate

1. **Complete the sentences using the words.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| well-being | adopt | discipline | perseverance | expression |

1. It takes a lot of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to get up at 5 a.m. to exercise.
2. My company wants to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a policy of not having meetings at lunchtime.
3. It's hard to learn another language, but with practice and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_you can do it.
4. It was easy to see what he thought, just from his facial \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. The school introduced activities to improve students’ emotional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Complete the sentence with the correct form of the word in parentheses.**

1. With a few \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(modify)* I think we can accept your plan.
2. Getting more exercise is having a positive effect on his \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(emotion)* well-being.
3. People who work at night have to make a big \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(adjust)* to their lifestyles.
4. Since I started exercising, I’m not feeling so \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(fatigue)* during the day.
5. With a bit of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *(persevere)*, you’ll soon be able to reach your goals.

# LISTENING COMPREHENSION

1. **Listen to a talk about the benefits of exercise. Complete the summary using one word in each gap.**

The talk is about the effects of physical activity on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These include improvements to mood, focus, and mental \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Even a single workout at the gym will increase mood-enhancing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the brain and improve ability to focus for two hours afterwards. However, to get the full effects you need to get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ exercise. This will help long-term memory and can also have a protective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the brain as you get older.

# COMMUNICATION SKILL

1. **Match the beginnings with the endings.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. | Her hair is always smooth and shiny. | ⬤ |  | ⬤ | a. | What’s her secret? |
| 2. | Do you have a sudden craving for chocolate or ice-cream? | ⬤ |  | ⬤ | b. | Well now you can, with our incredible New Year Sale! |
| 3. | What if there was an easy way to exercise? | ⬤ |  | ⬤ | c. | How would you like them delivered to your door in 15 minutes or less? |
| 4. | Wouldn’t it be great if you could afford a new car? | ⬤ |  | ⬤ | d. | It doesn't have to be just a daydream. |
| 5. | Picture yourself on white sandy beach, by a crystal blue sea... | ⬤ |  | ⬤ | e. | You just need to give up elevators and escalators. |

# PRONUNCIATION SKILL

**Listen to the sentence. Choose which word drops the *t* or *d* sound.**

1. Did you know my mother’s 50th birthday was last Tuesday?

(a) Did (b) last

1. Finding a nice present was just so hard.

(a) present (b) just

1. We couldn’t decide on what she wanted.

(a) couldn’t (b) decide

1. In the end, I suggested a diamond necklace.

(a) end (b) diamond

1. She said it was the best birthday she’d ever had.

(a) said (b) best

# SPEAKING

1. **Read and answer the question below.**

What are some ways you can improve your own physical well-being? Give two or more examples based on your own ideas or experience.