GRAMMAR (Items 16-20) (5 marks)

For each item, shade in the bubble ⬭ next to the correct option.

Speaker A: Omar, you look healthier. What has changed?

Speaker B: I (16) _____ up energy drinks two months ago.

⬭ have given ⬭ gave

Speaker A: Too much caffeine (17) _____ be harmful, right?

⬭ can ⬭ must

Speaker B: Yes. Now I (18) _____ eight hours every night.

⬭ sleep ⬭ slept

Speaker A: If I slept more, I (19) _____ tired.

⬭ won't feel ⬭ wouldn't feel

Speaker B: Exactly! By next year, you (20) _____ new habits. Start with small changes and keep a regular bedtime.

⬭ will have built ⬭ had built

VOCABULARY (Items 21–25) (5 marks)

For each item, shade in the bubble ⬭ next to the correct option.

Sleep is important for health. Doctors (21) that teenagers sleep eight to ten hours every night. Without enough rest, students struggle to (22) in class. Bright phone screens can keep the brain (23) at bedtime. Energy drinks can also disturb sleep. Small changes can make a big (24). Keeping a regular bedtime and avoiding late screens can (25) sleep quality. A quiet bedroom and a relaxing routine can help students feel ready for school.

21.	⬭ refuse	⬭ recommend	⬭ remember
22.	⬭ concentrate	⬭ celebrate	⬭ communicate
23.	⬭ awake	⬭ asleep	⬭ aware
24.	⬭ decision	⬭ difference	⬭ design
25.	⬭ reduce	⬭ remove	⬭ improve

GRM/VCB	
SCORE	**10**

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