..... OKULU

10. Sınıf İngilizce Personal Life & Well-Being Testi

2026-2027 Eğitim-Öğretim Yılı · Konular: Personal Life & Well-Being

Adı Soyadı		**Sınıfı / No**	
Süre	40 dakika	**Puan**	..... / 100

A Vocabulary

6 × 5 = 30 puan

Choose the best word to complete each sentence. *(Cümleyi en iyi tamamlayan kelimeyi seçin.)*

1. Regular exercise can reduce ____ and help you feel calm.

   a) stress b) energy c) sleep d) appetite

2. Eating fresh fruit and vegetables is part of a ____ diet.

   a) lazy b) balanced c) noisy d) boring

3. I felt ____ after the long run, so I lay down for a while.

   a) excited b) hungry c) exhausted d) proud

4. Spending too much time on screens can cause ____ and sore eyes.

   a) muscles b) vitamins c) hobbies d) headaches

5. Doing yoga helps me ____ after a busy day at school.

   a) relax b) argue c) complain d) hurry

6. He is very ____; he always thinks things will go well.

   a) jealous b) optimistic c) nervous d) selfish

B Grammar

6 × 5 = 30 puan

Choose the correct option. *(Doğru seçeneği işaretleyin.)*

1. You look tired. You ____ go to bed earlier.

   a) mustn’t b) shouldn’t c) should d) can’t

2. You ____ skip breakfast; it gives you energy for the day.

   a) should b) must c) had better d) shouldn't

3. If I ____ more water, I wouldn't get headaches so often.

   a) drank b) drink c) will drink d) have drunk

4. Kerem ____ jogging every morning before school.

   a) go b) goes c) going d) is go

5. I'm trying ____ less sugar these days.

   a) eat b) eating c) to eat d) ate

6. She has been feeling better ____ she started sleeping eight hours a night.

   a) for b) until c) during d) since

C Dialogues

4 × 5 = 20 puan

Choose the best option to complete the dialogue. *(Diyaloğu en uygun şekilde tamamlayan seçeneği işaretleyin.)*

1. Doctor: What's the matter? Bora: ____ Doctor: Let me check. You should rest and drink warm drinks.

   a) I've got a sore throat and a fever. b) I'm fine, thank you.

   c) I go to the gym twice a week. d) I'd like a sandwich, please.

2. Nil: I'm so nervous about tomorrow's presentation. Sude: ____ Nil: Thanks, I'll try that.

   a) I don't care about it. b) Take a deep breath and practise once more.

   c) You should stay up all night. d) Presentations are always terrible.

3. Cem: ____ Ali: Twice a week. I usually play basketball with my cousins. Cem: That sounds fun!

   a) What kind of music do you like? b) Where do you live?

   c) How often do you do sports? d) Why are you late?

4. Mother: You've been on your phone for three hours! Emre: ____ Mother: Good. Go out and get some fresh air.

   a) I need more apps. b) My phone is new.

   c) I'll charge it later. d) You're right. I'll put it away now.

D Reading

4 × 5 = 20 puan

Read the text and answer the questions. *(Metni okuyun ve soruları cevaplayın.)*

> Feeling good is not only about being free from illness. Experts say a few small habits can make a big difference in a teenager’s life. First, try to sleep eight to ten hours a night and turn off screens at least an hour before bed. Second, spend time outdoors; even a short walk can boost your mood. Third, stay in touch with friends and family, because talking about your feelings reduces stress. Finally, be kind to yourself. Nobody is perfect, and making mistakes is part of growing up.

1. What is the text mainly about?

   a) Simple habits for better well-being b) The history of sport

   c) A famous doctor d) Healthy recipes

2. According to the text, what should teenagers do before going to bed?

   a) Check social media b) Turn off screens c) Drink coffee d) Do homework

3. Which of the following is NOT mentioned in the text?

   a) Sleep b) Friends c) Medicine d) Walking

4. The word “boost” in the text is closest in meaning to ____.

   a) reduce b) forget c) damage d) increase

Başarılar dileriz. · English Teacher