

A LISTENING: Listen to the unit recording and complete.

NOME: _____

N.º: _____ TURMA: _____

DATA: ____ / ____ / ____

NÍVEL: A NOTA: _____

Progress test [A]

Teens today | Progress_Tests

1. Identify the topic and write the name of one speaker.

2. Write two facts you heard.

3. Explain one detail from the conversation.

B READING: Read the text.

When Inês started Year 9, she often felt tired in the morning. She stayed up late watching videos and rarely ate

breakfast. Her best friend noticed that Inês was struggling to concentrate and suggested making a few changes.

First, Inês began leaving her phone outside her bedroom at night. Then she started walking to school and

preparing breakfast the evening before. She also joined an after-school dance group because she enjoyed music

and wanted to meet more people. The first two weeks were not easy. Sometimes she forgot her new routine, but

she did not give up. Three months later, she was sleeping more and felt calmer before tests. She still uses social

media, but she has learned to choose when to switch off. For Inês, a healthy lifestyle is not about following strict

rules. It is about finding habits that make everyday life easier.

C Reading comprehension.

1. Who is the central character?

2. What is the main problem or goal?

3. Describe two important details.

4. Explain what the character learns.

D VOCABULARY & GRAMMAR.

1. Write a sentence with each word: balanced diet, exercise, sleep.

2. Leo ____ (already / finish) his homework.

3. ____ you ever ____ (try) yoga?

4. We ____ (not visit) the wellness centre yet.

5. Clara ____ (live) here since 2022.

E WRITING.

Write a text of 100–120 words about “Teens today”. Refer to your experience or give advice and include

vocabulary from the unit.