Grade 7 MultiEnglish

Theme 3 Personal Life and Well Being

Test 1
Name: _____ Class: _____ Date: _____

Choose the best answer for each question.

1. A phone message that draws your attention is an _____.
   A) alert B) ancestor C) ingredient
2. To set a limit on something is to _____ it.
   A) restrict B) sponsor C) manufacture
3. Someone unable to stop checking social media may be developing an _____.
   A) excursion B) reservation C) addiction
4. A: I keep checking my phone while studying.
   B: _____.
   A) Why not open more apps at once?
   B) Would turning off unnecessary alerts help?
   C) You should never speak to friends again.
5. Yesterday, I _____ my phone in another room before I studied.
   A) left B) leave C) have leave
6. While Selin _____ her notes, a message appeared on the screen.
   A) reads B) was reading C) has read
7. By the time the lesson started, I _____ my phone off.
   A) am switching B) have switch C) had switched
8. Before we agreed on limits, he _____ online for hours every evening.
   A) has been chat B) had been chatting C) is chatting
9. As children, we would _____ in the garden after dinner.
   A) play B) played C) playing
10. At my old school, I was used to _____ early.
    A) get up B) got up C) getting up

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11. After a few weeks, I got used to _____ without my phone nearby.
    A) studying B) study C) studied

12. She had finished her walk before lunch, _____?
    A) didn't she B) hadn't she C) wasn't she

13. You were watching a video when I called, _____?
    A) didn't you B) weren't you C) haven't you

14. A: I missed our chat because I was taking a break from screens.
    B: _____.
    A) That's fine. We can catch up now.
    B) You must stay online all the time.
    C) Your phone cannot receive messages.

15. Which sentence describes a repeated action in the past?
    A) We are walking home together now.
    B) We would walk home together after school.
    C) We will walk home together tomorrow.

Read the text and answer questions 16 to 20.

NOT EVERY ALERT NEEDS AN ANSWER

Last month, Cem noticed that he was taking much longer to finish his homework. Whenever his phone made a sound, he stopped working. One evening, he counted the interruptions and was surprised by the result. He decided to turn off non-essential alerts and check messages after each study session. At first, he kept reaching for the phone, even when it was silent. After two weeks, the new routine felt more natural. He still uses social media and talks to his friends, but he chooses when to do so. He says the change has helped him finish work with fewer interruptions.

16. What first concerned Cem?
    A) His phone would not charge.
    B) His friends stopped messaging him.
    C) Homework was taking longer.

17. What did he do before changing his routine?
    A) Counted the interruptions B) Deleted all his contacts C) Bought a new phone

18. What did he find difficult at first?
    A) Understanding the homework questions
    B) Finding somewhere to charge his phone
    C) Resisting the habit of reaching for his phone

19. Which statement is true?
    A) Cem never checks messages now.
    B) Cem still uses social media.
    C) Cem answers every alert immediately.

20. What is the main message of the text?
    A) All technology should be avoided.
    B) Studying requires constant online contact.
    C) Small changes can help someone manage interruptions.