

DET SAMPLE PAPER 06

Instructions to Candidates

- **Duration Time Allowed:** 45 Minutes
- **Total Questions:** 35 Tasks / Evaluation Parameters
- **Theme Focus Area:** Health & Fitness
- **Integrated Skill Blocks Covered:** Read and Select, Fill in the Blanks, Interactive Reading, Interactive Listening, Listen and Type, Writing Sample, Speaking Sample.

SECTION A: READ AND SELECT

Directions: Evaluate each question set and select the real English word from the given options.

1. Select the real English word:

- A. Nutrition
- B. Plarnic
- C. Wranset
- D. Tronvel

2. Select the real English word:

- A. Frample
- B. Exercise
- C. Clorset
- D. Snorvet

3. Select the real English word:

- A. Wellness
- B. Tramble

C. Plevick

D. Gransel

4. Select the real English word:

A. Wrandle

B. Healthy

C. Clornet

D. Drample

5. Select the real English word:

A. Fitness

B. Tronset

C. Flarnic

D. Bransel

6. Select the real English word:

A. Vornet

B. Balanced

C. Plasket

D. Fronick

7. Select the real English word:

A. Recovery

B. Dransic

C. Twansel

D. Clornet

8. Select the real English word:

A. Lifestyle

B. Wranset

C. Plarnic

D. Snorvik

9. Select the real English word:

A. Tronsel

B. Energy

C. Frample

D. Clarnic

10. Select the real English word:

- A. Strength
- B. Snorvet
- C. Framble
- D. Plevet

SECTION B: FILL IN THE BLANKS

1. Regular exercise helps improve physical _____.
 - A. fitness
 - B. fit
 - C. fitted
 - D. fitting
2. A balanced diet provides essential _____.
 - A. nutrient
 - B. nutrients
 - C. nutritious
 - D. nutritioned
3. People should drink enough water to stay _____.
 - A. hydration
 - B. hydrate
 - C. hydrated
 - D. hydratingly
4. Adequate sleep is important for mental and physical _____.
 - A. health
 - B. healthy
 - C. healthily
 - D. healthier
5. Walking is a simple way to remain _____.
 - A. active
 - B. activity
 - C. actively
 - D. activation

SECTION C: INTERACTIVE READING

Passage:

Health experts recommend maintaining a balanced lifestyle that includes regular exercise, nutritious food, and adequate sleep. These habits help improve physical fitness, reduce stress, and lower the risk of many diseases. Small daily changes can have a significant positive impact on long-term health.

1. What is the main idea of the passage?
 - A. Exercise is unnecessary.
 - B. Healthy habits improve overall well-being.
 - C. Sleep is more important than exercise.
 - D. Diet has no effect on health.
2. Which habit is mentioned in the passage?
 - A. Watching television
 - B. Regular exercise
 - C. Playing video games
 - D. Shopping
3. What can healthy habits help reduce?
 - A. Stress
 - B. Knowledge
 - C. Communication
 - D. Creativity
4. According to the passage, small daily changes can have a _____ impact.
 - A. negative
 - B. temporary
 - C. significant
 - D. limited
5. The author's tone is:
 - A. Informative
 - B. Humorous
 - C. Critical
 - D. Angry

SECTION D: INTERACTIVE LISTENING

Audio Transcript Context Flow:

Liam: You look energetic today. Have you started a new fitness routine?

Mia: Yes, I joined a local gym about a month ago.

Liam: That's great. How often do you work out?

Mia: I usually go to the gym four times a week and spend about an hour exercising each session.

Liam: Have you noticed any changes since you started?

Mia: Definitely. I feel healthier, sleep better, and have more energy throughout the day.

Liam: That's impressive. It sounds like the routine is working well for you.

Mia: It really is. I plan to continue it in the future.

1. What are Liam and Mia discussing?

- A. A vacation
- B. A fitness routine
- C. A school project
- D. A business plan

2. When did Mia join the gym?

- A. Last week
- B. Yesterday
- C. About a month ago
- D. Last year

3. How often does Mia go to the gym?

- A. Twice a week
- B. Three times a week
- C. Four times a week
- D. Every day

4. How long does Mia exercise during each session?

- A. Thirty minutes
- B. One hour
- C. Two hours
- D. Three hours

5. What improvement does Mia mention first?

- A. Better sleep
- B. Increased strength
- C. Feeling healthier

- D. Weight loss
6. What does Liam think about Mia's progress?
- A. It is disappointing
 - B. It is impressive
 - C. It is unnecessary
 - D. It is difficult
7. What additional benefit does Mia mention?
- A. More energy
 - B. Better grades
 - C. New friends
 - D. Higher income
8. What does Mia plan to do?
- A. Quit the gym
 - B. Change gyms
 - C. Continue her routine
 - D. Exercise less

SECTION E : WRITING SAMPLE

Question 1

Directions: Write between 80–120 words responding to the objective prompt layout below.

Prompt: Do you think regular exercise is important for maintaining a healthy lifestyle? Why or why not?

SECTION F : SPEAKING SAMPLE

Question 1

Directions: Record your response, speaking fluently for a duration of 30–90 seconds.

Prompt: Describe a healthy habit you have developed. Explain how it benefits your daily life.

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SOLUTIONS

Section A

- 1 (A) Nutrition** — “Nutrition” is an authentic lexical English entry denoting dietary substance blocks. Alternate choices are fake pseudowords.
- 2 (B) Exercise** — “Exercise” is a valid English entry noun referencing physical movement routines.
- 3 (A) Wellness** — “Wellness” tracks as an official English noun mapping health optimization metrics.
- 4 (B) Healthy** — “Healthy” stands as the unique real English adjective node in this choice selection layout.
- 5 (A) Fitness** — “Fitness” is a legitimate vocabulary noun tracking physical capability baselines.
- 6 (B) Balanced** — “Balanced” is an established vocabulary entry tracking even proportions.
- 7 (A) Recovery** — “Recovery” is a real noun denoting restorative biological processing layers.
- 8 (A) Lifestyle** — “Lifestyle” maps to an official English noun tracking day-to-day behavioral configurations.
- 9 (B) Energy** — “Energy” is a genuine, standard English noun representing active performance capacities.
- 10 (A) Strength** — “Strength” is a valid English structural entry mapping power indices.

Section B

- 1 (A) fitness** — The qualifying layout adjective “physical” requires structural completion by an matching abstract complement noun (“fitness”).
- 2 (B) nutrients** — The active plural configuration requires initializing the plural noun entry “nutrients” as the direct object complement of the verb “provides.”
- 3 (C) hydrated** — The causative linking verb sequence “to stay” requires chaining with a passive modifier predicate adjective token (“hydrated”).
- 4 (A) health** — The coordinate link structure demands an abstract noun parameter format (“health”) to anchor the multi-part description.
- 5 (A) active** — The terminal infinitive loop configuration “to remain” requires qualification by a descriptive structural adjective (“active”).

Section C

- 1(B)** The passage focuses on how healthy habits improve overall well-being, highlighting the synergistic effects of nutrition, exercise, and sleep.
- 2(B)** Regular exercise is specifically mentioned within the direct textual list describing core components of a healthy life layout.
- 3(A)** Healthy habits help reduce stress, explicitly establishing an interactive mitigation layer against life tension parameters.

4(C) Small daily changes can have a significant impact, modifying the future long-term health trajectory indices of an individual.

5(A) The tone is informative and educational, presenting factual healthcare advice and lifestyle parameters objectively without emotional bias.

Section D

Listening Explanations

1 (B) Liam and Mia initiate the interactive dialogue block by discussing Mia's new physical fitness routine.

2 (C) Mia joined the gym about a month ago, tracking the initiation parameter of her workout habits.

3 (C) She goes to the gym four times a week, defining her operational weekly habit frequency metrics.

4 (B) Each session lasts about one hour, establishing her daily temporal deployment capacity.

5 (C) She first mentions feeling healthier, anchoring her physiological feedback log.

6 (B) Liam finds her progress impressive, offering positive tracking validation on her developmental outcomes.

7 (A) She also has more energy, noting an extra productivity benefit across her daily routine layout.

8 (C) Mia plans to continue her routine, confirming her forward-looking strategic compliance index.

MODEL WRITING RESPONSE

Question 1

I believe regular exercise is essential for maintaining a healthy lifestyle. Physical activity helps strengthen muscles, improve cardiovascular health, and maintain a healthy weight. Exercise also reduces stress and improves mental well-being by releasing positive hormones. In addition, people who exercise regularly often have more energy and better sleep quality. Activities such as walking, jogging, cycling, or playing sports can be enjoyable and beneficial. Even spending thirty minutes a day exercising can make a significant difference. Therefore, I think regular exercise is one of the most important habits for achieving long-term physical and mental health.

MODEL SPEAKING RESPONSE

Question 1

One healthy habit I have developed is taking a daily walk in the morning. I usually walk for about thirty minutes before starting my day. This habit helps me stay active, improves my mood, and gives me more energy throughout the day. Walking also helps reduce stress and allows me to clear my mind. Since I started this routine, I have noticed better concentration and improved overall fitness. It is a simple habit, but it has had a positive impact on both my physical and mental well-being. That is why I continue to practice it regularly.

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