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Score: 110/160 (68.75%)

Code: 1644

1. English is a ____ language.

- A) Common (Correct) B) Day
C) Night D) Evening

2. Using Internet is easy if we learn ____?.

- A) Sports B) English (Correct)
C) Maths D) Science

3. We can learn English by ____?.

- A) Cooking B) Playing
C) Reading newspaper (Correct) D) None of these

4. Tom tries to read the name boards, advertisements and posters that are in English. This helps him to ____.

- A) Play B) Friends
C) See D) Improve his English (Correct)

5. When people from different states/ countries meet officially, ____? is the commonly used language to communicate with each other.

- A) Latin B) English (Correct)
C) Newspaper D) Action

6. Words that are used to name people, places, animals and things are ____.

- A) Person B) Table
C) Naming words (Correct) D) Key

7. Naming words are also called ____?.

- A) Nouns B) Verbs
C) Action (Incorrect) D) Pronouns

8. Bats fly during the night. In this sentence the word Bat is ____.

- A) A boring word B) An action word
C) A cool word D) A Naming Word (Correct)

9. Ram was asked to measure his cupboard. It was 4 feet tall. Here feet means ____.

- A) Taste B) Hand
C) Leg (Incorrect) D) Measurement

10. John was travelling by bus to his village. He noted the names of places that he could see on his journey. What are these words called as?

- A) Naming words B) His (Incorrect)
C) That D) See

11. Cats is an example of ____ word.

- A) Words B) Plural (Correct)
C) Singular D) Opposite

12. Singular naming words are used when ____ person, place or thing is present.

- A) Many B) Few
C) One (Correct) D) More

13. Plural form of child is ____.

- A) Person B) Infant
C) Kid D) Children (Correct)

14. A child was working in the computer lab which had many computers. The word 'computers' is in the ____ form.

- A) Less B) Plural (Correct)
C) Minimum D) Maximum

15. Vinay visited the dentist because he was suffering from tooth ache. Dentist treats our teeth problems. In this sentence, which is the plural word?

- A) Teeth (Correct) B) Tooth
C) Vinay D) Dentist

16. Pronouns (ex: he, she, her) can be used in the place of ____.

- A) Spellings (Incorrect) B) Adjective
C) Verb D) Naming words

17. They? is used when we want to refer to ____.

- A) He B) She
C) Many people (Correct) D) Our

18. The pronoun 'I' is used for ____.

- A) Many B) Myself (Correct)
C) Other D) That

19. Ramesh is working in Chennai. ____likes the office environment.

- A) **He (Correct)** B) It
C) That D) What

20. Sita and I are friends. ____stays in Gandhi Bazar.

- A) What B) **She (Correct)**
C) A D) And

21. Action words are also called ____.

- A) Center B) Are
C) **Verbs** D) Is (Incorrect)

22. Verbs tell the action of the ____.

- A) Cow B) Change
C) Act (Incorrect) D) **Naming words**

23. Kim fell from her bike yesterday. The action in the sentence is in_______?tense.

- A) Future B) **Past (Correct)**
C) Present D) Clear

24. 'It is going to be a sunny day tomorrow'. The action in this sentence is in _____tense.

- A) **Future (Correct)** B) Past
C) Date D) Day

25. Arun travels to school by bus. The action word in the sentence is ____.

- A) bus B) **travels (Correct)**
C) school D) Arun

26. Adjectives are ____words.

- A) Sound B) Finish
C) **Describing (Correct)** D) Neutral

27. Describing words add more information to the __?.

- A) **Naming words (Correct)** B) Bad
C) Sad D) Numbers

28. It is a ____?knife. Fill in the correct adjective.

- A) this (Incorrect) B) **sharp**
C) and D) there

29. 'The sea is blue'. In this sentence ____is an adjective.

- A) sea B) the
C) is D) **blue (Correct)**

30. 'Arjun filled water into a large pot'. In this sentence the

describing word is _____.

- A) **large (Correct)** B) Arjun
C) water D) into

31. The punctuation in a sentence makes the meaning_____?to understand.

- A) ambiguous B) unclear
C) think D) **clear (Correct)**

32. The beginning of a sentence should start with _____letter

- A) **Capital (Correct)** B) Small
C) Cursive D) Italics

33. Comma is used to show a ____within the sentence.

- A) Full stop B) Pair (Incorrect)
C) **Break** D) Capital letter

34. Sita wanted to ask Nina about her summer plan. Choose the correct answer.

- A) Nina is your plan. B) **Nina, what is your summer plan? (Correct)**
C) What Nina asked? D) None of these

35. Add comma wherever it is necessary. After the meeting we will go out.

- A) After, the meeting, we will go out. B) **After the meeting, we will go out.**
C) After the, meeting we will go, out. (Incorrect) D) After the meeting we will go out.

36. Sentences are_____.

- A) **group of words with complete meaning** B) Verbs (Incorrect)
C) Nouns D) Letters

37. A declarative sentence tells us some information or explanation. It ends with _____.

- A) Comma (,) (Incorrect) B) Question mark (?)
C) **Full stop (.)** D) Exclamatory mark (!)

38. An exclamatory sentence ends with the ____.

- A) Full stop (.) B) Comma (,)
C) Question mark (?) D) **Exclamatory mark (!) (Correct)**

39. Wow! The flowers in the park are beautiful. This is a_____?sentence.

- A) Declarative (.) B) **Exclamatory (!) (Correct)**
C) Imperative D) Interrogative (?)

40. The police were questioning about his crime. What type of sentence is it?

- A) Declarative (.) (Correct)** B) Interrogative (?)
C) Exclamatory (!) D) None of these

41. Every complete sentence has ____.

- A) 1 part (Incorrect) B) 2 parts
C) 3 parts D) 4 parts

42. The _____? is what or whom a sentence is about.

- A) Subject (Correct)** B) Predicate
C) Object D) Verb

43. The correct order for a sentence is _____.

- A) Subject, Verb, Object (Correct)** B) Subject, Verb
C) Verb, Object, Subject D) Verb, Verb, Subject

44. Radha has learnt how to write a sentence. Which is the subject in this sentence?

- A) Learnt B) How (Incorrect)
C) Sentence **D) Radha**

45. Choose the correct sentence.

- A) The road runs on cat. (Incorrect) **B) The cat runs on the road.**
C) Cat road runs. D) Runs on the road cat.

46. The most effective way to get information is by

- A) Writing B) Talking
C) Reading (Correct) D) Activity

47. A poster presents information by using _____.

- A) Novel B) Story
C) Images and colours (Correct) D) Exercise for practice

48. Symbols gives us information through ____.

- A) Colours **B) Images**
C) Words (Incorrect) D) Posters

49. Yash bought a bag which had recycle symbol. What should he do when the bag is old?

- A) Burn B) Throw it in the river
C) Put it in soil **D) Should dispose it in recyclable items (Correct)**

50. Raj was driving towards Mysore. On the way he found few arrows marked next to Mysore on the board. What does it suggest ?

- A) Direction (Correct)** B) Map
C) Way D) None of these

51. People can hear the emotions and see our facial expression when we ____.

- A) Speak (Correct)** B) Listen
C) Taste D) See

52. ____ contact with the people we are speaking help us to communicate confidently.

- A) Nose **B) Eye**
C) Ear D) Skin (Incorrect)

53. Emotions can be expressed through your ____.

- A) Height B) Weight
C) Voice (Correct) D) Situation

54. Sudha says, "I feel that these lights are too bright". What is she communicating?

- A) Question B) Answer
C) Idiom (Incorrect) **D) Opinion Phrase**

55. John does not agree with his coworker about a task. How should he communicate his disagreement?

- A) You don't know anything. **B) I respectfully disagree with what you are saying. (Correct)**
C) You are wrong! D) I will just do it my way.

56. Effective communication is to both ____.

- A) speak and listen well** B) speak well
C) see well D) learn well (Incorrect)

57. We should ____? instructions in the classroom.

- A) learn **B) listen to**
C) forget (Incorrect) D) ignore

58. Listening is important to ____? the information given.

- A) forget B) overcome
C) understand (Correct) D) disobey

59. Rahul spends 30 minutes everyday watching news. He writes down few sentences about what is said. What is he trying to do?

- A) Practicing listening (Correct)** B) Practicing News
C) Practicing Movements D) None of these

60. Teacher Meena advised her students to write down 2 or 3 sentences when she explains the lesson. How does it help the students?

A) Speak

B) Recollect what she said (Correct)

C) Write

D) Read

61. Things or activities that we enjoy are ____?

A) Dislikes

B) Negative

C) Emotions

D) Likes (Correct)

62. Dislikes are things towards which we have ____?

A) Negative emotion (Correct)

B) Positive emotion

C) Likes

D) Interests

63. I adore? phrase is used to express ____ of something.

A) A dislike

B) A bad feeling (Incorrect)

C) A strong admiration

D) A poor admiration

64. Naveen is fond of dogs, but Sheetal hates dogs. In this sentence who likes dogs?

A) Sheetal (Incorrect)

B) Naveen

C) Both Sheetal and Naveen

D) Dog

65. Smith! Would you like playing cricket or football this evening? If Smith likes to play both how will he answer? ____? playing any of them.

A) I don't mind (Correct)

B) I hate

C) I want

D) I won't

66. Formal greetings are used in ____.

A) Family

B) Workplace

C) House

D) Friends (Incorrect)

67. ____ greetings are used while speaking to friends and family.

A) Formal

B) Due

C) Informal (Correct)

D) No

68. Which of these is an informal greeting?

A) Good day

B) Good morning

C) Good evening

D) Hey (Correct)

69. Malini is attending her new school today. She introduces herself as ____.

A) Good bye

B) Hello everyone! (Correct)

C) What's up guys

D) Longtime everyone

70. Sanju met her cousin Keerti accidentally in a mall. How should she greet her?

A) Long time, no see!

B) What are you doing here?

C) Thank you! (Incorrect)

D) Take care!

71. When you ask someone something it is ____.

A) Answer

B) Blank

C) Question (Correct)

D) Response

72. Question always end with a ____?

A) Comma ,

B) Question mark ? (Correct)

C) Exclamation mark !

D) Full stop .

73. ____ questions give clear indication of the information the person wants to know.

A) Wh- (Correct)

B) Yes or No

C) No

D) Closed questions

74. Vinutha was questioned whether she has completed her degree in an interview. How should she respond stating that she has completed?

A) Yes

B) No

C) Yes, I have completed my degree (Correct)

D) Completed my degree

75. Tutor asked his student whether he knew to use Windows? How should the student answer?

A) Done

B) Yes, I know how to use Windows (Correct)

C) Yup

D) I will know

76. When two or more people give their thoughts and views on a topic. It is called a ____.

A) Speaking

B) Listening

C) Reading (Incorrect)

D) Group discussion

77. Group discussion helps us ____?

A) argue

B) have fun

C) create problems

D) learn more and solve big problems (Correct)

78. Which of these should not be used to express your opinion in a group discussion?

A) It seems to me that

B) Listen to me (Correct)

C) In my opinion

D) I don't quite agree

79. Mahesh and his team discussed about the steps to be followed to complete the project at the earliest. He was happy with the suggestions given by his teammates and granted to follow the same. How would he convey it?

A) I agree with your plan of action (Correct)

B) You must follow what I tell you

C) Don't come here to talk D) I don't agree with your plan

80. Rita had to attend a group discussion on behalf of her company. What is she supposed to do before the meeting?

- A) Attend party B) Attend classes
C) Be prepared about the topic (Correct) D) Take leave

81. A person who makes a call _____

- A) Keypad **B) Caller (Correct)**
C) Phase D) Contacts

82. Receiver is a person who _____ the call.

- A) Blocks B) Dials
C) Receives (Correct) D) Rejects

83. Phone call has _____ phases

- A) End B) Middle
C) Different **D) Three (Correct)**

84. Bindu receives a call from JJ company promoting a discount sale. She couldn't clearly hear the details. How is she supposed to ask the person to repeat the information?

- A) What is it? **B) Could you please repeat?**
C) Speak loud (Incorrect) D) I don't know

85. Harish made a call to the Senior manager in a company. How is he supposed to start the conversation?

- A) Greet the person (Correct)** B) Purpose of call
C) Thank the person D) Good bye

86. Document which has details of a job is _____.

- A) Letter B) Resume
C) Job Description (Correct) D) Report

87. Job title is the name of _____.

- A) Company name **B) Role you join**
C) Company Job (Incorrect) D) Summary

88. Location for the job means _____.

- A) Title B) Description
C) Name **D) Place (Correct)**

89. Ravi read job description which specified 'Familiarity with MS office'. What should he know?

A) How to write an email (Incorrect)

B) How to get certification

C) How to use MS Office

D) How to study

90. Shyam and Ram applied for the same job. Shyam read the job description in detail and made note of important details. Who will know more about the company?

- A) Ram **B) Shyam (Correct)**
C) Both of them D) None of them

91. If you work in a large & popular company, what type of information is good to share about the workplace?

- A) Type of job & Company name** B) Name of the workplace alone
C) Location D) None of these (Incorrect)

92. Which of these is not a positive word about your work?

- A) Fun B) Exciting
C) Boring (Correct) D) Interesting

93. A person who works with us is called a _____.

- A) Friend **B) Coworker**
C) Family (Incorrect) D) Relative

94. Ram is answering an interview question about his previous workplace. He didn't like his teammates. They argued a lot. Should he share this with the interviewer?

- A) Yes, he should blame his team-mates for all the problems. (Incorrect) **B) No, he should avoid speaking negatively about his teammates.**
C) Yes, he should discuss all the arguments in detail. D) Yes, why not!

95. Ryan wants to speak to HR about his work. He should specify the name of his job, place of work and _____.

- A) Team mates B) Senior name
C) His needs (Incorrect) **D) Some information about his responsibilities**

96. Most of the government job calls will be in _____ format.

- A) Paper format** B) Direct (Incorrect)
C) Indirect D) In person

97. An introduction letter is a _____.

- A) E-mail **B) Cover letter (Correct)**
C) Leave Letter D) Resume

98. When you are interested in working for a company, you will write _____ letter

- A) an Application B) a Referral
C) a Leave **D) a Prospecting (Correct)**

99. Latha's uncle works at the company where she has applied for a job. He offered to refer her for the position. What type of cover letter should Latha write to increase her chances of being considered for the job?

- A) Referral Cover Letter (Correct) B) Letter of interest
C) Leave letter D) Letter of absence

100. Shilpa is applying for a job online. She sends her application by email. What is she supposed to mention in the subject line to make it easy for the employer to find her email?

- A) Shilpa - Age (Incorrect) B) Shilpa - Job Position
C) Education qualification D) Pervious experience

101. Major changes took place in the manufacturing world with_____.

- A) Green revolution B) Milk revolution (Incorrect)
C) Industrial revolution D) White revolution

102. The process of manufacturing has changed due to technology and ____development.

- A) Training B) Scientific
C) Teaching (Incorrect) D) Facilitation

103. Regular assessment of skills is necessary for the growth of _____.

- A) Career (Correct) B) Interview
C) Job D) Skill

104. Neetu has excellent story telling skills. What type of intelligence is it?

- A) Picture Smart B) Logic Smart
C) Body Smart D) Word Smart (Correct)

105. Swaraj is looking for internet-based/data entry jobs. What is the most important skill he needs?

- A) Basic computer skills (Correct) B) Entrepreneuria I skills
C) Beautician skills D) Wood cutting skills

106. Which of the following is not a part of one's personality?

- A) Strengths B) Weaknesses
C) Beliefs D) Skin colour (Correct)

107. Things that one is good at doing are _____.

- A) Concerns B) Interests
C) Abilities (Correct) D) Passion

108. Inability to do something well is one's _____.

- A) Weakness (Correct) B) Aspiration

- C) Strength D) Value

109. Meena likes to learn music in her free time. It is one of her _____to improve.

- A) Logics B) Interests (Correct)
C) Value D) Weakness

110. Bijo is not good at MS excel. With his hard work, he learns to overcome weaknesses and turn them into a_____.

- A) Belief B) Value
C) Leader D) Strength (Correct)

111. The way we interact, manage and deal with our external environment is known as _____skills.

- A) Behavioural B) Technical
C) Musical D) Teaching (Incorrect)

112. _____is one of the behavioral skills that is required to organize work efficiently and complete it on time.

- A) Painting B) Cooking
C) Time Management (Correct) D) Dancing

113. The way we manage/solve the problem is called _____.

- A) Positive attitude B) Conflict resolution (Correct)
C) Negative attitude D) Passion

114. Rehana faced a problem with her project. She is dealing with a problem with the right attitude. This is an example of-

- A) Negative attitude B) Technical skill
C) Scientific skill D) Positive attitude (Correct)

115. Alpan does yoga in the morning. He follows Youtube classes to motivate himself. This is an example of_____.

- A) Self-motivation B) Time Management (Incorrect)
C) Decision-Making D) Problem- Solving

116. _____is a way of thinking to solve a problem.

- A) Critical thinking (Correct) B) Self confidence
C) Negative attitude D) Time Management

117. Choosing between two or more options is known as_____process.

- A) Manufacturing B) Decision-making (Correct)
C) Scientific D) Technical

118. Which of the following is not a part of decision-making?

- | | |
|-----------------------|---|
| A) Identify problem | <u>B) Generate options</u>
(Incorrect) |
| C) Implement decision | D) Performance |

119. Manu thinks about a problem well before making any decision. This is an example of;

- | | |
|--------------------|---|
| A) Self-motivation | B) Critical thinking |
| C) Time Management | <u>D) Logical thinking</u>
(Incorrect) |

120. Revathi got a job offer out of her town. She decided to refuse the offer after listing the pros and cons. She followed_____?process.

- | | |
|----------------------------|--|
| A) Decision- making | <u>B) Positive attitude</u>
(Incorrect) |
| C) Conflict resolution | D) Negative attitude |

121. What are the advantages of time management?

- | | |
|---------------------------|----------------------------------|
| A) Complete tasks on time | B) Achieve daily goals |
| C) Reduce stress | D) All of these (Correct) |

122. Good time management helps in improving _____at work.

- | | |
|-------------|---------------------------------|
| A) Weakness | B) Performance (Correct) |
| C) Stress | D) Pressure |

123. The time blocked for work is called a _____ technique.

- | | |
|------------------------------|---------|
| A) Doro | B) Pomo |
| C) Pomodoro (Correct) | D) Domo |

124. Rahim learns MS Office during his lunch break. This is an example of -

- | | |
|-------------------------------------|---------------------|
| A) Time Management (Correct) | B) Over thinking |
| C) Online job | D) Logical thinking |

125. Bhanu creates 25 minutes task planner and never gets distracted during the blocked time. Which method does she follow?

- | | |
|------------------------------|-------------|
| A) Pomodoro (Correct) | B) Timing |
| C) Blocktime | D) Calendar |

126. Finding a solution to any problem is known as _____skill.

- | | |
|--------------------|-------------------------------------|
| A) Over thinking | B) Critical thinking |
| C) Decision-making | D) Problem solving (Correct) |

127. Which of the following is not a step in problem solving?

- | | |
|-------------------------|--------------------------------------|
| A) Identify the problem | B) Divide problem into parts |
| C) Set timer | <u>D) Find solutions (Incorrect)</u> |

128. If one is capable of finding solutions to problems, one will get better at _____.

- | | |
|--------------------|-------------------------------------|
| A) Self-motivation | B) Problem-solving (Correct) |
| C) Career | D) Painting |

129. Soni is trying to fix the download problem on the laptop. She did not succeed on the first attempt. What should she do?

- | | |
|-------------------------------------|------------------|
| A) Try another way (Correct) | B) Quit the task |
| C) Never solve the problem | D) Quit the job |

130. Steve's mother told him that the mixer grinder is not working. What should be his first step in order to solve the problem?

- | | |
|-------------------|--|
| A) Complain | B) Identify the problem (Correct) |
| C) Sell the mixer | D) Throw it |

131. Which of the following options is an Employability Skill?

- | | |
|--------------------------|----------------------------------|
| A) Good Interview Skills | B) Good Communication Skills |
| C) Digital Skills | D) All of these (Correct) |

132. An employee is someone who_____.

- | | |
|--|------------------|
| A) Goes to school to study | B) Does not work |
| C) Works for a salary (Correct) | D) Goes to play |

133. Which are the two skills needed for good career growth?

- | | |
|---|---|
| A) Watching TV & Making friends | B) Traveling & Shopping |
| C) Playing video games & cooking skills | D) Technical Skills & Employability Skills (Correct) |

134. Gopi is always willing to learn and improve in his work. He has a_____?

- | | |
|--------------------------|-----------------------------------|
| A) Fixed mindset | <u>B) Certificate (Incorrect)</u> |
| C) Growth mindset | D) Marksheet |

135. What are Employability Skills?

- | | |
|----------------------------------|---|
| A) Skills used only in sports | B) Skills needed to be successfully employed (Correct) |
| C) Skills for good communication | D) Skills for playing video games |

136. When we learn something online, it is called _____.

- | | |
|-----------------------|--------------------------------|
| A) Classroom learning | <u>B) Teaching (Incorrect)</u> |
|-----------------------|--------------------------------|

C) E-learning

D) Digital marketing

137. Which of these is an advantage of learning online?

A) Learn anytime & anywhere

B) Make friends with classmates

C) No need to study
(Incorrect)

D) Have shorter classes

138. Which of these is an e-learning portal?

A) ASEEM

**B) Bharat Skills Portal
(Correct)**

C) NAPS portal

D) Netflix

139. Ram works as a fitter in a company. He wants to upgrade his trade skills and employability skills in his free time. What should he do?

A) Play sports

B) Watch news

C) Find courses: online or offline (Correct)

D) Quit job

140. Zeena wants to enroll for an e-learning course. The most important thing she needs is a_____.

A) Book

B) Pen

C) Mobile phone or Computer (Correct)

D) Library card

141. In today's world, _____ have become a basic skill requirement in many jobs.

A) Acting skills

B) Digital skills (Correct)

C) Painting skills

D) Dancing skills

142. _____ jobs help to reduce pollution, preserve the environment and the planet.

A) Software

B) Hardware

C) Green (Correct)

D) Part-time

143. Green Jobs are important because_____.

A) they help protect the environment (Correct)

B) they harm the environment

C) they pay more money

D) they require no skill

144. Geetha has just completed her education. She joined a basic English course to improve her _____ skills.

A) Technical

B) Digital (Incorrect)

C) Communication

D) Problem solving

145. Ram wants to start his own business. He is considering two options - opening an audio cassette shop or starting an online retail business. Which of these options would you suggest?

A) Online retail

B) Audio cassette shop

C) Anything is fine (Incorrect) D) Video rental store

146. Values and ethics help us build good _____.

A) games

B) behavior (Correct)

C) studies

D) rent

147. Values decide the _____ of a person.

A) character (Correct)

B) laptop

C) home

D) system

148. It is not good to forward _____ on social media.

A) fake news

B) messages (Incorrect)

C) greetings

D) songs

149. A person who respects and follows the law of a country is a _____.

A) Businessman

B) Bad Employee

**C) Responsible Citizen
(Correct)**

D) Small Kid

150. Rita found someone's wallet in the office. She gives it to the office manager. This shows that she is _____.

A) open-minded

**B) honest & responsible
(Correct)**

C) kind

D) non - judgemental

151. The Constitution Of India is also called as _____.

A) Bharatiya Academy

**B) Bhartiya Samvidhan
(Correct)**

C) Novel

D) Newspaper

152. India is a Sovereign country. That means it can make its own_____.

A) Money

B) State

C) Election

**D) Rules and Decisions
(Correct)**

153. Indian constitution is a set of _____ of our country.

A) Laws and rules

B) Keys

C) Tools

D) Languages (Incorrect)

154. Mr. Johnson wants to employ an 8 year old girl for household work. In India, which fundamental right would not allow it?

A) Right to equality

B) Right to freedom of religion

C) Right against exploitation (Correct)

D) Right to information

155. Which fundamental right allows us to freely visit a temple, church, or mosque for prayer?

- A) Right to equality
C) Right against exploitation
- B) Right to education
(Incorrect)
D) Right to freedom of religion

156. Addition of harmful smoke, gases and chemicals to the environment in large quantities is called ____.

- A) Air
C) Wind (Incorrect)
- B) Pollution**
D) Storm

157. Cutting down of trees for farming and housing purposes is called ____.

- A) Reforestation
C) Afforestation
- B) Deforestation (Correct)**
D) Forestation

158. Releasing chemicals, waste, plastics into the water is

called ____.

- A) Sound pollution
C) Water Pollution (Correct)
- B) Land pollution
D) Air pollution

159. Scientists are warning us that the rise in earth's temperature causes ____.

- A) Deforestation
C) Pollution
- B) Land sliding
D) Global warming (Correct)

160. Shyam avoids the use of plastic and chemical fertilizers. He is practising a ____.

- A) Green lifestyle (Correct)**
C) Busy lifestyle
- B) Modern lifestyle
D) Unhealthy lifestyle