Crea recursos pedagógicos de calidad en minutos y mantén tus cursos al día con Shaia.

Prueba de Práctica Saber 11 Inglés

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PRACTICE TEST
2026 **SABER 11**

PRUEBA SABER PRACTICE TEST

PARTE 1

PARTE 1

Lea las descripciones de la izquierda (1 - 5) y las palabras de la derecha (A - H).
¿Qué palabra (A - H) concuerda con cada descripción?
Nota: Hay más palabras de las que necesita.
La primera (0) es un ejemplo.

Ejemplo:

You have this when your body temperature is much higher than 37 degrees.

- A. Fever
- B. Cough
- C. Sore throat
- D. Medicine
- E. Headache
- F. Flu
- G. Eye strain
- H. Rest

Respuesta: undefined

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1. A sudden noise you make with your throat when you have a cold.

2. A continuous pain in your head, often after looking at a computer for a long time.

3. Something like a pill or a liquid that you take to feel better when you are sick.

4. A condition where your eyes feel very tired and dry because you do not blink enough.

5. A common illness that causes a high temperature, body aches, and a sore throat.

- A. Fever
- B. Cough
- C. Sore throat
- D. Medicine
- E. Headache
- F. Flu
- G. Eye strain
- H. Rest

PARTE 2

PARTE 2

Lea los avisos de la izquierda.
Decida dónde vería cada aviso.
Marque la letra correcta A, B o C en su hoja de respuestas.

Ejemplo:

SOCCER PRACTICE CANCELLED DUE TO RAIN.

- A. In a gym
- B. In a library
- C. In a bookstore

Respuesta: undefined

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6. *HIGH FEVER? STAY IN BED AND REST.*

- A. In a bedroom
- B. In a shop
- C. In a playground

7. *EVERY 20 MINUTES, LOOK AWAY FROM THE SCREEN.*

- A. In a park
- B. In an internet café
- C. In a farm

8. *FINAL SOCCER MATCH: SATURDAY AT 2:00 PM.*

- A. In a stadium
- B. In a hospital
- C. In a kitchen

9. *PLEASE USE A COMFORTABLE CHAIR TO PLAY.*

- A. In a swimming pool
- B. In a garden
- C. In a video game room

10. *STAY HEALTHY! WASH YOUR HANDS FREQUENTLY.*

- A. In a parking lot
- B. In a bathroom
- C. In a forest

PARTE 3

PARTE 3

En esta sección verá una frase corta dicha por una persona.
Elija la mejor respuesta (A, B o C) para lo que diría la segunda persona.
Los temas incluyen salud, deportes y hábitos tecnológicos.

Ejemplo:

I have a terrible headache.

- A. Let's go swimming.
- B. You should rest.
- C. It's 10 o'clock.

Respuesta: undefined

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11. *"I missed the regional soccer final because I had the flu."*

- A. That's a shame!
- B. I love soccer.
- C. Happy birthday.

12. *"My eyes feel very dry and tired after playing video games for hours."*

- A. Turn on the TV.
- B. Try blinking more.
- C. I don't have a console.

13. *"I have a terrible sore throat and I cannot swallow easily."*

- A. Drink some warm tea.
- B. You need to run fast.
- C. Let's go to the stadium.

14. *"Why are you rubbing your eyes so much today?"*

- A. I am very happy.
- B. I stayed up gaming.
- C. It is a big screen.

15. *"The doctor said I have to rest in bed for three days to recover."*

- A. Get well soon!
- B. That is expensive.
- C. I am a doctor.

PARTE 4

PARTE 4

Lea el texto sobre la enfermedad de David.
Elija la palabra correcta (A, B o C) para cada espacio (16-20).
Para el ejemplo (0), la respuesta correcta es A.

Ejemplo:

- A. is
- B. are
- C. am

Respuesta: undefined

The Striker's Flu

David (0)____ the best striker in his school's soccer team. Last Friday, he (16)____ up with a very high fever and a persistent cough. He also had a terrible sore throat, so he (17)____ not speak or swallow easily. His mother took him to the doctor, who (18)____ he had the common flu. The doctor told David that he needed to rest and drink plenty of water for several days.

Unfortunately, David missed the regional final on Saturday afternoon. He felt very sad because he wanted to help his teammates win the championship trophy. While his friends (19)____ playing on the field, David was in bed watching a movie and taking his medicine. His coach called him later to say that the team won and they were waiting for him to recover. This experience taught David that health is more important than any match. Now he is back (20)____ training and feeling much stronger than before.

16. A. wake B. woke C. waking
17. A. could B. can C. should
18. A. say B. says C. said
19. A. are B. was C. were
20. A. on B. in C. at

PARTE 5

PARTE 5

Lea el texto sobre los riesgos para la salud al jugar videojuegos.
Para cada pregunta, elija la respuesta correcta (A, B o C) basándose en la información literal proporcionada.

Ejemplo:
What is a popular hobby for many teenagers worldwide?

- A. Reading books
- B. Video games
- C. Watching movies

Respuesta: undefined

The Hidden Health Risks of Gaming

Video games are a popular hobby for many teenagers around the world. However, spending too much time in front of a screen can lead to several health problems. One of the most common issues is called digital eye strain. This happens when your eyes feel dry and tired because you do not blink enough while playing. You might also experience blurred vision or frequent headaches after a long gaming session in a dark room.

Another problem is tech neck, which is a sharp pain in the neck and shoulders caused by sitting in a bad position for hours. Doctors suggest the 20-20-20 rule to prevent these conditions. Every 20 minutes, you should look at something 20 feet away for at least 20 seconds. This simple habit helps your eye muscles relax. Additionally, gamers should use a comfortable chair and keep the monitor at eye level. Taking short breaks to stretch your body is essential for staying healthy. Remember, you can enjoy your favorite virtual worlds more if you take care of your physical well-being.

21. Digital eye strain occurs when gamers...

- A. blink too much.

- B. do not blink enough.
- C. play in a bright room.

22. What are two symptoms of a long gaming session in a dark room?

- A. Blurred vision and headaches
- B. Back pain and fever
- C. Dry skin and sore throat

23. According to the article, 'tech neck' is caused by...

- A. using a bright monitor.
- B. the 20-20-20 rule.
- C. sitting in a bad position.

24. To help eye muscles relax, how long should you look at something far away?

- A. For 20 minutes
- B. For 20 seconds
- C. For 20 hours

25. To stay healthy, doctors recommend keeping the monitor at...

- A. eye level.
- B. shoulder level.
- C. desk level.

PARTE 6

PARTE 6

Lea el texto cuidadosamente.
Para cada pregunta, elija la respuesta correcta A, B, C o D basándose en lo que puede inferir o concluir del texto.
Marque su elección en su hoja de respuestas.

Ejemplo:

What can you infer about David's attitude toward his soccer team?

- A. He does not like playing soccer.
- B. He is committed to his school team.
- C. He prefers watching movies to sports.
- D. He is a doctor in his free time.

Respuesta: undefined

The Hidden Health Risks of Gaming

Video games are a popular hobby for many teenagers around the world. However, spending too much time in front of a screen can lead to several health problems. One of the most common issues is called digital eye strain. This happens when your eyes feel dry and tired because you do not blink enough while playing. You might also experience blurred vision or frequent headaches after a long gaming session in a dark room.

Another problem is tech neck, which is a sharp pain in the neck and shoulders caused by sitting in a bad

position for hours. Doctors suggest the 20-20-20 rule to prevent these conditions. Every 20 minutes, you should look at something 20 feet away for at least 20 seconds. This simple habit helps your eye muscles relax. Additionally, gamers should use a comfortable chair and keep the monitor at eye level. Taking short breaks to stretch your body is essential for staying healthy. Remember, you can enjoy your favorite virtual worlds more if you take care of your physical well-being.

26. What does the author suggest about the conditions in which people play video games?

- A. Playing in the dark makes you a better gamer.
- B. Headaches are caused by the game's story.
- C. The gaming environment impacts physical health.
- D. Screen brightness helps the eyes relax.

27. Based on the 20-20-20 rule, it can be inferred that...

- A. Looking at something far away is a waste of time.
- B. You should stop playing for 20 hours every day.
- C. Eyes only need to rest once a week.
- D. Constant focus on a screen can stress the eyes.

28. What can be concluded about the condition known as 'tech neck'?

- A. Poor posture is the main cause of neck pain.
- B. Tech neck is a problem caused by the monitor's brand.
- C. Gamers should never sit down while playing.
- D. Only professional doctors get tech neck.

29. What is the author's perspective on video games?

- A. Teenagers should quit gaming to be healthy.
- B. You can balance gaming and physical health.
- C. Virtual worlds are more important than real life.
- D. Taking breaks makes gaming less enjoyable.

30. According to the passage, it is likely that a healthy gamer...

- A. Eyes do not need to blink while playing.
- B. Stretching is only for professional athletes.
- C. Monitors are the only cause of health issues.
- D. Physical movement is necessary during gaming sessions.

PARTE 7

PARTE 7

Lea el texto sobre un jugador de fútbol que se enfermó.
Elija la palabra correcta (A, B, C o D) para cada espacio.
Para la primera pregunta (0), hay un ejemplo.

Ejemplo:

- A. good

- B. better
- C. best
- D. well

Respuesta: undefined

The Striker's Flu

David is the (0) ___ striker in his school's soccer team. Last Friday, he woke up (31) ___ a very high fever and a persistent cough. He also (32) ___ a terrible sore throat, so he could not speak or swallow easily.

His mother took him to the doctor, (33) ___ said he had the common flu. The doctor told David that he (34) ___ to rest and drink plenty of water for several days. Unfortunately, David missed the regional final (35) ___ Saturday afternoon.

31. A. for B. with C. about D. from
32. A. has B. have C. having D. had
33. A. who B. which C. whom D. whose
34. A. need B. needing C. needed D. needs
35. A. on B. in C. at D. of
