**Healthy living for teens**

**Task 1. Read the suggestions for how to follow your dreams. Complete them with the correct form of these words and phrases.**

**be worth it encourage get into**

**give up on put off take pride in**

*How to***follow your dreams**

***Do***

 1**.** \_\_\_\_\_\_\_\_ several things that interest you, so that you can discover your passion.

 spend time with positive people who really 2. \_\_\_\_\_\_\_\_\_\_ you.

 remember that the hard work that you put in 3. \_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_ the things that you achieve.  
***Don’t***

 let small problems 5.\_\_\_\_\_\_\_\_\_\_\_ you .\_\_\_\_\_\_\_\_\_\_\_

 6. \_\_\_\_\_\_\_\_\_\_\_ a dream just because it’s difficult.

**Task 2. Choose the correct answer (A, B, C or D) for each gap.**

**1.** Louise has learnt a poem \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - she can remember all of it.

A. compulsory B. academic C. by heart D. by memory

**2.** My class is \_\_\_\_\_\_\_\_ ability. There are some good students and some poorer students.

A. between B. low C. full D. mixed

**3.** Is that your \_\_\_\_\_\_\_? He's smiling at you.

A. graduate B. classmate C. after-school activity D. term

4. It isn't \_\_\_\_\_\_\_\_\_\_ to wear a school uniform. We can wear what we want.

A. nice B. academic C. useful D. compulsory

**5.** When do you \_\_\_\_\_\_\_\_\_ up for the school holidays?

A. break B. move C. keep D. line

**6.** If you don't hand \_\_\_\_\_\_\_\_\_ your homework, you will get into trouble.

A. in B. into C. up D. on

**7.** I can't \_\_\_\_\_\_\_ with my Maths homework! It's really difficult and I don't know how to do it.

A. get B. move C. cope D. keep

**8.** My cousin has \_\_\_\_\_\_\_ into university. He starts classes in September.

A. got B. been C. kept D. moved

**9.** You must \_\_\_\_\_\_\_\_\_ attention in class.

A. make B. pay C. do D. take

**10.** Sarah is \_\_\_\_\_\_\_ an exam this afternoon. She's studied hard.

A. skipping B. taking C. setting D. making

**11.** I'm not good at art so I'm \_\_\_\_\_\_\_\_\_ this subject. I'll try French now.

A. attending B. marking C. dropping D. taking

**12.** John has \_\_\_\_\_\_\_ his Biology exam so he must take it again.

A. passed B. revised C. failed D. gone

**ANSWER KEY**

**Task 1.**

1. get into 2. encourage 3. is worth it

4. take pride in 5. put you off 6. give up on

**Task 2.**

1. C 2. D 3. B 4. D 5. A 6. A

7. C 8. A 9. B 10. B 11. C 12. C

**WORDLIST**

| **Word** | **Pronunciation** | **Meaning** |
| --- | --- | --- |
| Compulsory (adj) | /kəmˈpʌlsəri/ | Bắt buộc |
| Drop (a subject) (v) | /drɒp/ | Bỏ (1 môn học) |
| Mixed ability | /ˌmɪkst əˈbɪləti/ | (lớp học) đa trình độ |
| Break up (for holiday) (phr.v) | /ˈbreɪk ʌp/ | Nghỉ (kỳ nghỉ lễ, nghỉ phép, nghỉ hè…) |
| Fail (an exam) (v) | /feɪl/ | Thi trượt |
| Get into trouble (phr) |  | Gặp rắc rối |
| Get into (phr.v) |  | Trở nên hứng thú |
| Give up on (phr.v) |  | Từ bỏ, dừng (hi vọng, ước mơ) |
| Learn by heart (phr) |  | Học thuộc lòng |
| Put sb off (phr.v) |  | Trì hoãn |
| Take pride in (phr.v) |  | Tự hào (về ai/ điều gì) |