

# UNIT 3. HEALTHY LIVING FOR TEEN

## I. VOCABULARY

Stt	Word	Type	Pronunciation	Meaning
1	accomplish	(v)	/ə'kʌmplɪʃ/	hoàn thành, đạt được
	<b>E.g.</b> The students <b>accomplished</b> the task in less than ten minutes. <i>Các sinh viên đã hoàn thành nhiệm vụ trong vòng chưa đầy mười phút.</i>			
2	adolescence	(n)	/,ædə'lesns/	giai đoạn vị thành niên
	<b>E.g. Adolescence</b> brings about major changes in a young person's body. <i>Giai đoạn vị thành niên mang đến những thay đổi lớn trên cơ thể của một bạn trẻ.</i>			
3	adulthood	(n)	/'ædʌlθʊd	giai đoạn trưởng thành
	<b>E.g.</b> When she reached adulthood, she moved away from home. <i>Khi đến tuổi trưởng thành, cô ấy chuyển ra ở riêng.</i>			
4	additional	(adj)	/ə'dɪʃənəl/	thêm, thêm vào
	<b>E.g.</b> Teachers didn't provide <b>additional</b> information about the coming test. <i>Giáo viên không cung cấp thêm thông tin về bài kiểm tra sắp tới.</i>			
5	anxiety	(n)	/æŋ'zaɪəti/	sự lo lắng
	<b>E.g.</b> <i>Waiting for exam results is a time of great anxiety.</i> Chờ đợi kết quả thi là khoảng thời gian vô cùng lo lắng.			
6	assignment	(n)	/ə'saɪnmənt/	bài tập
	<b>E.g.</b> I have a lot of <b>assignments</b> to complete before the end of term. <i>Tôi có rất nhiều bài tập phải hoàn thành trước khi kết thúc học kỳ.</i>			
7	calm	(adj)	/kɑ:m/	bình tĩnh
	<b>E.g.</b> He always stays <b>calm</b> under pressure. <i>Anh ấy luôn giữ bình tĩnh trước mọi áp lực.</i>			
8	counsellor	(n)	/'kaʊnsələ(r)	cố vấn, người tư vấn
	<b>E.g.</b> Our school now has a <b>counsellor</b> to help students with both personal and work problems. <i>Trường chúng ta hiện có một người cố vấn để giúp đỡ học sinh về các vấn đề cá nhân và học tập.</i>			
9	concentrate	(v)	/'kɒnsntreɪt/	tập trung
	<b>E.g.</b> I can't <b>concentrate</b> on my work with all that noise. <i>Tôi không thể tập trung vào</i>			

	công việc của mình với những tiếng ồn đó.			
10	confident	(adj)	/'kɒnfɪdənt/	tự tin
	<b>E.g.</b> It was a <b>confident</b> performance. Đó là một phần trình diễn tự tin.			
11	delighted	(adj)	/dɪ'laɪtɪd/	vui sướng
	<b>E.g.</b> "Can you stay for dinner?" - "I'd be <b>delighted</b> (to)!" "Cậu ở lại dùng bữa tối nhé?" - "Tôi sẽ rất vui đấy!"			
12	depressed	(adj)	/dɪ'prest/	tuyệt vọng, chán nản
	<b>E.g.</b> He seemed a bit <b>depressed</b> about his work situation. Anh ấy có vẻ rất chán nản về tình hình công việc của anh ấy.			
13	deadline	(n)	/'dedlaɪn/	thời hạn cuối cùng, hạn cuối
	<b>E.g.</b> The <b>deadline</b> for applications is 30 April. Hạn cuối nộp đơn là ngày 30 tháng 4.			
14	delay	(v)	/dɪ'leɪ/	chậm trễ, trì hoãn
	<b>E.g.</b> Heavy snow <b>delayed</b> the start of the game. Tuyết rơi dày đã trì hoãn việc bắt đầu trò chơi.			
15	distraction	(n)	/dɪ'strækʃn/	điều làm sao lãng
	<b>E.g.</b> I find it hard to work at home because there are too many <b>distractions</b> . Tôi cảm thấy rất khó làm việc ở nhà vì có quá nhiều phiền nhiễu.			
16	due date	(n)	/'djuː deɪt/	hạn chót
	<b>E.g.</b> If payment is not made by the <b>due date</b> , 10% will be added to the bill. Nếu không thanh toán đúng hạn, 10% sẽ được cộng vào hóa đơn.			
17	fattening	(adj)	/'fætɪnɪŋ/	gây béo phì
	<b>E.g.</b> Pasta is not as <b>fattening</b> as people think it is. Pasta không gây béo như mọi người nghĩ.			
18	mental	(adj)	/'mentl/	thuộc tinh thần, trí tuệ, trí óc
	<b>E.g.</b> I made a <b>mental</b> note to talk to her about it. Tôi đã ghi nhớ trong đầu là sẽ nói chuyện với cô ấy về điều đó.			
19	minimize	(v)	/'mɪnɪmaɪz/	giảm đến mức tối thiểu
	<b>E.g.</b> Good hygiene helps to <b>minimize</b> the risk of infection. Vệ sinh tốt giúp giảm thiểu nguy cơ nhiễm trùng.			
20	mood	(n)	/muːd/	tâm trạng

	<b>E.g.</b> He's always in a bad <b>mood</b> before the exam. Anh ấy luôn có tâm trạng tồi tệ trước kỳ thi.			
21	embarrassed	(adj)	/ɪm'bærəst/	xấu hổ, ngượng nghịu
	<b>E.g.</b> She was <b>embarrassed</b> at her own behaviour. Cô ấy cảm thấy xấu hổ trước hành vi của chính mình.			
22	emergency	(n)	/ɪ'mɜːdʒənsi	tình huống khẩn cấp
	<b>E.g.</b> How would disabled people escape in an <b>emergency</b> ? Làm thế nào để người tàn tật thoát hiểm trong trường hợp khẩn cấp?			
23	frustrated	(adj)	/frʌ'streɪtɪd/	nản lòng, nản chí
	<b>E.g.</b> It's very easy to get <b>frustrated</b> in this job. Rất dễ nản lòng trong công việc này.			
24	independence	(n)	/,ɪndɪ'pendəns/	sự độc lập, tự lập
	<b>E.g.</b> It's important that parents should allow their children some <b>independence</b> . Điều quan trọng là cha mẹ nên cho phép con cái của họ có một chút sự độc lập.			
25	optimistic	(adj)	/,ɒptɪ'mɪstɪk/	lạc quan
	<b>E.g.</b> He's always in an <b>optimistic</b> mood. Anh ấy luôn có tâm trạng lạc quan.			
26	priority	(n)	/praɪ'ɒrəti/	sự ưu tiên
	<b>E.g.</b> Education is a top <b>priority</b> . Giáo dục là ưu tiên hàng đầu.			
27	physical	(adj)	/'fɪzɪkl/	(thuộc) cơ thể, thân thể
	<b>E.g.</b> He tends to avoid all <b>physical</b> contact. Anh ấy có xu hướng tránh mọi tiếp xúc cơ thể.			
28	relaxed	(adj)	/rɪ'læksɪd/	thoải mái, thư giãn
	<b>E.g.</b> He appeared <b>relaxed</b> and confident before the match. Anh ấy tỏ ra thoải mái và tự tin trước trận đấu			
29	resolve	(v)	/rɪ'zɒlv/	giải quyết
	<b>E.g.</b> Attempts are being made to <b>resolve</b> the problem of security in schools. Các nỗ lực đang được thực hiện để giải quyết vấn đề an ninh trong trường học.			
30	risk taking	(n)	/'rɪsk teɪkɪŋ/	liều lĩnh, đối mặt rủi ro
	<b>E.g.</b> It's very important to teach children to understand the boundaries of <b>risk taking</b> .			

	Việc dạy trẻ hiểu về ranh giới của việc đối mặt với rủi ro là rất quan trọng.			
31	self-aware	(adj)	/,self ə'weə(r)	tự nhận thức, ngộ ra
	<b>E.g.</b> She was sufficiently <b>self-aware</b> to recognize the cause of her problems. <i>Cô ấy đã đủ nhận thức để nhận ra nguyên nhân các vấn đề của mình.</i>			
32	self-disciplined	(adj)	/,self 'disəplɪn/	tự rèn luyện, tự kỷ luật
	<b>E.g.</b> The managers have to be motivated and <b>self-disciplined</b> . <i>Các nhà quản lý phải có động lực và tự kỷ luật.</i>			
33	stressed	(adj)	/strest/	căng thẳng, mệt mỏi
	<b>E.g.</b> He was feeling very <b>stressed</b> and tired. <i>Anh ấy cảm thấy rất căng thẳng và mệt mỏi.</i>			
34	tense	(adj)	/tens/	căng thẳng
	<b>E.g.</b> She sounded <b>tense</b> and angry. <i>Cô ấy có vẻ căng thẳng và tức giận.</i>			
35	worried	(adj)	/'wʌrɪd/	lo lắng
	<b>E.g.</b> I'm not <b>worried</b> about her - she can take care of herself. <i>Tôi không lo lắng về cô ấy - cô ấy có thể tự lo cho mình.</i>			
36	well-balanced	(adj)	/'wel 'bælənst/	sự ưu tiên
	<b>E.g.</b> We should have a well-balanced diet. <i>Chúng ta nên có một chế độ ăn uống cân bằng.</i>			

## II. WORD FORMATION

Words	Related words	Transcription	Meaning
<b>accomplish (v)</b> hoàn thành, đạt được	accomplished (adj)	/ə'kʌmplɪʃt/	tài năng, hoàn hảo
	accomplishment (n)	/ə'kʌmplɪʃmənt/	thành tựu, thành công
<b>additional (adj)</b> thêm, thêm vào	addition (n)	/ə'dɪʃn/	phép cộng, sự thêm vào
	additionally (adv)	/ə'dɪʃənəli/	thêm vào
	add (v)	/æd/	cộng thêm, thêm vào
<b>anxiety (n)</b> sự lo lắng	anxious (adj)	/'æŋkʃəs/	cảm giác lo lắng
	anxiously (adv)	/'æŋkʃəsli/	một cách lo lắng, căng thẳng

<b>concentrate (v)</b> tập trung	concentration (n)	/ˌkɒnsn'treɪʃn/	sự tập trung
	concentrated (adj)	/'kɒnsntreɪtɪd/	tập trung, cô đặc
	concentrative (adj)	/'kɒnsntreɪtɪv/	có tính tập trung
<b>confident (adj)</b> tự tin	confidence (n)	/'kɒnfɪdəns/	sự tự tin, sự tin tưởng
	confidential (adj)	/ˌkɒnfɪ'denʃl/	kín, bí mật
	confidentially (adv)	/ˌkɒnfɪ'denʃəli/	một cách bí mật, kín đáo
	confidently (adv)	/'kɒnfɪdəntli/	một cách tự tin
<b>delighted (adj)</b> vui mừng	delight (n)	/dɪ'laɪt/	sự vui sướng, sự vui thích
	delight (v)	/dɪ'laɪt/	làm vui sướng, làm vui thích
	delightful (adj)	/dɪ'laɪtfl/	rất hài lòng, say mê, vui sướng
	delightfully (adv)	/dɪ'laɪtʃəli/	một cách rất hài lòng, vui sướng
	delightedly (adv)	/dɪ'laɪtɪdli/	một cách vui mừng, hài lòng
<b>depressed (adj)</b> thất vọng, chán nản	depress (v)	/dɪ'pres/	làm chán nản, làm buồn lòng
	depressant (n)	/dɪ'presnt/	thuốc làm dịu, làm giảm đau
	depressing (adj)	/dɪ'presɪŋ/	làm chán nản, làm thất vọng
	depressingly (adv)	/dɪ'presɪŋli/	đáng ngại, đáng buồn
<b>embarrassed (adj)</b> xấu hổ, lúng túng	frustrate (v)	/frʌ'streɪt/	làm thất vọng, làm hỏng
	frustrating (adj)	/frʌ'streɪtɪŋ/	làm nản lòng, gây bực bội
	frustratingly (adv)	/frʌ'streɪtɪŋli/	một cách bực bội, tức giận
	frustration (n)	/frʌ'streɪʃn/	sự làm thất bại, sự làm tức giận
<b>dependence (n)</b> sự phụ thuộc	independent (adj)	/ˌɪndɪ'pendənt/	không lệ thuộc, không phụ thuộc
<b>relaxed (adj)</b> thoải mái, thư giãn	relaxing (adj)		làm yếu đi, làm giảm đi, làm bớt căng thẳng
	relaxant (n)	/rɪ'læksɪŋ/	
	relaxation (n)	/rɪ'læksənt/	(y học) thuốc làm bắp thịt bớt căng thuốc xổ
<b>resolve (v)</b> giải quyết	resolve (n)	/rɪ'zɒlv/	quyết tâm, ý kiên quyết
	resolution (n)	/ˌrezə'lju:ʃn/	giải pháp, sự kiên quyết, sự kiên định

	resolved (adj)	/rɪ'zɒlvd	quyết tâm, kiên quyết
--	----------------	-----------	-----------------------

### III. GRAMMAR

#### 1. MODAL VERBS IN FIRST CONDITIONAL SENTENCES - Động từ khuyết thiếu trong câu điều kiện loại 1.

- Trong câu điều kiện loại 1, chúng ta sử dụng thì hiện tại đơn ở mệnh đề If và will + V ở mệnh đề chính.

Cấu trúc cơ bản:

**If + S + V(s/es), S + will + V**

**E.g.** If I have money, I will share with you.

(Nếu tớ có tiền, tớ sẽ chia cho cậu.)

If I pass the final exam, my mother will buy me a new car.

(Nếu tớ vượt qua kì thi, mẹ tớ sẽ mua cho tớ 1 chiếc xe ô tô mới.)

- Tuy nhiên thay vì will, chúng ta cũng có thể sử dụng những động từ khuyết thiếu khác như: can, must, may, might hoặc should ở mệnh đề chính để chỉ khả năng, lời khuyên, sự việc có thể xảy ra, sự cần thiết.

Cấu trúc mở rộng:

**If S + V(s/es), S + can/must/should/might... + V**

**E.g.** If you finish your homework early, you **can watch** TV.

(Nếu con hoàn thành bài tập về nhà sớm, con có thể xem TV.)

**E.g.** If you don't want to get burnt, you **must follow** these safety instructions.

(Nếu con không muốn bị bỏng, con phải làm theo những chỉ dẫn an toàn này.)

**E.g.** If you speak English fluently, you **might get** a good job.

(Nếu bạn nói tiếng Anh thành thạo, bạn có thể có một công việc tốt.)

**E.g.** If you want to have strong teeth, you **should brush** your teeth regularly.

(Nếu con muốn có một hàm răng khỏe mạnh, con nên đánh răng thường xuyên.)

**E.g.** If you feel unwell, you **shouldn't work** too much.

(Nếu bạn cảm thấy không khỏe, bạn không nên làm việc quá nhiều.)

**E.g.** If you join a cooking class, you **can cook** many delicious dishes at home.

(Nếu bạn tham gia một khoá học nấu ăn, bạn có thể nấu rất nhiều món ngon tại nhà.)

## IV. PRONUNCIATION

### SOUND /h/ and /r/

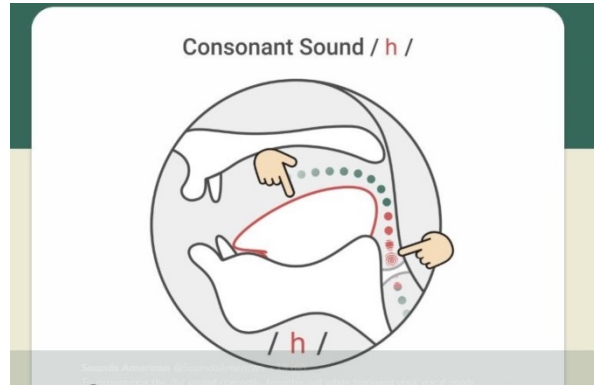
#### 1. SOUND /h/

##### 1.1. Cách phát âm âm /h/

- /h/ là phụ âm vô thanh nên khi phát âm cổ họng không rung.

- Để tạo ra âm thanh này, hãy há miệng thật rộng, nhanh chóng đẩy không khí ra ngoài và không sử dụng giọng nói. Phát âm /h/ ..... /h/.

Dưới đây là khẩu hình miệng khi phát âm âm /h/:



Các em luyện phát âm các ví dụ sau:

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
hand	(n)	/hænd	bàn tay
hill	(n)	/hɪl/	đồi
help	(v)	/help/	giúp đỡ
hear	(v)	/hiə/	nghe
how	(adv)	/haʊ/	như thế nào
happy	(adj)	/hæpi/	hạnh phúc
hospital	(n)	/'hɒspɪtl/	bệnh viện
husband	(n)	/'hʌzbænd	chồng
perhaps	(adv)	/pə'hæps/	có lẽ
ahead	(adv)	/ə'hed/	phía trước

## 1.2. Dấu hiệu nhận biết âm /h/

- “Wh” và “h” thường được phát âm là /h/

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
who	pronoun	/hu:/	ai
whole	pronoun	/həʊl/	đầy đủ, toàn bộ
ahead	adv	/ə'hed/	phía trước
hill	n	/hɪl/	ngọn đồi
heel	n	/hi:l/	gót chân
hand	n	/hænd/	bàn tay
hold	v	/həʊld/	Cầm, nắm giữ
hear	v	/hiə(r)/	nghe
high	adj	/haɪ/	cao
husband	n	/'hʌzbənd/	người chồng
happen	v	/'hæpən/	xảy ra, xảy đến
hospital	n	/'hɒspɪtl/	bệnh viện
horrible	adj	/'hɒrəbl/	tồi tệ

\* Lưu ý

Trong một số trường hợp “h” không được phát âm và nó được gọi là “phụ âm câm”

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
honest	adj	/'ɒnɪst/	trung thực
hour	n	/'aʊə(r)/	giờ
honor	n	/'ɒnə(r)/	danh dự, danh giá
rhubarb	n	/'ru:bɑ:b/	cây đại hoàng
rhythm	n	/'rɪðəm/	nhịp điệu

## 2. SOUND /r/

### 2.1. Cách phát âm âm /r/

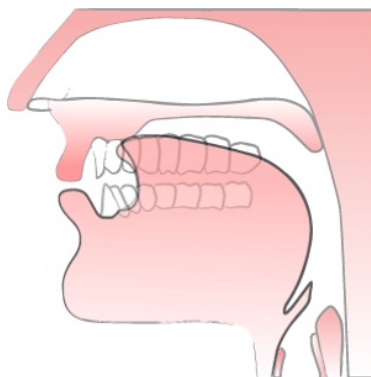
- /r/ là một phụ âm hữu thanh (voiced sounds) khi phát ra sẽ có sự rung động của các dây thanh quản ở cuống họng. Khi chạm tay vào và phát âm, sẽ có thể cảm nhận được sự rung động.

**Bước 1:** Để đầu lưỡi tiếp xúc với vùng vòm miệng phía sau chân răng trên

**Bước 2:** Sau đó lưỡi sẽ được uốn và luồng hơi được đưa ra khỏi vòm miệng.



Dưới đây là hình ảnh minh họa cách phát âm âm /əʊ/:



Các em luyện phát âm các ví dụ sau:

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
read	(v)	/ri:d/	đọc
grass	(n)	/grɑ:s/	cỏ
bright	(adj)	/braɪt/	sáng, tươi sáng
reporter	(n)	/rɪ'pɔ:tə(r)/	nhà báo
arrest	(v)	/ə'rest/	bắt giữ
rank	(n)	/ræŋk/	thứ hạng
ring	(n)	/rɪŋ/	nhẫn
bring	(v)	/brɪŋ/	mang theo

## 2.2. Dấu hiệu nhận biết âm /r/

- Chỉ có "r" được phát âm là /r/

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
right	adj	/raɪt/	đúng, bên phải
wrong	adj	/rɒŋ/	sai
sorry	adj	/'sɒri/	xin lỗi
arrange	v	/ə'reɪndʒ/	sắp xếp
road	n	/rəʊd/	con đường
fry	v	/fraɪ/	rán, chiên
grass	n	/grɑ:s/	cỏ
raise	v	/reɪz/	nâng, giơ lên
crack	v	/kræk/	bẻ khóa









rich	adj	/rɪtʃ/	giàu có
very	adv	/'veri/	rất
pretty	adj	/'prɪti/	xinh đẹp
proud	adj	/praʊd/	kiêu hãnh, tự hào
parents	n	/'peərənts/	cha mẹ

**Lưu ý:** Trong một số trường hợp “r” không được phát âm và nó được gọi là “phụ âm câm”

Từ vựng	Từ loại	Phiên âm	Ý nghĩa
depart	v	/dɪ'pɑ:t/	ra đi, khởi hành
afternoon	n	/,ɑ:ftə'nu:n/	buổi chiều
forbidden	v	/fə'bɪdn/	cấm
wonderful	adj	/'wʌndəfl/	tuyệt vời, kỳ diệu
storm	n	/stɔ:m/	cơn bão
airport	n	/'eəpɔ:t/	sân bay
quarter	n	/'kwɔ:tə(r)/	một phần tư

## IV. PRACTICE

**Exercise 1.** Look at the photo and write the correct word with /h/ or/r/.

			
1. _____	2. _____	3. _____	4. _____
			
5. _____	6. _____	7. _____	8. _____

**Exercise 2. Underline the sound /h/ and double underline the sound /r/ in the following sentences. Then practise reading the sentences aloud.**

1. She carefully chose a handbag for the special occasion.
2. This rural area is famous for its beautiful nature.
3. You should exercise regularly to keep fit.
4. Their random acts of kindness brightened people's days.
5. If you want to succeed, you must behave professionally.
6. The phone kept ringing, but nobody answered it.
7. Recycling paper will conserve trees and protect the environment.
8. The negative comments made them feel unhappy and insecure.
9. Taking time for self-care activities can enhance your well-being.
10. Despite many challenges, they remained hopeful for the future.
11. The team celebrated their recent victory with great excitement.
12. The runner crossed the finish line after four minutes.
13. She practised the speech in front of the mirror before the important meeting.
14. They thanked their parents for always being so caring and loving.
15. I closed my eyes and took deep breaths to relax.

**Exercise 3. Look at the photos and put the correct word/phrases under them.**

having a balanced diet	staying up late to study	balancing between work and life	skipping medical check-up
managing time	eating junk food	skipping meals	exercise regularly
procrastinating tasks	smoking cigarettes	staying in bed all day	getting enough sleep
<b>Healthy living</b>		<b>Unhealthy living</b>	

**Exercise 4. Complete the sentences with the words/ phrases in the box.**

<b>physical</b>	<b>priority</b>	<b>counsellor</b>	<b>mental</b>	<b>additional</b>
<b>delay</b>	<b>accomplish</b>	<b>anxiety</b>	<b>well-balanced</b>	<b>fattening</b>

1. Sharing both positive and negative feelings with friends can be a helpful way to improve your \_\_\_\_\_ health.
2. When making financial decisions, it is important to give \_\_\_\_\_ to essential expenses like food and clothes.
3. Eating too much \_\_\_\_\_ food can make you gain weight fast.
4. The team had to \_\_\_\_\_ the meeting until next week due to an emergency.
5. They needed \_\_\_\_\_ time to discuss the situation before making final decisions.
6. The therapist gave her some tips to reduce her \_\_\_\_\_ levels.
7. Thanks to great planning and hard work, she was able to \_\_\_\_\_ her goals.
8. The \_\_\_\_\_ provides support and advice to students who are facing academic difficulties.
9. He enjoyed the \_\_\_\_\_ challenge of climbing up the high mountain.
10. To maintain a healthy lifestyle, it's important to have a \_\_\_\_\_ diet with a lot of vegetables and fruits.

**Exercise 5. Choose the correct option A, B, C, or D to complete the sentences.**

1. If they start saving money from now, they \_\_\_\_\_ afford to go to Ha Long Bay on holiday.  
A. should                      B. need                      C. can                      D. must
2. If I get the job offer today, I \_\_\_\_\_ accept it and start working on Monday.  
A. should                      B. might                      C. need                      D. must
3. If you want to enhance your well-being, you \_\_\_\_\_ stay up too late.  
A. shouldn't                      B. may not                      C. might not                      D. needn't
4. If you don't charge the battery, your device \_\_\_\_\_ function properly.  
A. mustn't                      B. can't                      C. shouldn't                      D. needn't
5. If you want to travel to Australia, you \_\_\_\_\_ have a valid passport.  
A. should                      B. may                      C. can                      D. must
6. If it snows tomorrow, we \_\_\_\_\_ have to cancel our outdoor event.

A. can                      B. may                      C. must                      D. should

7. If you enroll in our intensive Spanish class, you \_\_\_\_\_ speak this language fluently after two months.

A. can                      B. should                      C. must                      D. need

8. If you want to pass the driving test, you \_\_\_\_\_ study harder and practice more regularly.

A. must                      B. will                      C. may                      D. might

9. If it's a private event, you \_\_\_\_\_ attend without an invitation.

A. shouldn't                      B. mustn't                      C. may not                      D. needn't

10. If you want to sleep well at night, you \_\_\_\_\_ drink too much caffeine after 3 p.m.

A. shouldn't                      B. may not                      C. can't                      D. won't

11. If you don't have a membership, you \_\_\_\_\_ access this exclusive club.

A. can't                      B. might not                      C. shouldn't                      D. may not

12. If they want to participate in the competition, they \_\_\_\_\_ violate any of these regulations.

A. shouldn't                      B. mustn't                      C. can't                      D. might not

13. If you want to avoid traffic, you \_\_\_\_\_ leave early in the morning or consider another route.

A. will                      B. need                      C. should                      D. must

14. If you want to succeed in their career, you \_\_\_\_\_ consider pursuing further education.

A. can                      B. might                      C. need                      D. must

15. If the team works effectively, they \_\_\_\_\_ complete the project ahead of schedule.

A. can                      B. must                      C. can't                      D. mustn't

16. If you want to stay healthy, you \_\_\_\_\_ eat too much junk food.

A. shouldn't                      B. needn't                      C. can't                      D. might not

17. If they want to graduate, they \_\_\_\_\_ complete all the required coursework.

A. must                      B. should                      C. can                      D. might

18. If we don't book our tickets in advance, we \_\_\_\_\_ guarantee seats for the concert.

A. shouldn't                      B. mustn't                      C. can't                      D. might not

19. If you want to have a productive meeting, you \_\_\_\_\_ carefully make a plan and set clear goals.

A. can                      B. might                      C. must                      D. may

20. If the traffic is heavy, we \_\_\_\_\_ make it to the movie theater before the show starts.

A. needn't                      B. shouldn't                      C. might not                      D. mustn't

**Exercise 6. Match the first half of the sentence in column A with the second half in column B.**

A	B
1. If Rosie wants to learn how to play the guitar,	a. she can attend the party at the weekend.
2. If Peter wants good grades in the next test,	b. he can greatly reduce the risk of developing lung cancer.
3. If Mary can finish all her assignments this Friday,	c. they can accomplish great things.
4. If people keep throwing garbage into rivers,	d. you may put on weight fast.
5. If Jack quits smoking,	e. they may pollute the water.
6. If more people choose to use public transportation,	f. we can still catch the last train in time.
7. If the team focuses on their goals,	g. she could easily find online tutorials to get started.
8. If you consume too many sweets,	h. he must revise the lessons carefully.
9. If the weather is beautiful,	i. we can greatly reduce air pollution.
10. If we leave now,	j. you should take advantage of it and spend time outdoors.

Your answer:

1. _____	2. _____	3. _____	4. _____	5. _____
6. _____	7. _____	8. _____	9. _____	10. _____

**Exercise 7. Choose the underlined part A, B, C or D that needs correcting.**

1. To maintain a healthy lifestyle, it is important to have a well-balance approach to work, rest, and leisure activities.

A. healthy                      B. important                      C. well-balance                      D. work

2. Regular exercise like jogging, cycling, and dancing can greatly enhance physic health.

A. like                      B. can                      C. greatly                      D. physic

3. When managing your tasks, you should make priority to the most urgent and important ones.

A. managing                      B. make                      C. most                      D. important

4. When feeling stress out, I find it helpful to talk to a close friend or family member about what's bothering me.

A. stress                      B. helpful                      C. a                      D. about

5. As we get older, it's common to start worrying of our health and take steps to stay healthy.

A. get                      B. start                      C. of                      D. healthy

6. It is important for parents to respond appropriate to their child's emotional needs.

A. for                      B. appropriate                      C. to                      D. emotional

**Exercise 8. Underline the mistake then rewrite the correct one.**

1. What I should do if I have to choose between two amazing offers?

→ \_\_\_\_\_

2. If Laura gets enough sleep, she will might feel better tomorrow.

→ \_\_\_\_\_

3. If you borrow someone's car, you shouldn't return it with a full tank of gas.

→ \_\_\_\_\_

4. If we have exams coming, what can we do to avoid stressed?

→ \_\_\_\_\_

5. If it rains tomorrow, the company must have to postpone the competition.

→ \_\_\_\_\_

6. If my brother follow the instructions carefully, he may solve the puzzle successfully.

→ \_\_\_\_\_

7. If Tom doesn't cut down on fattening food, he mustn't lose weight.

→ \_\_\_\_\_

8. If you will update your computer, you might experience interesting new features.

→ \_\_\_\_\_

9. If I come to Lisa's birthday party, what should I buying her as a present?

→ \_\_\_\_\_

10. If John will try his best in the final match, he might become the next champion.

→ \_\_\_\_\_

**Exercise 9. Complete the sentences with the correct form of the words in the box.**

<b>concentrate</b>	<b>communicate</b>	<b>priority</b>	<b>routine</b>	<b>negative</b>
<b>appropriately</b>	<b>manage</b>	<b>productivity</b>	<b>overcome</b>	<b>accomplish</b>

1. Despite his physical disability, he \_\_\_\_\_ his limitations and became a professional athlete.

2. If you \_\_\_\_\_ on positive thoughts, you may experience a greater sense of joy in your daily life.

3. Thanks to careful planning, the company \_\_\_\_\_ to host a successful event last month.

4. A regular exercise \_\_\_\_\_ will keep your body strong and energized.

5. By breaking down tasks into smaller steps, you can boost your \_\_\_\_\_.

6. \_\_\_\_\_ openly with your doctor can help create a great detailed plan for a healthier lifestyle.

7. \_\_\_\_\_ your goals requires a lot of factors including determination, patience, and careful planning.

8. Constantly comparing yourself to others can lead to \_\_\_\_\_ feelings of self-doubt.

9. As a student, it's important to give \_\_\_\_\_ to your academic responsibilities and arrange enough time for studying.

10. If you dress \_\_\_\_\_ for a job interview, you may make a good impression.

**Exercise 10. Circle the correct words or phrases to complete the sentences.**

1. Spending too much time sitting and not being physically active can lead to a/an **(healthy / unhealthy)** lifestyle.

2. It's important to stick to a **(schedule / balance)** to stay organized and meet deadlines.

3. **(Worrying / Managing)** too much about what could go wrong can prevent you from accessing great opportunities.



4. Even in difficult times, she remains **(optimistic / regular)** and believes in the power of positive thinking.
5. Consuming a lot of **(fattening / nutritious)** food can contribute to weight gain and poor health.
6. Timmy was **(nervous / relieved)** about the upcoming job interview and couldn't sleep the night before.
7. A quiet and organized workspace can help reduce **(distractions / obstacles)** and improve concentration.
8. If you're experiencing persistent symptoms, it's advisable to **(consult / function)** a doctor for a proper diagnosis.
9. People who smoke cigarettes are more likely to **(suffer / develop)** from respiratory problems.
10. Nowadays, more and more people struggle with **(mental / physical)** health issues such as anxiety, depression, or bipolar disorder.

**Exercise 11. Complete the conversation with the correct word in the box.**

<b>problems</b>	<b>start</b>	<b>keep</b>	<b>reduce</b>	<b>junk food</b>
<b>take</b>	<b>diet</b>	<b>vegetables</b>	<b>focus</b>	<b>exercise</b>

**Linda:** So, what's going on? Why haven't you been able to (1) \_\_\_\_\_ up with your (2) \_\_\_\_\_ routine lately?

**Mary:** I've just been feeling really tired all the time. And my back has been hurting a lot.

**Linda:** Oh no, that doesn't sound good. Have you seen a doctor about it?

**Mary:** Yeah, they said I have some (3) \_\_\_\_\_ with my spine and recommended surgery, but I'm not sure if that's the best option for me right now.

**Linda:** Well, maybe there are other ways to (4) \_\_\_\_\_ care of your health without resorting to surgery immediately.

**Mary:** That's true. I think one of the factors affecting my back is my poor (5) \_\_\_\_\_. I've been eating too much (6) \_\_\_\_\_.

**Linda:** Yeah. Try eating more nutritious foods like fruits and (7) \_\_\_\_\_ in your meals.

**Mary:** That's a good idea. I'll have to (8) \_\_\_\_\_ on making healthier choices from now on.

**Linda:** And don't forget to (9) \_\_\_\_\_ stress in your life as well. Stress can often manifest itself physically through things like back pain.

**Mary:** Yeah, I should probably (10) \_\_\_\_\_ doing yoga again. Thanks for helping me figure this out.

**Linda:** No problem.

**Exercise 12.** Complete the sentences, using "may/should" and the verbs from the box in the correct form either positive or negative. Number 0 is an example.

talk	avoid	perform	research	talk
complete	discover	forget	become	complete

0. You **should talk** openly about your problems if you want to reduce stress. **(positive)**
1. If you don't revise carefully, you \_\_\_\_\_ well on the coming exam. **(negative)**
2. If we recycle and reduce waste, we \_\_\_\_\_ the amount of landfill space needed. **(positive)**
3. If you're going on a long trip, you \_\_\_\_\_ to pack essential items like a first aid kit and extra clothing. **(negative)**
4. If students explore extracurricular activities, they \_\_\_\_\_ new talents and interests. **(positive)**
5. If you want to maintain a healthy relationship, you \_\_\_\_\_ open communications. **(negative)**
6. If you're installing new lights, you \_\_\_\_\_ energy-efficient options to save electricity. **(positive)**
7. If you practise regularly, you \_\_\_\_\_ a skilled musician in the future. **(positive)**
8. If the team doesn't manage their time effectively, they \_\_\_\_\_ the project on time. **(negative)**
9. If you're attending a job interview, you \_\_\_\_\_ the company beforehand. **(positive)**

**Exercise 13. Read the passage and choose the correct option to fill in the blank.**

It's not easy to manage school and life, but with some good time (1) \_\_\_\_\_ techniques, it's possible to (2) \_\_\_\_\_ a study-life balance. Here are some tips for secondary-school students. Firstly, (3) \_\_\_\_\_ a schedule. Plan your week in advance, allocating specific times for studying, attending classes, and doing homework. You should also include breaks and time for (4) \_\_\_\_\_ or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus on those first. If necessary, you can (5) \_\_\_\_\_ less urgent activities until you've finished your important tasks. Remember that it's okay to say no sometimes if you feel overwhelmed. Thirdly, take (6) \_\_\_\_\_ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also (7) \_\_\_\_\_ to get small tasks done during short breaks between classes. Finally, don't be too (8) \_\_\_\_\_ on yourself if you can't do everything perfectly. It's normal to occasionally feel (9) \_\_\_\_\_ out. In these situations, you can consider talking to a teacher or school (10) \_\_\_\_\_ for support.

1. A. limitation	B. period	C. management	D. awareness
2. A. achieve	B. provide	C. collect	D. contain
3. A. give	B. make	C. work	D. hold
4. A. communication	B. relaxation	C. education	D. application
5. A. create	B. finish	C. delay	D. complete
6. A. advantage	B. action	C. responsibility	D. moment
7. A. advise	B. advice	C. advising	D. advisable
8. A. simple	B. hard	C. strong	D. wise
9. A. stressed	B. nervous	C. anxious	D. negative
10. A. manager	B. counsellor	C. collector	D. developer

**Exercise 14. Read the text carefully, then do the tasks.**

**HOW TO MANAGE YOUR TIME**

Balance is key for Mary, a busy teenager. She uses an app to stay organized with her assignments and deadlines; the app helps her receive reminders to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's

mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid distractions, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

**A. Decide whether the following statements are True (T) or False (F).**

No.	Statements	T or F
1.	Mary has a friend to remind her of the assignments and deadlines.	
2.	Mary often spends excessive time on online social media.	
3.	Mary spends all her free time volunteering at a local charity.	
4.	On the day James works overtime, he can't finish all the tasks on time.	
5.	James and his wife divide their housework.	
6.	Going to the gym helps James keep fit and relax.	

**B. Decide who does the following things to manage their time.**

No.	Who...?	Mary	James	Both
1.	volunteers to gain more exp			
2.	creates a to-do list to plan their day			
3.	manages time by using an organizing app			
4.	relaxes by playing sports			
5.	thinks that social media can be distracting and			

	waste their tim			
6.	shares household chores with a partner			

**Exercise 15. Write the correct sentences using the suggested words. Use first conditional sentences with modal verbs. Number 0 is an example.**

0. Lan /make/delicious/dish /she/follow/recipe.(can)

→ Lan can make a delicious dish if she follows the recipe.

1. your classmate/ want/ sleep/ early/ he/ make/ schedule. (should)

→ \_\_\_\_\_

2. you/ want/ take/ part/ contest/ you/ fill/ this form. (must)

→ \_\_\_\_\_

3. your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight. (might)

→ \_\_\_\_\_

4. it/ rain/ tomorrow/ we/ have/ delay/ meeting. (may)

→ \_\_\_\_\_

5. you/ finish/ test/ you/ hand/ it/ and/ leave/ home/ immediately. (can)

→ \_\_\_\_\_

6. Linda/ win/ contest/ she/ have/ enough money/ go travelling/ Europe. (might)

→ \_\_\_\_\_

7. you/ attend/ formal/ event/ you/ dress/ appropriate/ and/ behave/ polite. (should)

→ \_\_\_\_\_

8. they/ want/ win/ competition/ they/ give/ best/ performance. (must)

→ \_\_\_\_\_

**Exercise 16. Reorder the words to make a correct sentence.**

1. shouldn't/ visit/ the/ If/ park,/ a/ national/ you/ feed/ you/ wildlife./

→ \_\_\_\_\_

2. medical/ you/ you're/ advice./ consider/ should/ unwell,/ seeking/ If/ feeling/

→ \_\_\_\_\_

3. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing,/ asthma./

→ \_\_\_\_\_

4. more/ you/ practise/ posture,/ confident./ good/ appear/ If/ you/ can/

→ \_\_\_\_\_

5. smile./ If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/

→ \_\_\_\_\_

6. If/ must/ have/ a/ question,/ you/ and/ raise/ hand/ ask/ you/ your/ the/ teacher./

→ \_\_\_\_\_

7. If/ you/ license./ car,/ you/ have/ drive/ must/ a/ a/ to/ driver's/ want/

→ \_\_\_\_\_

8. you/ have/ shouldn't/ money,/ If/ it/ you/ don't/ spend/ much/ on/ unnecessary/ things./

→ \_\_\_\_\_