

UNIT 3: HEALTHY LIVING FOR TEENS

A. VOCABULARY

N o.	Word/Phrase	Type	IPA	Meaning
1.	accomplish	(v)	/ə'kʌm.plɪʃ/	hoàn thành
2.	achieve	(v)	/ə'tʃi:v/	đạt được
3.	additional	(adj)	/ə'dɪʃ.ən.əl/	bổ sung
4.	advice	(n)	/əd'vaɪs/	lời khuyên
5.	advise	(v)	/əd'vaɪz/	khuyến bảo
6.	anxiety	(n)	/æŋ'zaɪ.ə.ti/	sự lo lắng
7.	appearance	(n)	/ə'piə.rəns/	ngoại hình
8.	appropriately	(adv)	/ə'prəʊ.pri.ət.li/	thích hợp
9.	assignment	(n)	/ə'saɪn.mənt/	bài tập
10.	connect	(v)	/kə'nekt/	kết nối
11.	consult	(v)	/kən'sʌlt/	tham khảo
12.	counsellor	(n)	/'kʌʊn.səl.ər/	cố vấn
13.	distraction	(n)	/dɪ'stræk.ʃən/	sự xao lãng
14.	due date = deadline	(n)	/'dju: deɪt/ /'ded.laɪn/	hạn chót
15.	effectively	(adv)	/ɪ'fek.tɪv.li/	hiệu quả
16.	encouragement	(n)	/ɪn'kʌr.ɪdʒ.mənt/	sự khuyến khích
17.	fattening	(adj)	/'fæt.ən.ɪŋ/	gây béo phì
18.	instruction	(n)	/ɪn'strʌk.ʃən/	hướng dẫn
19.	ingredient	(n)	/ɪn'gri:di.ənt/	nguyên liệu
20.	manage	(v)	/'mæn.ɪdʒ/	quản lý
21.	mental	(adj)	/'men.təl/	tinh thần
22.	minimize	(v)	/'mɪn.ɪ.maɪz/	giảm thiểu
23.	mood	(n)	/mu:d/	tâm trạng
24.	obstacle	(n)	/'ɒb.stə.kəl/	chướng ngại vật
25.	omission	(n)	/ə'smɪʃ.ən/	sự bỏ sót
26.	optimistic	(adj)	/'ɒp.tɪ'mɪs.tɪk/	lạc quan
27.	organising	(v)	/'ɔ:ɡə.naɪ.zɪŋ/	tổ chức
28.	overcome	(v)	/'əʊ.və'kʌm/	vượt qua
29.	priority	(n)	/'praɪ'ɒr.ə.ti/	sự ưu tiên
30.	punish	(v)	/'pʌn.ɪʃ/	trừng phạt
31.	physical health	(n)	/'fɪz.ɪ.kəl helθ/	sức khỏe thể chất
32.	reduce	(v)	/'rɪ.dju:s/	giảm
33.	regularly	(adv)	/'reg.jə.lər.li/	thường xuyên
34.	require	(v)	/'rɪ'kwaɪər/	yêu cầu
35.	session	(n)	/'seʃ.ən/	buổi họp, phiên họp
36.	sore throat	(n)	/sɔ: θrəʊt/	viêm họng
37.	stressed out	(adj)	/'streɪst aʊt/	căng thẳng
38.	suffer	(v)	/'sʌf.ər/	chịu đựng
39.	urgent	(adj)	/'ɜ:.dʒənt/	khẩn cấp
40.	well - balanced	(adj)	/'wel 'bæl.ənst/	cân đối

Collocations/ phrase/phrasal verb	Meaning
1. bring about	mang lại
2. concentrate on	tập trung vào
3. dealt with	xử lý
4. gain weight	tăng cân



5. get burnt	bị cháy nắng
6. get through	vượt qua
7. look after	chăm sóc
8. lose weight	giảm cân
9. pay attention	chú ý
10. put on	mặc vào
11. take a break	nghỉ ngơi

B. GRAMMAR

Chỉ sự việc, hành động có thể xảy ra ở hiện tại hoặc trong tương lai.

	If clause	Main clause
First conditional	If + S + V/V(-s/es) If + S + am / is / are	, S + will / shall + V
	<p>If I <u>get</u> (get) the scholarship, I <u>will study</u> (study) in England.</p> <p>If the weather <u>is</u> (be) nice, I <u>will go</u> (go) fishing.</p> <p>If I <u>find</u> (find) her address, I'll <u>send</u> (send) her an invitation.</p>	
Notes	<p>- Ở mệnh đề chính có thể dùng can, may, must thay cho will, shall</p> <p>- Ở mệnh đề chính có thể dùng dạng mệnh lệnh.</p> <p>If you <u>learn</u> (learn) hard, you <u>will pass</u> (pass) any examination</p> <p>Lan <u>can speak</u> (speak) English fluently if she <u>practices</u> (practice) every day</p> <p><u>Come to visit</u> me if you <u>have</u> (have) spare time.</p>	

- Mệnh đề "If", có thể đứng trước hoặc đứng sau

If I work hard, I'll pass my exam.

I'll pass my exam if I work hard.

- Có thể dùng các động từ khuyết thiếu thay cho "will" ở mệnh đề chính tùy tình huống.

- Có thể dùng dạng "Mệnh lệnh: V+ ...! / Don't V...!" ở mệnh đề chính.

Please tell him to come to my office if you see him

- "If" có thể được thay bằng "When"



Exercises

A. PHONETIC

Exercise 1: Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|
| 1. A. physical | B. minimise | C. priority | D. deadline |
| 2. A. carry | B. garbage | C. paragraph | D. attraction |
| 3. A. <u>a</u> ccomplish | B. <u>a</u> dditional | C. <u>a</u> nxiety | D. <u>a</u> ssignment |
| 4. A. <u>h</u> ead | B. <u>b</u> read | C. <u>l</u> eave | D. <u>i</u> nstead |
| 5. A. counsellor | B. physical | C. optimistic | D. submit |
| 6. A. wash | B. flat | C. marinate | D. <u>c</u> abbage |
| 7. A. <u>c</u> lever | B. <u>c</u> ircus | C. <u>c</u> ollect | D. cushion |
| 8. A. <u>o</u> ther | B. <u>c</u> olourful | C. <u>d</u> olphin | D. <u>w</u> onderful |
| 9. A. <u>q</u> uestion | B. <u>m</u> ention | C. <u>p</u> roduction | D. <u>c</u> aption |
| 10. A. <u>v</u> isited | B. <u>s</u> howed | C. <u>w</u> ondered | D. <u>s</u> tudied |

Exercise 2: Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

- | | | | |
|------------------|---------------|----------------|---------------|
| 1. A. organise | B. physical | C. maintaining | D. counsellor |
| 2. A. worried | B. cognitive | C. concentrate | D. frustrated |
| 3. A. disappoint | B. badminton | C. confident | D. medical |
| 4. A. advise | B. delay | C. mental | D. awake |
| 5. A. accomplish | B. assignment | C. distraction | D. minimise |
| 6. A. politic | B. historic | C. electric | D. specific |
| 7. A. attend | B. pretend | C. content | D. percent |
| 8. A. contain | B. express | C. carbon | D. obey |
| 9. A. provide | B. product | C. promote | D. produce |
| 10. A. expand | B. maintain | C. approach | D. comment |

B. VOCABULARY AND GRAMAR

Exercise 3: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

- Teens should learn to _____ conflicts appropriately to maintain healthy relationships.
A. resolve B. delay C. concentrate D. accomplish
- Prioritizing sleep is crucial; don't _____ bedtime due to distractions.
A. concentrate B. accomplish C. delay D. resolve
- Being _____ helps teens recognize their emotions and cope with stress.
A. self-disciplined B. stressed out C. self-aware D. well-balanced
- A positive _____ contributes to overall well-being.
A. mood B. independence C. priority D. due date
- Set a _____ for completing school projects to avoid last-minute stress.
A. distraction B. due date C. counsellor D. assignment
- _____ is a critical stage of development when teens transition from childhood to adulthood.
A. Counsellor B. Adolescence C. Distraction D. Priority
- Regular exercise is essential for maintaining _____ health and preventing obesity.
A. physical B. fattening C. additional D. stressed out
- To _____ stress, consider talking to a school counselor or seeking professional help.
A. delay B. minimize C. attract D. accomplish



9. Setting a _____ for completing assignments helps manage time effectively.
A. anxiety B. mood C. deadline D. distraction
10. Avoid _____ foods like sugary snacks and opt for nutritious options instead.
A. appropriate B. additional C. optimistic D. fattening
11. Staying _____ means maintaining a healthy mix of physical activity, social interactions, and rest.
A. well-balanced B. stressed out C. self-aware D. self-disciplined
12. An additional benefit of exercise is improved mood and reduced _____.
A. due date B. anxiety C. task D. assignment
13. A _____ can provide guidance on academic and emotional matters.
A. accomplishment B. adolescence C. adulthood D. counsellor
14. Prioritize tasks to _____ them efficiently.
A. raise B. accomplish C. minimize D. delay
15. A _____ approach to eating helps maintain a healthy weight.
A. self-aware B. beautiful C. stressed out D. self-disciplined
16. Don't let academic pressures leave you feeling _____.
A. fattening B. stressed out C. happy D. optimistic
17. Stay _____ even during challenging times; a positive mindset is essential.
A. frustrated B. physical C. optimistic D. relaxed
18. Avoid _____ like excessive screen time when studying.
A. moods B. priorities C. distractions D. due dates
19. Regular exercise has both physical and _____ health benefits.
A. mental B. embarrassed C. optimistic D. fattening
20. If it snows tomorrow, we _____ have to cancel our outdoor event.
A. can B. may C. must D. should
21. If you enroll in our intensive Spanish class, you _____ speak this language fluently after two months.
A. can B. should C. must D. need
22. If you want to pass the driving test, you _____ study harder and practise more regularly.
A. may B. will C. must D. might
23. If it's a private event, you _____ attend without an invitation.
A. shouldn't B. mustn't C. may not D. needn't
24. If you want to stay healthy, you _____ eat too much junk food.
A. shouldn't B. needn't C. can't D. might not
25. 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
26. If I get the job offer today, I _____ accept it and start working on Monday.
A. should B. might C. need D. must
27. If you want to enhance your well-being, you _____ stay up too late.
A. needn't B. may not C. might not D. shouldn't
28. If you don't charge the battery, your device _____ function properly.
A. mustn't B. can't C. shouldn't D. needn't
29. If you want to travel to Australia, you _____ have a valid passport.
A. should B. may C. can D. must
30. If they want to graduate, they _____ complete all the required coursework.
A. must B. should C. can D. might
31. 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
32. 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
33. 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
- 34.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
- 35.If you don't have a membership, you _____ access this exclusive club.
- A. may not B. might not C. shouldn't D. can't
- 36.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
- 37.If you want to avoid traffic, you _____ leave early in the morning or consider another route.
- A. will B. need C. should D. must
- 38.If you want to succeed in their career, you _____ consider pursuing further education.
- A. can B. might C. can D. must
- 39.If the team works effectively, they _____ complete the project ahead of schedule.
- A. can B. must C. can't D. mustn't

Exercise 4: Circle the correct option in brackets.

- If it rains tomorrow, the teenagers **(mustn't / must)** wear raincoats to school.
- They **(might / should)** understand the new concept better if they study together.
- You'll feel hungry before lunch if you **(won't eat / don't eat)** breakfast.
- Emily **(can / must)** buy the new phone she wants if she saves money.
- If Johnny exercises more, he **(must / might)** feel healthier.
- She will probably fail if she **(doesn't study / studies)** for the test.
- If the team trains hard, they **(will / should)** have a chance of winning the competition.
- You **(can / may not)** improve your skills if you practice playing guitar every day.
- If teenagers don't eat healthy food, they **(should / may)** experience health problems later.
- Your parents **(aren't / won't be)** happy if you can't finish your chores before playing video games.

Exercise 5: Supply the correct form of the verbs in the first conditional sentences.

- We _____ (go) to the beach if the weather _____ (be) nice tomorrow.
- If Susan _____ (study) hard for her exam, she _____ (pass) with flying colors.
- If it _____ (rain) tomorrow, the teenagers will postpone (postpone) the picnic.
- Will Michael _____ (Michael, join) the debate club if his friends _____ (encourage) him?
- He _____ (feel) more confident if he _____ (practice) his presentation.
- If the teenagers _____ (leave) their room, their parents _____ (be) happy.
- John _____ (be) late for school if he _____ (not, leave) now.
- If the teenagers _____ (be) respectful to their elders, they _____ (earn) their trust and respect.
- They _____ (go) to the party if their parents _____ (allow) them.
- If the school play _____ (be) a success, the students _____ (celebrate) afterwards.

Exercise 6: Fill in each blank with one appropriate word or phrase from the box.
(There are some extra words or phrases.)

mental	well-balanced	accomplish	delay
counsellor	fattening	priority	anxiety

- Thanks to great planning and hard work, she was able to _____ her goals.
- The _____ provides support and advice to students who are facing academic difficulties.
- The therapist gave her some tips to reduce her _____ levels.
- To maintain a healthy lifestyle, it's important to have a _____ diet with a lot of vegetables and fruits.
- Eating too much _____ food can make you gain weight fast.

Exercise 7: Circle the correct word to complete the sentences.

1. To feel energized throughout the day, it's important to **(give / make)** healthy food choices.
2. Taking breaks from studying and engaging in relaxing activities can help reduce **(mental / physical)** stress.
3. Teens enjoy staying up late to watch videos, but this can **(encourage / discourage)** getting enough sleep.
4. You should find ways to **(take / manage)** stress in a healthy way, like exercise or relaxation techniques.
5. Don't **(delay / accomplish)** spending time with friends and family, even when you're busy with schoolwork.
6. Skipping breakfast is an example of a(n) **(healthy / unhealthy)** way to start your day.
7. Surrounding yourself with **(negative / positive)** people can help you stay motivated and achieve your goals.
8. It's crucial to consider both physical and mental health to achieve a **(well-balanced / badly balanced)** lifestyle.
9. Many teens struggle to get enough sleep. A good **(cause / solution)** to this problem could be setting a regular sleep schedule and sticking to it.
10. Having a healthy lifestyle can make you feel more **(optimistic / pessimistic)** about your future health and well-being.

Exercise 8: Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. Teens who engage in regular physical activity often feel **delighted** and energized.
A. embarrassed B. disappointed C. worried D. pleased
2. Making health a **priority** ensures that teens allocate time for exercise and nutritious meals.
A. precedence B. deadline C. distraction D. anxiety
3. Achieving fitness goals, like running a mile or doing yoga, leaves teens feeling **accomplished**.
A. mental B. stressed C. finished D. optimistic
4. Teens experiencing **anxiety** can benefit from mindfulness practices and seeking professional support.
A. nervousness B. counsellor C. mood D. priority
5. You may not be able to identify if your teenager is **stressed** or is just being a "teen".
A. tensed B. worried C. depressed D. terrible

Exercise 9: Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

1. Managing schoolwork, extracurricular activities, and social life can leave teens feeling **stressed out**.
A. pleased B. relaxed C. frightened D. tensed
2. You should follow these simple strategies to **overcome** stress.
A. control B. get over C. manage D. fail
3. Some teens may feel **pessimistic** about their body image, but focusing on positive aspects helps build confidence.
A. optimistic B. inexpensive C. unhealthy D. unwealthy
4. The team had to **delay** the meeting until next week due to an emergency.
A. put on B. take on C. turn down D. go on
5. If you practise good posture, you can appear more **confident**.
A. additional B. distrustful C. calm D. delighted

Exercise 10: Write the correct form of the word in brackets.

1. Prioritizing moments of _____, like practicing mindfulness or taking breaks, **(relax)** supports mental health.



2. Attempts are being made to _____ the problem of security in schools. **(resolved)**
3. Encouraging an _____ approach to making nutritious food choices helps teens develop lifelong habits. **(depend)**
4. To improve focus and _____, consider creating a quiet study space free from distractions. **(concentrate)**
5. Teens often feel _____ when they achieve their fitness goals or maintain a healthy lifestyle. **(delight)**
6. Regular exercise can enhance self-esteem and _____ in teenagers. **(confident)**
7. Your teen can maintain an active lifestyle by _____ yoga and meditation. **(practice)**
8. My first _____ of smoking was terrible. **(impress)**
9. Cigarettes contain nicotine, an _____ chemical that affects the body and the mind and keeps people hooked. **(addict)**
10. Learning to self-care is so important to meet their basic needs and be _____ and mentally healthy. **(physic)**
11. _____ your teen in physical activities regularly is crucial for their overall health and well-being. **(encourage)**
12. _____ and teenage years are the best time to develop healthy habits since young people are easier to mold. **(child)**
13. You should encourage healthy habits in your _____. **(teen)**
14. _____ is another physical activity teens can incorporate into their daily routine. **(Gym)**

C. COMUNICATION

Exercise 11: Mark the letter A, B, C or D to indicate the option that best completes each of the following exchanges.

1. - **Susan:** Hey, How can we stay healthy?
 - **Ally:** " _____ " It's essential!
 A. I like you to say that.
 B. Yes, of course. It's expensive.
 C. Certainly. Do you like it, too?
 D. Well, we should exercise for at least 60 minutes every day.
2. - **Susan:** " _____ ?"
 - **Ally:** A balanced diet is crucial. Fruits, veggies, whole grains, and lean proteins are great choices. Avoid junk food, like chips and soda.
 A. What should we eat to be healthy
 B. How do you live
 C. What do you earn for a living
 D. What are you working
3. - **Susan:** I'm tired. Should I take a nap?
 - **Ally:** Yes, " _____ ." A short nap can recharge you.
 A. Stay calm. Everything will be alright!
 B. Congratulations!
 C. Proper rest is essential.
 D. I understand how you feel.
4. - **Susan:** How can we manage stress?
 - **Ally:** Try deep breathing or meditation. " _____ ."
 A. I'll certainly come
 B. Congratulations
 C. It helps reduce stress
 D. Good luck
5. - **Susan:** I hate water. What should I drink?
 - **Ally:** " _____ ," It keeps you hydrated. Limit sugary drinks.
 A. Water is the best choice
 B. I have a meeting in 15 minutes.
 C. I don't want to be free.
 D. A minute is a short time.
6. - **Susan:** My skin breaks out. " _____ ?"
 - **Ally:** Wash your face regularly. And don't forget sunscreen!
 A. I'm sorry to hear that.
 B. No, they are not available.
 C. Any tips
 D. You should agree with us.
7. - **Susan:** Ally, I love video games. Is that okay?



- **Ally:** Moderation, Susan! "_____."
- A. Let's watch a movie together some time next week. B. I don't think you want to watch films.
- C. Balance screen time with physical activity. D. I prefer the one in the shopping mall.
8. - **Susan:** How can we improve posture?
- **Ally:** "_____!" Avoid slouching—it's better for your back.
- A. It is my pleasure B. You must be kidding C. Sit up straight D. Yes, I'd love to
9. - **Susan:** I'm always tired. "_____?"
- **Ally:** Get enough sleep and eat well. It'll boost your energy.
- A. Why dare you say so? B. Oh, what a pity! C. I'm afraid so!
- D. What can I do?
10. - **Susan:** Any tips for staying positive?
- **Ally:** "_____."
- A. Surround yourself with positive people and focus on gratitude.
- B. Don't apologize. I've just arrived here.
- C. My pleasure. You must arrive soon.
- D. It's doesn't matter. Thank you.
11. **Aria:** "I'm feeling tired lately. Maybe I should sleep more." - **Penelope:** "_____"
- A. Don't worry, you'll be fine.
- B. Getting less sleep will boost your energy.
- C. You should stay up late and study more.
- D. That's a great idea! Aim for 8-10 hours each night
12. **Joe:** "Hey, Michael, how do you stay energized throughout the day?"
- **Michael:** "_____"
- A. I stay up late playing video games.
- B. I sleep through most of my classes.
- C. I eat a healthy breakfast with fruits and whole grains.
- D. I skip breakfast because I'm not hungry.
13. **Nigel:** I feel tired after school. Should I take a nap before studying?
- **John:** "_____"
- A. Sure, napping for 20-30 minutes can refresh your mind.
- B. Napping for too long can make you feel even sleepier.
- C. You should eat a lot of sugary snacks to get energy.
- D. Naps are a waste of time. You should just study.
14. **Jim:** "What do you usually eat for breakfast, Susan?" - **Susan:** "_____"
- A. I usually skip breakfast because I'm not hungry in the morning.
- B. I don't often eat chips and candy because they're unhealthy foods.
- C. I try to have a balanced breakfast with whole grains, fruits, and protein.
- D. I don't eat breakfast at home, but I grab something on the way to school.
15. **Avery:** "Do you want to join me for a run after school?" - **Ella:** "_____"
- A. I'd love to! Exercise is important for good health.
- B. Great! I need someone to talk to about my day.
- C. Don't worry, everyone feels tired sometimes.
- D. Maybe I shouldn't watch more TV before bed.
16. **Violet:** "Hey, I'm so tired all the time! I can barely stay awake in class." - **Abigail:** "I can see that. Maybe you should _____."
- A. stay up late studying to catch up








- B. go to bed earlier and get a good night's sleep
- C. skip breakfast to save time in the morning
- D. drink lots of sugary drinks for an energy boost



D. READING

Exercise 12: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.

1.		<p>A. Do not wear sunglasses here.</p> <p>B. Sunglasses are not good for you.</p> <p>C. Keep calm and wear cute glasses.</p> <p>D. Sunglasses are permitted here.</p>
2.		<p>A. Long hair, tie and necklace - not necessary.</p> <p>B. Loose clothing and loose hair prohibited.</p> <p>C. Do not wear valuable things.</p> <p>D. Your appearance - not important.</p>
3.		<p>A. Be careful! Lightning can kill.</p> <p>B. Be careful! Electricity can kill.</p> <p>C. Be careful! Thunderstorm can kill.</p> <p>D. Be careful! Electrical socket can kill.</p>
4.		<p>A. If you jump into the water head first, you may end up in hospital.</p> <p>B. If you jump into the water head first, you won't wake up in hospital.</p> <p>C. This is not the place if you are scared of reptiles.</p> <p>D. It may look shallow, but you can swim in it.</p>
5.		<p>A. People who are under eighteen have to be admitted.</p> <p>B. People who are under eighteen must be admitted</p> <p>C. People who are under eighteen mustn't be admitted.</p> <p>D. People who are under eighteen should be admitted.</p>

Exercise 13: Read the following advertisement / announcement and mark the letter A, B, C or D to indicate the correct option that best fits each of the numbered blanks

①

Get More Energy, Feel Amazing! ✨

Feeling tired lately? No problem! Our plan will help you feel great again. When you follow our simple advice, you'll have more (1) _____ and focus.

Here's the secret:

- Eat plenty (2) _____ fruits, vegetables, and good foods.
- Exercise regularly - it's fun and good for you!
- Make sure you get enough sleep every night.

A healthy diet is really (3) _____. We'll show you how to eat better and get moving.

To improve your life, try these easy changes today.

Sign up now and discover (4) _____ happier, healthier you! ✨

- | | | | |
|-------------------|----------------|---------------|----------------|
| 1. A. energy | B. balance | C. priority | D. distraction |
| 2. A. about | B. to | C. of | D. with |
| 3. A. importances | B. importantly | C. important | D. importance |
| 4. A. the | B. an | C. no article | D. a |

②

Teens! Get Fit and Feel Great! 🏆

Want to be healthier and have more energy? Our special guide is just for teens! Learn how to (1) _____ good choices and feel awesome every day.

What's Inside:

1. **Get Moving:** If you **exercise** regularly, you'll get (2) _____ and feel better.
2. **Eat Right:** You **should** follow our (3) _____ tips to eat healthy foods and avoid junk food.



3. **Feel Happy:** Learn (4) _____ to relax and stay positive.

Bonus: Get the guide today and start your healthy journey!

- | | | | |
|------------------|---------------|-------------|-------------|
| 1. A. make | B. take | C. do | D. look |
| 2. A. strongly | B. strengthen | C. strength | D. stronger |
| 3. A. no article | B. a | C. the | D. an |
| 4. A. why | B. where | C. what | D. how |

Exercise 14: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

① It's important to acknowledge that stress is a normal part of life, (1) _____ it's vital to learn healthy ways to manage it. Talking to trusted (2) _____, like a parent, teacher, or counselor, can be a great way to receive support and guidance.

Finding healthy outlets for stress is (3) _____. Regular exercise, spending time in nature, listening to calming music, or pursuing creative hobbies can all be (4) _____ coping mechanisms.

Learning healthy sleep hygiene and maintaining a (5) _____ diet can also significantly impact stress levels. Finally, remember to be kind to yourself. Don't be afraid to ask for help and prioritize your well-being.

- | | | | |
|---------------|--------------|--------------|---------------|
| 1. A. so | B. but | C. therefore | D. however |
| 2. A. adult | B. men | C. infant | D. adolescent |
| 3. A. low | B. dependent | C. light | D. crucial |
| 4. A. helpful | B. helpless | C. hopeful | D. hopeless |
| 5. A. fair | B. balanced | C. equalized | D. delicious |

② It's not easy to manage school and life, but with some good time (1) _____ techniques, it's possible to achieve a study-life balance. Here are some tips for secondary-school students. Firstly, (2) _____ 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 relaxation or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus (3) _____ those first. If necessary, you can delay 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 (4) _____ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also advisable to get small tasks done during short breaks between classes. Finally, don't be too hard on yourself if you can't do everything perfectly. It's normal to occasionally feel stressed out. In these situations, you can consider (5) _____ to a teacher or school counsellor for support.

- | | | | |
|----------------------|---------------|---------------|-----------------|
| 1. A. limitation | B. period | C. management | D. awareness |
| 2. A. give | B. hold | C. work | D. make |
| 3. A. to | B. on | C. with | D. of |
| 4. A. responsibility | B. action | C. advantage | D. moment |
| 5. A. talking | B. to talking | C. talked | D. to be talked |

③ Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to (1) _____ a chance in the job market afterwards. It's no wonder that many young people worry (2) _____ letting down their parents, their peers and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people (3) _____ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which (4) _____ become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, (5) _____ it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

- | | | | |
|--------------|---------|----------|------------|
| 1. A. wonder | B. have | C. doing | D. take on |
|--------------|---------|----------|------------|



- | | | | |
|----------------|------------|------------|---------------|
| 2. A. of | B. at | C. about | D. with |
| 3. A. suffer | B. please | C. balance | D. cope with |
| 4. A. can't | B. mustn't | C. have to | D. can |
| 5. A. although | B. unless | C. because | D. because of |

Exercise 15: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

① Have you ever felt so passionate about something that you couldn't stop thinking about it? That overwhelming feeling of excitement and dedication is what makes following your passions so rewarding. For teenagers, discovering their passions can be a significant step towards a fulfilling future.

Passions can take many forms. It could be a love for music and playing an instrument, a fascination with science and conducting experiments, or a talent for writing and expressing oneself creatively. When teenagers pursue their passions, they often experience a sense of purpose and motivation. They become eager to learn, develop new skills, and overcome challenges.

However, focusing on a passion isn't always easy. There may be times when friends seem more interested in different things, or family expectations can seem at odds with personal aspirations. It's important to remember that pursuing a passion requires commitment and **perseverance**. There will be setbacks and moments of doubt, but the feeling of accomplishment and satisfaction from pursuing something you truly love is worth the effort.

- What can be the best title for the passage?
 - "Teenagers and Their Hobbies"
 - "The Importance of Family Expectations"
 - "Overcoming Challenges in Pursuing Passions"
 - "Discovering and Following Your Passions"
- What is the main benefit of following one's passions, according to the passage?
 - Feeling overwhelmed
 - Developing new skills
 - Facing setbacks
 - Meeting family expectations
- Why might it be challenging to focus on a passion?
 - Friends are not interested
 - Family expectations conflict
 - Personal aspirations are unclear
 - Pursuing passions is effortless
- According to the passage, why do teenagers experience a sense of purpose when pursuing their passions?
 - They want to impress their friends
 - They need to overcome challenges
 - They become motivated
 - They love music
- What does the word "**perseverance**" in the passage mostly mean?
 - laziness
 - determination
 - indifference
 - confusion

② Being a teenager is like navigating a three-ring circus. On one hand, you're **juggling** the demands of school, with exams, homework, and projects testing your academic skills. On the other hand, you're likely involved in extracurricular activities, from sports and clubs to music lessons and volunteering. Add to that the ever-present desire for social interaction with friends and family, and it's no wonder teenagers often feel stretched thin.

This constant balancing act can be challenging. Finding enough time to meet all your commitments can be a struggle, leading to feelings of stress and anxiety. Prioritizing tasks and creating a schedule can help, but unexpected events and changes in plans can throw everything out of whack.

However, navigating this juggling act also offers valuable lessons. It teaches teenagers valuable skills like time management, organization, and prioritization. They learn to be responsible, handle pressure, and adapt to changing situations. Additionally, the diverse experiences gained through academics, activities, and social interactions contribute to personal development and self-discovery.

- What is the main idea of the passage?



- ③

School

School uniform

Clothes and looks

2. What is the first thing you'll notice when you visit almost any school in Britain?

4. The word '**highlight**' in paragraph 2 is closest in meaning to

- B. Most British teenagers spend 2-3 hours watching TV after school.
- C. Most 16-year-old students in Britain don't like school uniforms.
- D. Many British teenagers judge their friends by their shirt or trainers.

Exercise 16: Four phrases/sentences have been removed from the text below. Choose the correct answer to complete the text. Write only the letter A-D in each blank.

① Healthy eating is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. (1) _____, having more energy, and improving your health, and boosting your mood.

Healthy eating doesn't have to be overly complicated. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, (2) _____. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. (3) _____. This can make a huge difference in how you think, look, and feel.

By using these simple tips, (4) _____, varied, and nutritious diet that is as good for your mind as it is for your body.

- A. you'll find another saying exactly the opposite
- B. you can cut through the confusion and learn how to create-and stick to-a tasty
- C. Rather, it's about eating well-balanced meals that leave you feeling great
- D. Eating well involves eating more foods that are closer to the way nature made them

② (1) _____. Firstly, it is important to set clear and realistic goals and prioritise tasks accordingly. This means that you must identify what is the most important and urgent and allocate time and resources accordingly. Next, creating a schedule or to-do list can be helpful in staying on track and ensuring that all tasks are completed within the time allotted. Thirdly, (2) _____ and time-wasting activities such as checking social media. Instead, you should focus on the task at hand and work efficiently to complete it. Additionally, taking regular breaks and scheduling time for self-care activities can help increase productivity and prevent burnout. Finally, (3) _____ that you are making progress towards your goals and accommodating yourself to any working conditions in your life. (4) _____, be more productive, and achieve success in all aspects of your life.

- A. it is important to learn to say no to distractions
- B. By following these tips, you can make the most of your time
- C. We can manage our time effectively by following some of these strategies
- D. it is essential to regularly review and adjust your schedule to ensure

E. WRITING

Exercise 17: Rearrange the words and phrases to make complete sentences.

1. all night / studied / nervous about / Feeling / the upcoming exam, / Emily /
→
2. teenagers / can / for / many career opportunities / open up / Learning to code
→
3. went to / John / the library / because / to research / his science project / he / wanted
→
4. I / By the time / I / had already / started / made / high school, / many new friends
→
5. dream of / Many teenagers / traveling the world / when / finish school / they
→
6. on their phones / stay up late / because / sleep / often struggle with / Teenagers / they
→



7. shouldn't/ visit/ the/ If/ park, / a/ national/ you/ feed/ you/ wildlife. /
→
8. medical/ you/ you' re/ advice. / consider/ should/ unwell,/ seeking/ If/ feeling/
→
9. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing, / asthma. /
→
- 10.more/ you/ practise/ posture, / confident. / good/ appear/ If/ you/ can/
→
- 11.smile. / If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/
→
- 12.If/ must/ have/ a/ question, / you/ and/ raise/ hand/ ask/ you/ your/ the/ teacher. /
→
- 13.If/ you/ license. / car,/ you/ have/ drive/ must/ a/ a/ to/ driver ' s/ want/
→
- 14.you/ have/ shouldn't/ money, / If/ it/ you/ don' t/ spend/ much/ on/ unnecessary/ things. /
→

Exercise 18: 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 19: Complete the second sentence in each pair so that it has a similar meaning to the first sentence, using "if".

1. Unless you want to get sick, you should eat more healthily.
→
2. Read more books and you can broaden your knowledge.
→
3. Save money now and you can reward yourself with a long vacation at the end of the year.
→
4. People who live in a cold country don't like hot weather.
→
5. Teachers have to work very hard.
→
6. Stop telling lies or no one will trust you anymore.
→
7. Pay attention to the teacher or you can't understand the lessons.
→
8. Go to bed early or you will be exhausted the next morning.



-
9. Tuan might fail his English placement test. But he can take it again.
-
10. Don't touch the hot stove or you will burn yourself.
-

Exercise 20: Combine the sentence using the modals with "if".

1. You don't want to be late for the meeting. You take a taxi. (ought to)
→
2. You enter the stadium. You have a ticket. (can)
→
3. You want to be there on time. You leave here now. (must)
→
4. You want your health to be better. You go to bed early. (should)
→
5. You want to go to England to study. You are good at English. (must)
→
6. Your homework is ready. You take a short rest. (may)
→
7. You want to go home early. You finish your duty. (have to)
→
8. You finish cleaning the floor. You want to go fishing with Tom. (have to)
→
9. You have a lot of money. You work harder and harder. (may)
→
10. You don't study harder. You fail the examination again. (will)
→

Exercise 21: Choose the correct answer A, B, C, or D to indicate the sentence that is closest in meaning to each of the following questions.

1. Teenagers often find talking to their parents hard.
A. Teenagers find hard to talk with their parents.
B. Teenagers often hardly find talking to their parents.
C. Teenagers often find it difficult to talk to their parents.
D. Teenagers often find it hard talking to their parents.
2. If I had more time, I would join the school sports team.
A. I wouldn't join the school sports team unless I had more time.
B. Unless I have more time, I would join the school sports team.
C. I would join the school sports team, unless I have more time.
D. If I have more time, I will join the school sports team.
3. Sue spends hours choosing the perfect outfit for school.
A. Sue doesn't care about how she looks at school.
B. Sue often changes her outfit after arriving at school.
C. It takes Sue very little time to find an outfit for school.
D. Sue takes a long time to choose the perfect outfit for school.
4. "I've just finished my homework", Tina said.
A. Tina said she just finished her homework.
B. Tina said she had just finished her homework.
C. Tina said that she finished her homework.
D. Tina said that I have just finished her homework.
5. The new student who is from Japan loves manga comics.
A. The new student loves manga comics from Japan.
B. The new student loves manga comics, whom is from Japan.



- C. The new student who loves manga comics is from Japan.
D. The new student, that loves manga comics, is from Japan.
6. She didn't get enough sleep because she stayed up late studying.
A. She didn't get enough sleep, so she stayed up late studying.
B. Since she stayed up late studying, she didn't get enough sleep.
C. She didn't get enough sleep, yet she stayed up late studying.
D. She didn't get enough sleep; therefore, she stayed up late studying.
7. "I'll buy you a new bicycle if you stop eating junk food.", said Mary's mother.
A. Mary's mother promised to buy him a new bicycle if he stopped eating junk food.
B. Mary's mother promises to buy him a new bicycle if he stops eating junk food.
C. Mary's mother will promise to buy him a new bicycle if he stops eating junk food.
D. Mary's mother had promised to buy him a new bicycle if he stopped eating junk food.
8. I had to lose some weight. I went on a strict diet.
A. I had to lose some weight after I went on a strict diet.
B. I went on a strict diet in order to lose some weight.
C. I had to lose some weight before I went on a strict diet.
D. I had to lose some weight even when I went on a strict diet.
9. People want to keep fit. Many people take up sports.
A. Many people take up sports so as to keep fit.
B. Many people want to keep fit so as to take up sports.
C. Many people want to keep fit in order to take up sports.
D. Although people want to keep fit, they take up sports.
10. I want to stay healthy. I try to eat lots of fruit.
A. Although I try to eat lots of fruit, I stay healthy.
B. I stay healthy though I eat lots of fruit.
C. I try to eat lots of fruit in order to stay healthy.
D. I eat lots of fruit, but I stay healthy.

Exercise 22: Mark the letter A, B, C or D to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

①

- a. Firstly, create a daily schedule by prioritizing tasks. Allocate time for studying, hobbies, and relaxation.
b. In conclusion, by organizing their time wisely, teenagers can achieve better balance and success in their daily lives.
c. To manage their time effectively, they can follow these steps.
d. Teenagers today face busy schedules due to school, extracurricular activities, and social commitments.
e. Finally, learn to say no when necessary. Overcommitting can cause stress and hinder productivity.
f. Secondly, avoid multitasking, as it can lead to inefficiency. Focus on one task at a time.
- A. d - b - a - f - e - c B. d - a - b - f - e - c
C. d - c - a - f - e - b D. d - a - f - a - e - c

②

- a. In addition, stress can make it hard to focus and get a good night's sleep, which leaves us feeling tired and grumpy.
b. Last but not least, learning to manage stress can help us feel happier and more relaxed.
c. Managing stress is essential for a healthy lifestyle.
d. So, finding healthy ways to deal with stress, like exercise or spending time with loved ones, is really important for our overall well-being.
e. To begin with, when we're stressed, our bodies release hormones that can cause physical problems like headaches and upset stomachs.
- A. c - e - a - b - d B. c - e - a - b - d C. c - e - a - b - d D. c - a - e - b - d



- a. Additionally, getting enough sleep helps us feel more alert and focused during the day, making it easier to learn and remember things.
 - b. Sleep is very important for our overall health and well-being.
 - c. Lastly, a good night's sleep can boost our mood and reduce stress, leading to a happier and healthier life.
 - d. To be sure, when we sleep, our bodies repair themselves and our brains process the day's information.
 - e. So, making sleep a priority is crucial for feeling our best both physically and mentally.
- A. c - b - d - a - e B. a - e - b - d - c C. e - b - c - a - d D. b - d - a - c - e

F. LISTENING

Exercise 23: Listen to the recording and choose the best answer A, B, C, or D for each question below:

1. What is one of the positive effects of music on teens' health?
 - A. Enhancing stress levels
 - B. Reducing emotional expression
 - C. Improving overall well-being
 - D. Decreasing social connections
2. How does music play a role in shaping adolescents' identity?
 - A. By causing uncertainty
 - B. By providing emotional relief
 - C. By reducing stress
 - D. By soothing emotions
3. During which life stage do teens tend to attach to music in a unique way?
 - A. Childhood
 - B. Adulthood
 - C. Adolescence
 - D. Elderly years
4. What can music therapy help teens navigate?
 - A. Physical health issues
 - B. Uncertain feelings
 - C. Academic challenges
 - D. Social media usage
5. How can mental health playlists benefit struggling teens?
 - A. By invalidating their emotions
 - B. By matching their mood
 - C. By avoiding happy songs
 - D. By increasing anxiety

Exercise 24: Listen to the audio and decide whether those sentences are TRUE (T) or FALSE (F):

- | | T | F |
|--|--------------------------|--------------------------|
| 1. Teens should aim for at least 60 minutes of daily exercise to prioritize their well-being. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. A balanced diet, including fruits, vegetables, whole grains, and lean proteins, is essential for teens' growth and development. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Drinking water is not important for teens' overall health. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Consuming junk foods like soda and chips is recommended for teens. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Small lifestyle choices made now have no impact on future health. | <input type="checkbox"/> | <input type="checkbox"/> |

--- THE END ---

