

# UNIT 3: HEALTHY LIVING FOR TEENS

## PART I. VOCABULARY

### a. Vocabulary

Word	Part of speech	Pronunciation	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)	/'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'ɡri:.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's'mɪʃ.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.ər.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)	/'rɪdju: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)	/'strest 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

### b. Collocation/ phrase/ phrasal verb

Collocations/ phrases	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

## PART II. GRAMMAR

### a. Modal verbs in first conditional sentences

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

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

#### - 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"



## PART III. PRACTICE

### LISTENING

**Exercise 1: Listen to the recording and choose the best answer A, B, C, or D for each question below:**

- 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
- 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
- During which life stage do teens tend to attach to music in a unique way?  
A. Childhood  
B. Adulthood  
C. Adolescence  
D. Elderly years
- What can music therapy help teens navigate?  
A. Physical health issues  
B. Uncertain feelings  
C. Academic challenges  
D. Social media usage
- 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 2: Listen to the audio and decide whether those sentences are TRUE (T) or FALSE (F):**

- |  | True                     | False                    |
|--|--------------------------|--------------------------|
| 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"/> |

### 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. accomplish | B. additional | C. anxiety    | D. assignment |
| 4. A. head       | B. bread      | C. leave      | D. instead    |
| 5. A. counsellor | B. physical   | C. optimistic | D. submit     |

**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   |

### VOCABULARY & GRAMMAR



**Exercise 1: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.**

1. Teens should learn to \_\_\_\_\_ conflicts appropriately to maintain healthy relationships.  
A. resolve                      B. delay                      C. concentrate                      D. accomplish
2. Prioritizing sleep is crucial; don't \_\_\_\_\_ bedtime due to distractions.  
A. concentrate                      B. accomplish                      C. delay                      D. resolve
3. Being \_\_\_\_\_ helps teens recognize their emotions and cope with stress.  
A. self-disciplined                      B. stressed out                      C. self-aware                      D. well-balanced
4. A positive \_\_\_\_\_ contributes to overall well-being.  
A. mood                      B. independence                      C. priority                      D. due date
5. Set a \_\_\_\_\_ for completing school projects to avoid last-minute stress.  
A. distraction                      B. due date                      C. counsellor                      D. assignment
6. \_\_\_\_\_ is a critical stage of development when teens transition from childhood to adulthood.  
A. Counsellor                      B. Adolescence                      C. Distraction                      D. Priority
7. Regular exercise is essential for maintaining \_\_\_\_\_ health and preventing obesity.  
A. physical                      B. fattening                      C. additional                      D. stressed out
8. 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 2: 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 3: Fill in each blank with one appropriate word or phrase from the box. (There are some extra words or phrases.)

**mental  
counsellor**

**well-balanced  
fattening**

**accomplish  
priority**

**delay  
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 4: 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.

- Teens who engage in regular physical activity often feel **delighted** and energized.  
A. embarrassed                      B. disappointed                      C. worried                      D. pleased



- Making health a **priority** ensures that teens allocate time for exercise and nutritious meals.  
A. precedence      B. deadline      C. distraction      D. anxiety
- Achieving fitness goals, like running a mile or doing yoga, leaves teens feeling **accomplished**.  
A. mental      B. stressed      C. finished      D. optimistic
- Teens experiencing **anxiety** can benefit from mindfulness practices and seeking professional support.  
A. nervousness      B. counsellor      C. mood      D. priority
- 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 5: 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.**

- Managing schoolwork, extracurricular activities, and social life can leave teens feeling **stressed out**.  
A. pleased      B. relaxed      C. frightened      D. tensed
- You should follow these simple strategies to **overcome** stress.  
A. control      B. get over      C. manage      D. fail
- 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
- 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
- If you practise good posture, you can appear more **confident**.  
A. additional      B. distrustful      C. calm      D. delighted

**Exercise 6: Write the correct form of the word in brackets.**

- Prioritizing moments of \_\_\_\_\_, like practicing mindfulness or taking breaks, supports mental health. **(relax)**
- Attempts are being made to \_\_\_\_\_ the problem of security in schools. **(resolved)**
- Encouraging an \_\_\_\_\_ approach to making nutritious food choices helps teens develop lifelong habits. **(depend)**
- To improve focus and \_\_\_\_\_, consider creating a quiet study space free from distractions. **(concentrate)**
- Teens often feel \_\_\_\_\_ when they achieve their fitness goals or maintain a healthy lifestyle. **(delight)**
- Regular exercise can enhance self-esteem and \_\_\_\_\_ in teenagers. **(confident)**

**SPEAKING**

**Exercise 1: Mark the letter A, B, C or D to indicate the option that best completes each of the following exchanges.**

- **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.
- **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
- **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.
- **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.

## READING

**Exercise 1: 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 2: 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



4. According to the passage, why do teenagers experience a sense of purpose when pursuing their passions?

- A. They want to impress their friends
- B. They need to overcome challenges
- C. They become motivated
- D. They love music

5. What does the word "**perseverance**" in the passage mostly mean?

- A. laziness
- B. determination
- C. indifference
- D. 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.

1. What is the main idea of the passage?

- A. Teenagers struggle with balancing school and extracurricular activities.
- B. The challenges of being a teenager resemble a three-ring circus.
- C. Prioritizing tasks is essential for managing stress.
- D. Social interactions contribute to personal development.

2. The word "**juggling**" in the passage is closest in meaning to \_\_\_\_\_.

- A. balancing
- B. dropping
- C. ignoring
- D. performing tricks

3. What contributes to the feeling of being "stretched thin" for teenagers?

- A. Social interactions with friends and family
- B. Unexpected events and changes in plans
- C. Academic exams and homework
- D. Extracurricular activities

4. How do diverse experiences contribute to teenagers' personal development?

- A. By improving time management skills
- B. By enhancing social interactions
- C. By teaching organization
- D. By fostering self-discovery

5. According to the passage, which of the following sentences is **TRUE**?

- A. Teenagers should avoid extracurricular activities.
- B. Unexpected events never disrupt teenagers' schedules.
- C. Handling pressure is a valuable skill learned by teenagers.
- D. Social interactions hinder personal development.

③

## WHAT IS IT LIKE BEING A TEENAGER IN BRITAIN?

### School

British teenagers spend most of their time at school. Students in Britain can leave school at sixteen (grade 11). This is also the age when most students take their first important exams, the GCSE (General Certificate of Secondary Education). Most teens take between 5-10 subjects, which means a lot of studying. They are spending more time on homework than teenagers ever before. Forget watching TV, teenagers in Britain now spend 2-3 hours on homework after school.

### School uniform

Visit almost any school in Britain and the first thing you'll notice is the school uniform. Although school uniform has its advantages, when they are: 15 or 16 most teenagers are tired of wearing it. When there is more than one school in a town, school uniforms can **highlight** differences between schools. In London there are many cases of bullying and fighting between pupils from different schools.

### Clothes and looks

In Britain, some teens judge you by the shirt or trainers you are wearing, is 40% of British teenagers believe it's important to wear designer labels. If you want to follow the crowd, you need to wear trendy labels. Teenagers in Britain wear fashionable trainers and the more expensive, the better.

1. Most students in Britain take the GCSE when \_\_\_\_\_

- A. they are 11 years old
- B. they are 16 years old



- C. they finish grade 10                      D. they begin grade 11
2. What is the first thing you'll notice when you visit almost any school in Britain?
- A. the school logo          B. the school gate                      C. the school playground    D. the school uniform
3. What do most teenagers in Britain prefer to wear?
- A. trendy labels              B. expensive uniforms              C. fashionable hats              D. economical trainers
4. The word '**highlight**' in paragraph 2 is closest in meaning to \_\_\_\_\_
- A. confuse                      B. remark                      C. emphasize                      D. decrease
5. According to the passage, which of the following statements is NOT true?
- A. Students in Britain can take 8 subjects at the GCSE.
- 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 1: 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 2: 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 3: Write a paragraph of about 100 words about effective time management for today's teenagers.**

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