

Healthy living	Unhealthy living
_____	_____
_____	_____

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

physical	priority	counsellor	mental	additional
delay	accomplish	anxiety	well-balanced	fattening

- Sharing both positive and negative feelings with friends can be a helpful way to improve your _____ health.
- When making financial decisions, it is important to give _____ to essential expenses like food and clothes.
- Eating too much _____ food can make you gain weight fast.
- The team had to _____ the meeting until next week due to an emergency.
- They needed _____ time to discuss the situation before making final decisions.
- The therapist gave her some tips to reduce her _____ levels.
- 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.
- He enjoyed the _____ challenge of climbing up the high mountain.
- 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.

- 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
- If I get the job offer today, I _____ accept it and start working on Monday.
A. should B. might C. need D. must

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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 practise 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
1. If Rosie wants to learn how to play the guitar,
2. If Peter wants good grades in the next test,
3. If Mary can finish all her assignments this Friday,
4. If people keep throwing garbage into rivers,

B
a. she can attend the party at the weekend.
b. he can greatly reduce the risk of developing lung cancer.
c. they can accomplish great things.
d. you may put on weight fast.

5. If Jack quits smoking,
6. If more people choose to use public transportation,
7. If the team focuses on their goals,
8. If you consume too many sweets,
9. If the weather is beautiful,
10. If we leave now,

e. they may pollute the water.
f. we can still catch the last train in time.
g. she could easily find online tutorials to get started.
h. he must revise the lessons carefully.
i. we can greatly reduce air pollution.
j. you should take advantage of it and spend time outdoors.

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

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

- To maintain a healthy lifestyle, it is important to have a well-balance approach
 A B C
 to work, rest, and leisure activities.
 D
- Regular exercise like jogging, cycling, and dancing can greatly enhance physic health.
 A B C D
- When managing your tasks, you should make priority to the most urgent and
 A B C
important ones.
 D
- When feeling stress out, I find it helpful to talk to a close friend or family
 A B C
 member about what's bothering me.
 D

5. As we get older, it's common to start worrying of our health and take steps to
 A B C
 stay healthy.
 D
6. It is important for parents to respond appropriate to their child's emotional needs.
 A B C D

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.

concentrate	communicate	priority	routine	negative
appropriately	manage	productivity	overcome	accomplish

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.

problems	start	keep	reduce	junk food
take	diet	vegetables	focus	exercise

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	choose
complete	discover	forget	become	decrease

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*)