

TA9. U3. Healthy Living for Teens. Vocabulary. MCQ 1

Choose the correct answer for each sentence.

1. Which of the following is something you want to **accomplish**?
 - a) A deadline
 - b) A task
 - c) A distraction
 - d) Anxiety
2. The counsellor gave us some **additional** information about mental health. What does "additional" mean?
 - a) Basic
 - b) Unimportant
 - c) Extra
 - d) Limited
3. He felt a lot of **anxiety** before his exam. What was he feeling?
 - a) Excitement
 - b) Nervousness
 - c) Happiness
 - d) Confidence
4. You need to dress **appropriately** for the gym. What does this mean?
 - a) Wear fashionable clothes
 - b) Wear suitable clothes
 - c) Wear uncomfortable clothes
 - d) Wear formal clothes
5. I have to finish my **assignment** by Friday. What is an assignment?
 - a) A fun activity
 - b) A school project
 - c) A game
 - d) A meal
6. The school **counsellor** helps students with their problems. Who is a counsellor?
 - a) A friend
 - b) A teacher
 - c) A person who gives advice
 - d) A doctor
7. The **deadline** for this project is next Monday. What does "deadline" mean?
 - a) The start of something
 - b) The last date to finish something
 - c) The name of the project
 - d) The person who will help you
8. Don't **delay** your homework until the last minute! What does "delay" mean?
 - a) Forget
 - b) Start early
 - c) Postpone
 - d) Complete
9. Social media can be a big **distraction** when trying to study. What is a distraction?
 - a) Something helpful

- b) Something that takes attention away
- c) Something important
- d) Something that motivates

10. What is the **due date** for this essay?

- a) The date the essay must be submitted
- b) The date of the exam
- c) The day to receive feedback
- d) The day the class starts

11. Be careful with that food—it's very **fattening**.

- a) It makes you lose weight
- b) It helps you concentrate
- c) It can cause weight gain
- d) It is healthy

12. Taking care of your **mental** health is just as important as your physical health. What does "mental" refer to?

- a) Your physical body
- b) Your thoughts and feelings
- c) Your nutrition
- d) Your sleep

13. To stay healthy, it's important to **minimise** the amount of sugar you eat. What does "minimise" mean?

- a) Increase
- b) Reduce
- c) Avoid
- d) Track

14. Listening to music helps improve my **mood**. What does "mood" mean?

- a) Physical condition
- b) State of mind or feelings
- c) Fitness level
- d) Memory

15. She is always **optimistic** about the future. What does "optimistic" mean?

- a) Expecting the worst
- b) Looking at the bright side
- c) Feeling anxious
- d) Pessimistic

16. **Physical** activity is important for a healthy lifestyle. What does "physical" mean?

- a) Mental
- b) Emotional
- c) Related to the body
- d) Educational

17. Prioritise the tasks that are most important. What does **priority** mean?

- a) The easiest task
- b) The hardest task
- c) The task you must do first
- d) The least important task

18. I've been so **stressed out** about all my exams. How is this person feeling?

- a) Calm
- b) Relaxed
- c) Very worried
- d) Motivated

19. A **well-balanced** diet includes fruits, vegetables, and proteins. What does "well-balanced" mean?

- a) High in fat
- b) Includes a variety of foods
- c) High in sugar
- d) Missing key nutrients

20. Going for a walk every day can improve both your **physical** and **mental** health. What do these words mean together?

- a) Your overall well-being
- b) Your physical health only
- c) Your diet
- d) Your work habits