Unit 3
Healthy living for teens

A. VOCABULARY

No.	Word/ Phrase	Type	IPA	Meaning
1.	accomplish	(v)	/əˈkɒmplɪʃ/	hoàn thành, đạt được
2.	achieve	(v)	/əˈʧiːv/	đạt được, giành được
3.	additional	(adj)	/əˈdɪʃənl/	thêm vào, bổ sung
4.	advice	(n)	/ədˈvaɪs/	lời khuyên
5.	advise	(v)	/ədˈvaɪz/	khuyên bảo, cho lời khuyên
6.	anxiety	(n)	/æŋˈzaɪəti/	sự lo lắng, sự bồn chồn
7.	appearance	(n)	/əˈpɪərəns/	vẻ bề ngoài, sự xuất hiện
8.	appropriately	(adv)	/əˈprəʊpriətli/	một cách thích hợp
9.	assignment	(n)	/əˈsaɪnmənt/	nhiệm vụ, bài tập
10.	connect	(v)	/kəˈnekt/	kết nối
11.	consult	(v)	/kənˈsʌlt/	hỏi ý kiến, tham khảo
12.	counsellor	(n)	/ˈkaʊnsələ(r)/	cố vấn, người khuyên bảo
13.	distraction	(n)	/dɪˈstrækʃn/	sự xao nhãng, sự phân tâm
14.	due date = deadline	(n)	/ˈdjuː deɪt/ = /ˈdedlaɪn/	hạn chót
15.	effectively	(adv)	/ɪˈfektɪvli/	một cách hiệu quả
16.	encouragement	(n)	/ɪnˈkʌrɪdʒmənt/	sự khuyến khích, sự động viên
17.	fattening	(adj)	/ˈfætənɪŋ/	làm béo, gây béo
18.	instruction	(n)	/ɪnˈstrʌkʃn/	sự hướng dẫn, chỉ dẫn
19.	ingredient	(n)	/ɪnˈgriːdiənt/	thành phần
20.	manage	(v)	/ˈmænɪdʒ/	quản lý, xoay sở
21.	mental	(adj)	/ˈmentl/	thuộc về tinh thần, trí óc
22.	minimize	(v)	/ˈmɪnɪmaɪz/	giảm thiểu
23.	mood	(n)	/muːd/	tâm trạng
24.	obstacle	(n)	/ˈɒbstəkl/	chướng ngại vật
25.	omission	(n)	/əʊˈmɪʃn/	sự bỏ sót, sự bỏ qua
26.	optimistic	(adj)	/ˌɒptɪˈmɪstɪk/	lạc quan
27.	organising	(v-ing)	/ˈɔːgənaɪzɪŋ/	sự tổ chức, sắp xếp
28.	overcome	(v)	/ˌəʊvəˈkʌm/	vượt qua
29.	priority	(n)	/praɪˈɒrəti/	sự ưu tiên
30.	punish	(v)	/ˈpʌnɪʃ/	phạt, trừng phạt
31.	physical health	(n)	/ˈfɪzɪkl helθ/	sức khỏe thể chất
32.	reduce	(v)	/rɪˈdjuːs/	giảm bớt
33.	regularly	(adv)	/ˈregjələli/	thường xuyên, đều đặn

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34.	require	(v)	/rɪˈkwaɪə(r)/	yêu cầu, đòi hỏi
35.	session	(n)	/ˈseʃn/	buổi họp, phiên họp
36.	sore throat	(n)	/ˌsɔːˈθrəʊt/	đau họng
37.	stressed out	(adj)	/strest aʊt/	căng thẳng, áp lực
38.	suffer	(v)	/ˈsʌfə(r)/	chịu đựng, mắc phải
39.	urgent	(adj)	/ˈɜːdʒənt/	khẩn cấp
40.	well-balanced	(adj)	/ˌwel ˈbælənst/	cân bằng tốt, hài hòa

Collocation/ 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. WORD FORM

1. **relax** (v): thư giãn
- relaxation (n): sự thư giãn
- relaxed (adj): thư thái, thoải mái (chỉ cảm giác)
- relaxing (adj): mang tính thư giãn (chỉ vật/sự việc)
- relaxingly (adv): một cách thư giãn

2. **resolve** (v): giải quyết, quyết tâm
- resolution (n): sự giải quyết, sự kiên quyết, nghị quyết
- resolute (adj): kiên quyết, kiên định
- resolutely (adv): một cách kiên quyết

3. **depend** (v): phụ thuộc
- dependence (n): sự phụ thuộc
- dependent (adj): phụ thuộc
- dependably (adv): một cách đáng tin cậy (từ dependable là tính từ đáng tin cậy)
- independent (adj): độc lập
- independently (adv): một cách độc lập

4. **concentrate** (v): tập trung
- concentration (n): sự tập trung
- concentrated (adj): cô đặc, tập trung cao độ

5. **delight** (v): làm vui thích
- delight (n): niềm vui, sự vui thích
- delightful (adj): thú vị, dễ chịu
- delightfully (adv): một cách thú vị

6. **confidence** (n): sự tự tin
- confident (adj): tự tin

8. **impress** (v): gây ấn tượng
- impression (n): ấn tượng
- impressive (adj): gây ấn tượng, ấn tượng
- impressively (adv): một cách ấn tượng

9. **addict** (v): gây nghiện
- addict (n): người nghiện
- addiction (n): sự nghiện
- addicted (adj): bị nghiện

10. **physician** (n): bác sĩ (người hành nghề y)
- physics (n): môn vật lý
- physical (adj): thuộc về thể chất, vật lý
- physically (adv): về mặt thể chất, theo cách vật lý

11. **encourage** (v): khuyến khích, động viên
- encouragement (n): sự khuyến khích, sự động viên
- encouraging (adj): mang tính khuyến khích, đáng khích lệ
- encouragingly (adv): một cách khuyến khích

12. **child** (n): đứa trẻ
- childhood (n): thời thơ ấu
- childish (adj): trẻ con (mang nghĩa tiêu cực)
- childlike (adj): ngây thơ, như trẻ con (mang nghĩa tích cực)

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- confidently (adv): một cách tự tin 7. **practice** (v): thực hành, luyện tập - practice (n): sự thực hành, sự luyện tập (trong tiếng Anh-Mỹ, danh từ và động từ đều là "practice"; trong tiếng Anh-Anh, động từ là "practise") - practical (adj): thực tế, thực tiễn - practically (adv): trên thực tế, gần như	13. **teen** (n): thiếu niên (rút gọn của teenager) - teenager (n): thiếu niên - teenage (adj): thuộc tuổi thiếu niên 14. **gym** (n): phòng tập thể dục - gymnast (n): vận động viên thể dục dụng cụ - gymnastics (n): môn thể dục dụng cụ

C. GRAMMAR

a. Modal verbs in conditional sentence type 1

Thông thường, trong câu điều kiện loại 1, để nói về tình huống có thể xảy ra trong hiện tại hoặc tương lai

	If clause	Main clause
First conditional	**If** + S1 + **V (HTĐ),**	S2 + **will** + **Vo**
	If I **get** the scholarship, I **will study** in England. If the weather **is** nice, I **will go** fishing.	

Tuy nhiên ở mệnh đề chính, thay vì dùng **will**, chúng ta có thể dùng **can, must, may, might, ought to** hoặc **should** để diễn tả khả năng, sự cho phép, sự khuyên bảo, sự khả thi, sự cần thiết, sự bắt buộc, ...

If clause	Main clause
If + S1 + **V (HTĐ),**	S2 + **can/may/might/must/ought to/should** + **Vo**

• **permission** (sự cho phép)	If you finish your dinner, you **can** watch TV.
• **ability** (khả năng)	She **can** learn to become a good cook if she tries hard.
• **possibility** (khả năng)	If he likes eating spicy food, he **may/ might** add chili.
• **necessity** (cần thiết)	If you don't want to get burnt, you **must** follow these safety instructions.
• **advice** (lời khuyên)	If you feel unwell, you **shouldn't** eat fast food.



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. sound	B. cloud	C. touch	D. account
2. A. wash	B. flat	C. marinate	D. cabbage
3. A. clever	B. circus	C. collect	D. cushion
4. A. letter	B. environment	C. twelve	D. message
5. A. carry	B. garbage	C. paragraph	D. attraction
6. A. accomplish	B. additional	C. anxiety	D. assignment
7. A. wanted	B. decided	C. worked	D. included
8. A. question	B. mention	C. production	D. caption
9. A. visited	B. showed	C. wondered	D. studied
10. A. machine	B. speech	C. children	D. watch
11. A. physical	B. minimise	C. priority	D. deadline
12. A. head	B. bread	C. leave	D. instead

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13. A. teacher	B. clean	C. season	D. real
14. A. counsellor	B. physical	C. optimistic	D. submit
15. A. other	B. colourful	C. dolphin	D. wonderful

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

B. VOCABULARY AND GRAMMAR

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

1. We _____ English classes with a foreign teacher tomorrow afternoon.
A. had B. have C. has D. having

2. There is a vegetable garden in front _____ my house.
A. at B. on C. of D. with

3. She enjoys _____ films on Netflix to learn English.
A. watch B. watching C. to watch D. watched

4. _____ stars are there in the sky?
A. How old B. How C. How much D. How many

5. My grandmother often goes jogging _____ 6:30 a.m in the morning.
A. at B. in C. on D. for

6. 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

7. An additional benefit of exercise is improved mood and reduced _____.
A. due date B. anxiety C. task D. assignment

8. A _____ can provide guidance on academic and emotional matters.
A. accomplishment B. adolescence C. adulthood D. counsellor

9. Prioritize tasks to _____ them efficiently.
A. raise B. accomplish C. minimize D. delay

10. A _____ approach to eating helps maintain a healthy weight.
A. self-aware B. beautiful C. stressed out D. self-disciplined

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

12. 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

13. If you don' t charge the battery, your device _____ function properly.
A. mustn't B. can't C. shouldn't D. needn't

14. If you want to travel to Australia, you _____ have a valid passport.
A. should B. may C. can D. must

15. If they want to graduate, they _____ complete all the required coursework.
A. must B. should C. can D. might

16. To feel energized throughout the day, it's important to _____ healthy food choices.
A. give B. suffer C. take D. make

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17. Taking breaks from studying and engaging in relaxing activities can help reduce _____ stress.
A. physical B. mental C. additional D. urgent
18. Teens enjoy staying up late to watch videos, but this can _____ getting enough sleep.
A. encourage B. manage C. discourage D. accomplish
19. You should find ways to _____ stress in a healthy way, like exercise or relaxation techniques.
A. manage B. punish C. reduce D. consult
20. Don't _____ spending time with friends and family, even when you're busy with schoolwork.
A. accomplish B. consult C. delay D. require
21. Teens should learn to _____ conflicts appropriately to maintain healthy relationships.
A. resolve B. delay C. concentrate D. accomplish
22. Prioritizing sleep is crucial; don't _____ bedtime due to distractions.
A. concentrate B. accomplish C. delay D. resolve
23. Being _____ helps teens recognize their emotions and cope with stress.
A. self-disciplined B. stressed out C. self-aware D. well-balanced
24. A positive _____ contributes to overall well-being.
A. mood B. independence C. priority D. due date
25. Set a _____ for completing school projects to avoid last-minute stress.
A. distraction B. due date C. counsellor D. assignment
26. She draws some nice pictures of landscapes. The pictures are _____.
A. her B. hers C. theirs D. my
27. If they study hard in the class, they _____ good marks on tests.
A. would get B. gets C. got D. will get
28. We often use Facebook messenger to discuss homework _____ classmates.
A. to B. at C. with D. on
29. The festival _____ place on the twelfth of February every year.
A. takes B. took C. take D. taking
30. He asked which country I _____ the previous year.
A. visit B. visited C. visits D. will visit
31. _____ is a critical stage of development when teens transition from childhood to adulthood.
A. Counsellor B. Adolescence C. Distraction D. Priority
32. Regular exercise is essential for maintaining _____ health and preventing obesity.
A. physical B. fattening C. additional D. stressed out
33. To _____ stress, consider talking to a school counselor or seeking professional help.
A. delay B. minimize C. attract D. accomplish
34. Setting a _____ for completing assignments helps manage time effectively.
A. anxiety B. mood C. deadline D. distraction
35. Avoid _____ foods like sugary snacks and opt for nutritious options instead.
A. appropriate B. additional C. optimistic D. fattening
36. 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
37. 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
38. 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
39. 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
40. If you don' t have a membership, you _____ access this exclusive club.
A. may not B. might not C. shouldn't D. can't
41. Don't let academic pressures leave you feeling _____.

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A. fattening B. stressed out C. happy D. optimistic

42. Stay _____ even during challenging times; a positive mindset is essential.
A. frustrated B. physical C. optimistic D. relaxed

43. Avoid _____ like excessive screen time when studying.
A. moods B. priorities C. distractions D. due dates

44. Regular exercise has both physical and _____ health benefits.
A. mental B. embarrassed C. optimistic D. fattening

45. If it snows tomorrow, we _____ cancel our outdoor event.
A. can B. may C. must D. should

46. Thanks to great planning and hard work, she was able to _____ her goals.
A. achieve B. advise C. punish D. connect

47. The _____ provides support and advice to students who are facing academic difficulties.
A. ingredient B. distraction C. counsellor D. omission

48. The therapist gave her some tips to reduce her _____ levels.
A. appearance B. anxiety C. instruction D. encouragement

49. To maintain a healthy lifestyle, it's important to have a _____ diet with a lot of vegetables and fruits.
A. urgent B. additional C. well-balanced D. mental

50. Eating too much _____ food can make you gain weight fast.
A. regular B. fattening C. optimistic D. physical

51. They have built this house _____ 5 months.
A. at B. on C. for D. with

52. He was reading books yesterday morning when the bell _____.
A. rings B. rang C. ringing D. rung

53. She said she would buy some home-grown products in the open-air market _____.
A. the following day B. yesterday C. tomorrow D. the previous day

54. Unless we have a laptop connected to the Internet, we _____ be able to make a video conference.
A. do B. will C. won't D. doesn't

55. We _____ the natural museum in the city next Sunday.
A. visited B. will visit C. visit D. visits

56. If you enroll in our intensive Spanish class, you _____ speak this language fluently after two months.
A. can B. should C. must D. need

57. If you want to pass the driving test, you _____ study harder and practise more regularly.
A. may B. will C. must D. might

58. If it's a private event, you _____ attend without an invitation.
A. shouldn't B. mustn't C. may not D. needn't

59. If you want to stay healthy, you _____ eat too much junk food.
A. shouldn't B. needn't C. can't D. might not

60. 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

61. Skipping breakfast is an example of a(n) _____ way to start your day.
A. healthy B. well-balanced C. unhealthy D. appropriate

62. Surrounding yourself with _____ people can help you stay motivated and achieve your goals.
A. negative B. anxious C. positive D. stressed out

63. It's crucial to consider both physical and _____ health to achieve a well-balanced lifestyle.
A. mental B. urgent C. appropriate D. fattening

64. Many teens struggle to get enough sleep. A good _____ to this problem could be setting a regular sleep schedule and sticking to it.
A. cause B. obstacle C. omission D. solution

65. Having a healthy lifestyle can make you feel more _____ about your future health and well-being.

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A. pessimistic B. optimistic C. stressed out D. dependent

66. 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

67. If you want to avoid traffic, you _____ leave early in the morning or consider another route.

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

68. If you want to succeed in their career, you _____ consider pursuing further education.

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

69. If the team works effectively, they _____ complete the project ahead of schedule.

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

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

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

1. Sharing both positive and negative feelings with friends can be a helpful way to improve your _____ health.

2. When making financial decisions, it is important to give _____ to essential expenses like food and clothes.

3. Eating too much _____ food can make you gain weight fast.

4. The team had to _____ the meeting until next week due to an emergency.

5. They needed _____ time to discuss the situation before making final decisions.

6. The therapist gave her some tips to reduce her _____ levels.

7. Thanks to great planning and hard work, she was able to _____ her goals.

8. The _____ provides support and advice to students who are facing academic difficulties.

9. He enjoyed the _____ challenge of climbing up the high mountain.

10. To maintain a healthy lifestyle, it's important to have a _____ diet with a lot of vegetables and fruits.

Exercise 5: 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. Achieving fitness goals, like running a mile or doing yoga, leaves teens feeling **accomplished**.

A. mental B. stressed C.finished D. optimistic

2. 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

3. Teens who engage in regular physical activity often feel **delighted** and energized.

A. embarrassed B. disappointed C. worried D. pleased

4. Making health a **priority** ensures that teens allocate time for exercise and nutritious meals.

A. precedence B. deadline C. distraction D. anxiety

5. Teens experiencing **anxiety** can benefit from mindfulness practices and seeking professional support.

A. nervousness B. counsellor C. mood D. priority

Exercise 6: 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. 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

2. Managing schoolwork, extracurricular activities, and social life can leave teens feeling **stressed out**.

A. pleased B. relaxed C. frightened D. tensed

3. If you practise good posture, you can appear more **confident**.

A. additional B. distrustful C. calm D. delighted

4. 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

5. You should follow these simple strategies to **overcome** stress.

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A. control B. get over C. manage D. fail

Exercise 7: Match the first half of the sentence in column A with the second half in column B.

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

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

Exercise 8: Circle the correct option in brackets.

1. If teenagers don't eat healthy food, they **(should / may)** experience health problems later.
2. Your parents **(aren't / won't be)** happy if you can't finish your chores before playing video games.
3. Henry **(mightn't / shouldn't)** make it to the party if he doesn't finish work on time.
4. If Jordan runs a bit faster, I guess he **(might / should)** win the race.
5. If students break the rules, they **(may / will)** definitely be sent to the principal's office.
6. If you don't put on sunscreen when going to the beach, you **(will / won't)** get sunburned.
7. If it rains tomorrow, the teenagers **(mustn't / must)** wear raincoats to school.
8. They **(might / should)** understand the new concept better if they study together.
9. You'll feel hungry before lunch if you **(won't eat / don't eat)** breakfast.
10. If house prices go down this year, my family **(must / may)** buy a house by the sea.
11. If it rains heavily tomorrow, I'm afraid we **(should / ought to)** cancel our camping trip.
12. All electrical appliances **(may / must)** be switched off when they're not in use if you want to save electricity and money on your energy bill.
13. If the team trains hard, they **(will / should)** have a chance of winning the competition.
14. You **(can / may not)** improve your skills if you practice playing guitar every day.
15. If a dog bites you, you **(will / ought to)** wash the bite carefully with soap and water.
16. You **(should / will)** talk to your parents if you are in trouble or need some help.
17. We **(won't / can't)** make Tom Yum soup if we don't have enough ingredient
18. If the train driver ignores the warning light, a terrible accident **(must / will)** happen.
19. The child **(should / will)** definitely die if nobody sends him to the hospital now.
20. Emily **(can / must)** buy the new phone she wants if she saves money.
21. If Johnny exercises more, he **(must / might)** feel healthier.

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22. She will probably fail if she **(doesn't study / studies)** for the test.

Exercise 9: Choose the underlined part A, B, C or D that needs correcting.

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

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

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

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

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

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

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

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

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

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

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

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

Exercise 10: Supply the correct forms of the verbs. Use these modals in the main clause: can, could, may, might, should, ought to, or must. Alternatives are possible.

1. Mark _____ early if he _____ to get to Montevideo on time. **(leave/ want)**

2. If he _____ coming tonight, he _____ next week. **(not be/ come)**

3. If you _____work early, you _____ for a drink with us. **(finish/ come)**

4. If you _____ the lesson, I _____ you with your homework. **(not understand/ help)**

5. If Jane _____ still ill tomorrow, she _____ at home. **(be/ stay)**

6. If Jack _____ a video recorder, he _____ any programme he wants. **(have/ record)**

7. You _____ your baby to the doctor's if his temperature _____ up again. **(take/ go)**

8. If you _____to see clearly, you _____ your glasses. **(want/ wear)**

9._____ your bike if I _____it carefully. **(borrow/ ride)**

10. If the wind _____ strong enough, we _____ sailing, but I'm not sure. **(be/ go)**

Exercise 11: 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. Asa 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 12: Write the correct form of the word in brackets.

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

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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. COMMUNICATION

Exercise 13: Mark the letter A, B, C or D to indicate the option that best completes each of the following exchanges.

1. **- 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.

2. **- 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.

3. **- 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

4. **- 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.

5. **- 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.

6. **- Jim:** "What do you usually eat for breakfast, Susan?"
- Susan: "_____"
A. I usually skip breakfast because I'm not hungry in the morning.

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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.

7. **- 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.

8. **- 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

9. **- 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.

10. **- 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?

11. **- 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.

12. **- 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.

13. **- 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.

14. **- 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

15. **- 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.

Exercise 14: Mark the letter A, B, C or D to arrange the following sentences into a meaningful conversation.

1.

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