

Unit 3

Healthy living for teens

A. VOCABULARY

No.	Word/ Phrase	Type	IPA	Meaning
1.	accomplish	(v)	/ə'kɒmplɪʃ/	hoàn thành, đạt được
2.	achieve	(v)	/ə'tʃi:v/	đạt được, giành được
3.	additional	(adj)	/ə'dɪʃənəl/	thêm vào, bổ sung
4.	advice	(n)	/əd'vaɪs/	lời khuyên
5.	advise	(v)	/əd'vaɪz/	khuyến bảo, cho lời khuyên
6.	anxiety	(n)	/æŋ'zaɪəti/	sự lo lắng, sự bồn chồn
7.	appearance	(n)	/ə'piərəns/	vẻ bề ngoài, sự xuất hiện
8.	appropriately	(adv)	/ə'prəʊpriətli/	một cách thích hợp
9.	assignment	(n)	/ə'saɪnmənt/	nhiệm vụ, bài tập
10.	connect	(v)	/kə'nekt/	kết nối
11.	consult	(v)	/kən'sʌlt/	hỏi ý kiến, tham khảo
12.	counsellor	(n)	/'kaʊnsələ(r)/	cố vấn, người khuyến bảo
13.	distraction	(n)	/dɪ'strækʃn/	sự xao nhãng, sự phân tâm
14.	due date = deadline	(n)	/'dju: deɪt/ = /'dedləm/	hạn chót
15.	effectively	(adv)	/'ɪfektɪvli/	một cách hiệu quả
16.	encouragement	(n)	/ɪn'kʌrɪdʒmənt/	sự khuyến khích, sự động viên
17.	fattening	(adj)	/'fætənɪŋ/	làm béo, gây béo
18.	instruction	(n)	/ɪn'strʌkʃn/	sự hướng dẫn, chỉ dẫn
19.	ingredient	(n)	/ɪn'grɪ:diənt/	thành phần
20.	manage	(v)	/'mænɪdʒ/	quản lý, xoay sở
21.	mental	(adj)	/'mentl/	thuộc về tinh thần, trí óc
22.	minimize	(v)	/'mɪnɪmaɪz/	giảm thiểu
23.	mood	(n)	/mu:d/	tâm trạng
24.	obstacle	(n)	/'ɒbstəkl/	chướng ngại vật
25.	omission	(n)	/əʊ'mɪʃn/	sự bỏ sót, sự bỏ qua
26.	optimistic	(adj)	/'ɒptɪ'mɪstɪk/	lạc quan
27.	organising	(v-ing)	/'ɔ:gənaɪzɪŋ/	sự tổ chức, sắp xếp
28.	overcome	(v)	/'əʊvə'kʌm/	vượt qua
29.	priority	(n)	/'praɪ'ɒrəti/	sự ưu tiên
30.	punish	(v)	/'pʌnɪʃ/	phạt, trừng phạt
31.	physical health	(n)	/'fɪzɪkl helθ/	sức khỏe thể chất
32.	reduce	(v)	/'rɪ'dju:s/	giảm bớt
33.	regularly	(adv)	/'regjələli/	thường xuyên, đều đặn

34.	require	(v)	/rɪ'kwaɪə(r)/	yêu cầu, đòi hỏi
35.	session	(n)	/'seʃn/	buổi họp, phiên họp
36.	sore throat	(n)	/'sɔ: 'θrəʊt/	đau họng
37.	stressed out	(adj)	/strest aʊt/	căng thẳng, áp lực
38.	suffer	(v)	/'sʌfə(r)/	chịu đựng, mắc phải
39.	urgent	(adj)	/'ɜ:dʒənt/	khẩn cấp
40.	well-balanced	(adj)	/,wel 'bælənst/	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

<p>1. relax (v): thư giãn</p> <ul style="list-style-type: none"> - 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 <p>2. resolve (v): giải quyết, quyết tâm</p> <ul style="list-style-type: none"> - resolution (n): sự giải quyết, sự kiên quyết, nghị quyết - resolute (adj): kiên quyết, kiên định - resolutely (adv): một cách kiên quyết <p>3. depend (v): phụ thuộc</p> <ul style="list-style-type: none"> - 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 <p>4. concentrate (v): tập trung</p> <ul style="list-style-type: none"> - concentration (n): sự tập trung - concentrated (adj): cô đặc, tập trung cao độ <p>5. delight (v): làm vui thích</p> <ul style="list-style-type: none"> - delight (n): niềm vui, sự vui thích - delightful (adj): thú vị, dễ chịu - delightfully (adv): một cách thú vị <p>6. confidence (n): sự tự tin</p> <ul style="list-style-type: none"> - confident (adj): tự tin 	<p>8. impress (v): gây ấn tượng</p> <ul style="list-style-type: none"> - impression (n): ấn tượng - impressive (adj): gây ấn tượng, ấn tượng - impressively (adv): một cách ấn tượng <p>9. addict (v): gây nghiện</p> <ul style="list-style-type: none"> - addict (n): người nghiện - addiction (n): sự nghiện - addicted (adj): bị nghiện <p>10. physician (n): bác sĩ (người hành nghề y)</p> <ul style="list-style-type: none"> - physics (n): môn vật lý - physical (adj): thuộc về thể chất, vật lý - physically (adv): về mặt thể chất, theo cách vật lý <p>11. encourage (v): khuyến khích, động viên</p> <ul style="list-style-type: none"> - encouragement (n): sự khuyến khích, sự động viên - encouraging (adj): mang tính khuyến khích, đáng khích lệ - encouragingly (adv): một cách khuyến khích <p>12. child (n): đứa trẻ</p> <ul style="list-style-type: none"> - 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
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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

First conditional	If clause	Main clause
	If + S1 + V (HTĐ),	S2 + will + V _o
	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 + V _o

• 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.

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. <u>s</u> ound | B. cl <u>o</u> ud | C. <u>o</u> uch | D. acc <u>o</u> unt |
| 2. A. w <u>a</u> sh | B. fl <u>a</u> t | C. m <u>a</u> rine | D. c <u>a</u> bbage |
| 3. A. <u>c</u> lever | B. <u>c</u> ircus | C. <u>c</u> ollect | D. <u>c</u> ushion |
| 4. A. l <u>e</u> tter | B. <u>e</u> nvironment | C. tw <u>e</u> lve | D. m <u>e</u> ssage |
| 5. A. c <u>a</u> rry | B. g <u>a</u> rbage | C. p <u>a</u> ragraph | D. attr <u>a</u> ction |
| 6. A. <u>a</u> ccomplish | B. <u>a</u> dditional | C. <u>a</u> nxiety | D. <u>a</u> ssignment |
| 7. A. want <u>e</u> d | B. decid <u>e</u> d | C. work <u>e</u> d | D. includ <u>e</u> d |
| 8. A. quest <u>i</u> on | B. ment <u>i</u> on | C. product <u>i</u> on | D. capt <u>i</u> on |
| 9. A. visit <u>e</u> d | B. show <u>e</u> d | C. wonder <u>e</u> d | D. studi <u>e</u> d |
| 10. A. mach <u>i</u> ne | B. spee <u>c</u> h | C. <u>c</u> hildren | D. wat <u>c</u> h |
| 11. A. phys <u>i</u> cal | B. minim <u>i</u> se | C. pri <u>o</u> rity | D. deadl <u>i</u> ne |
| 12. A. h <u>e</u> ad | B. br <u>e</u> ad | C. l <u>e</u> ave | D. inst <u>e</u> ad |

- a. **Ally:** Hey Brian, do you ever struggle to finish your homework on time?
- b. **Brian:** Totally, Ally! It's hard to balance school, friends, and everything else.
- c. **Ally:** I know, right? Maybe we should try making a schedule or something.
A. a-b-c B. b-a-c C. c-a-b D. a-c-b

2.





- a. **Ally:** Brian, I'm trying to eat healthier, but it's tough with all the snacks around.
- b. **Brian:** I know! I've been trying to drink more water instead of soda.
- c. **Ally:** That's a good idea! Maybe we can find some healthy recipes to try.
A. a-c-b B. b-a-c C. c-a-b D. a-b-c

3.

- a. **Ally:** Hey Brian, I'm trying to improve my eating habits. It's hard to avoid all the sugary stuff, though.
- b. **Brian:** I totally get it, Ally. I've been focusing on drinking more water and less soda, which helps.
- c. **Ally:** That's a smart move! I've also heard that getting enough sleep is super important for staying healthy.
- d. **Brian:** Yeah, sleep makes a huge difference. And maybe we should try to be more active, like going for walks after school.
- e. **Ally:** Good idea! Small changes can really add up, right?
A. a-b-c-d-e B. b-a-c-d-e C. a-c-b-d-e D. d-a-b-c-e

D. READING

Exercise 15: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.

	<p>1. What does the sign say?</p> <ul style="list-style-type: none"> A. Do not wear sunglasses here. B. Sunglasses are not good for you. C. Keep calm and wear cute glasses. D. Sunglasses are permitted here.
	<p>2. What does the sign say?</p> <ul style="list-style-type: none"> A. Long hair, tie and necklace - not necessary. B. Loose clothing and loose hair prohibited. C. Do not wear valuable things. D. Your appearance - not important.
	<p>3. What does the sign say?</p> <ul style="list-style-type: none"> A. Be careful! Lightning can kill. B. Be careful! Electricity can kill. C. Be careful! Thunderstorm can kill. D. Be careful! Electrical socket can kill.
	<p>4. What does the sign say?</p> <ul style="list-style-type: none"> A. If you jump into the water head first, you may end up in hospital. B. If you jump into the water head first, you won't wake up in hospital. C. This is not the place if you are scared of reptiles. D. It may look shallow, but you can swim in it.



5. What does the notice say?

- A. People who are under eighteen have to be admitted.
- B. People who are under eighteen must be admitted
- C. People who are under eighteen mustn't be admitted.
- D. People who are under eighteen should be admitted.

Exercise 16: 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

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 |

2

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 |

Exercise 17: 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 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 (3) _____ also include breaks and time for relaxation or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus (4) _____ 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

13

overwhelmed. Thirdly, take (5)_____ 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 (6)_____ 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. should | B. mustn't | C. ought not to | D. may |
| 4. A. to | B. on | C. with | D. of |
| 5. A. responsibility | B. action | C. advantage | D. moment |
| 6. A. talking | B. to talking | C. talked | D. to be talked |

② 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 (6)_____.

- | | | | |
|----------------|------------|---------------|---------------|
| 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 |
| 6. A. obstacle | B. effort | C. assignment | D. energy |

③ 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 (6)_____ 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 |
| 6. A. about | B. to | C. for | D. with |

Exercise 18: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

① My name is Robert. I live in an apartment. My apartment is on the twelfth floor. There is a supermarket on the first floor in our building. My mother and I often buy food, drinks and household items in the supermarket because of its convenience. Sometimes, I buy some bread and milk for breakfast when I go to school. There is a park near my building. In the afternoons, I often play soccer with my friends in the park to improve our health. There is also a big restaurant with plenty of delicious dishes in my neighbourhood and my

family usually has dinner at the restaurant on Saturday evenings. After dinner, if I want to see a film, I can go to the cinema which is not far from my building. It is interesting to live in a city like our city.

1. Robert lives in _____ on the twelfth floor in a building.
A. a house B. an apartment C. detached house D. stilt house
2. The supermarket is on the _____ floor in the building.
A. first B. second C. third D. fourth
3. Robert sometimes buys some _____ for breakfast when he goes to school.
A. bread and orange juice B. banana and milk
C. bread and eggs D. bread and milk
4. He often plays soccer with _____ in the park near the building.
A. his brother B. his sister C. his friends D. his father
5. There is also a _____ and a cinema in his neighbourhood.
A. post office B. tower C. zoo D. restaurant

2

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.

3 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

15

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.

1. What can be the best title for the passage?
 - A. "Teenagers and Their Hobbies"
 - B. "The Importance of Family Expectations"
 - C. "Overcoming Challenges in Pursuing Passions"
 - D. "Discovering and Following Your Passions"
2. What is the main benefit of following one's passions, according to the passage?
 - A. Feeling overwhelmed
 - B. Developing new skills
 - C. Facing setbacks
 - D. Meeting family expectations
3. Why might it be challenging to focus on a passion?
 - A. Friends are not interested
 - B. Family expectations conflict
 - C. Personal aspirations are unclear
 - D. 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

④ 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.

Exercise 19: Read the text carefully, then do the tasks.

HOW TO MANAGE YOUR TIME

Balance is key for Mary, a busy teenager. She uses an app to stay organized with her assignments and deadlines; the app helps her receive reminders to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid distractions, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

A. Decide whether the following statements are True (T) or False (F).

No.	Statements	T or F
1.	Mary has a friend to remind her of the assignments and deadlines.	
2.	Mary often spends excessive time on online social media.	
3.	Mary spends all her free time volunteering at a local charity.	
4.	On the day James works overtime, he can't finish all the tasks on time.	
5.	James and his wife divide their housework.	
6.	Going to the gym helps James keep fit and relax.	

B. Decide who does the following things to manage their time.

No.	Who...?	Mary	James	Both
1.	volunteers to gain more experience			
2.	creates a to-do list to plan their day			
3.	manages time by using an organizing app			
4.	relaxes by playing sports			
5.	thinks that social media can be distracting and waste their time			
6.	shares household chores with a partner			

Exercise 20: 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 I 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 21: Rearrange the words and phrases to make complete sentences.

1. shouldn't/ visit/ the/ If/ park,/ a/ national/ you/ feed/ you/ wildlife./

□ _____

2. medical/ you/ you' re/ advice./ consider/ should/ unwell,/ seeking/ If/ feeling/

□ _____

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. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing,/ asthma./

□ _____

6. If/ you/ license./ car,/ you/ have/ drive/ must/ a/ a/ to/ driver's/ want/

□ _____

7. you/ have/ shouldn't/ money,/ If/ it/ you/ don' t/ spend/ much/ on/ unnecessary/ things./

□ _____

8. more/ you/ practise/ posture,/ confident./ good/ appear/ If/ you/ can/

□ _____

9. smile./ If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/

□ _____

10. all night/ studied/ nervous about/ Feeling/ the upcoming exam,/ Emily./

□ _____

11. teenagers/ can/ for/ many career opportunities/ open up/ Learning to code./

12. If/ must/ have/ a/ question,/ you/ and/ raise/ hand/ ask/ you/ your/ the/ teacher./

13. dream of/ Many teenagers/ traveling the world/ when/ finish school/ they/.

14. on their phones/ stay up late/ because/ sleep/ often struggle with/ Teenagers/ they/.

Exercise 22: 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. you/ finish/ test/ you/ hand/ it/ and/ leave/ home/ immediately. **(can)**

2. Linda/ win/ contest/ she/ have/ enough money/ go travelling/ Europe. **(might)**

3. you/ want/ take/ part/ contest/ you/ fill/ this form. **(must)**

4. they/ want/ win/ competition/ they/ give/ best/ performance. **(must)**

5. it/ rain/ tomorrow/ we/ have/ delay/ meeting. **(may)**

6. your classmate/ want/ sleep/ early/ he/ make/ schedule. **(should)**

7. your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight. **(might)**

8. you/ attend/ formal/ event/ you/ dress/ appropriate/ and/ behave/ polite. **(should)**

Exercise 23: Complete the second sentence in each pair so that it has a similar meaning to the first sentence, using "if".

1. Teachers have to work very hard.

2. Read more books and you can broaden your knowledge.

3. Tuan might fail his English placement test. But he can take it again.

4. Pay attention to the teacher or you can't understand the lessons.

□ _____

5. People who live in a cold country don't like hot weather.

□ _____

6. Unless you want to get sick, you should eat more healthily.

□ _____

7. Don't touch the hot stove or you will burn yourself.

□ _____

8. Save money now and you can reward yourself with a long vacation at the end of the year.

□ _____

9. Stop telling lies or no one will trust you anymore.

□ _____

10. Go to bed early or you will be exhausted the next morning.

□ _____

Exercise 24: Combine the sentence using the modals with "if".

1. You want to go home early. You finish your duty. **(have to)**

□ _____

2. You want to be there on time. You leave here now. **(must)**

□ _____

3. You have a lot of money. You work harder and harder. **(may)**

□ _____

4. You want to go to England to study. You are good at English. **(must)**

□ _____

5. You enter the stadium. You have a ticket. **(can)**

□ _____

6. You don't study harder. You fail the examination again. **(will)**

□ _____

7. Your homework is ready. You take a short rest. **(may)**

□ _____

8. You want your health to be better. You go to bed early. **(should)**

□ _____

9. You finish cleaning the floor. You want to go fishing with Tom. **(have to)**

□ _____

10. You don't want to be late for the meeting. You take a taxi. **(ought to)**

□ _____

Exercise 25: 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 26: 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

Dear Alex,

- a. Remember, getting enough sleep is also super important for feeling good and having energy for school.
- b. I've been thinking a lot about healthy living for us teens lately.
- c. Eating healthy snacks like fruit and nuts instead of crisps or sweets can make a big difference.
- d. Also, trying to be active every day, even just a walk or some sports, really helps your body and mind.
- e. It's all about making small, healthy choices that add up over time for a better you!

Your friend,

Sam

- A. b-c-d-a-e B. c-b-a-d-e C. a-d-c-b-e D. b-a-d-c-e

3

- 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 - b - a - e - d B. c - e - a - b - d
C. c - a - e - b - d D. c - e - b - a - d

Exercise 27: Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1

Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Managing time effectively is crucial for reducing stress and achieving goals. However, it can be challenging to know where to begin. _____.

- a. This helps me focus on what's most important and prevents me from feeling overwhelmed.
 - b. Next, I prioritize tasks, like studying for exams or completing urgent assignments.
 - c. I start by creating a detailed plan or schedule, listing all my tasks and allocating specific times for each.
- A. c - b - a B. b - c - a C. a - c - b D. c - a - b

Choose the sentence that can END the text most appropriately.

- A. This way, I can balance my activities and avoid stress.
- B. I also make sure to include time for relaxation in my schedule.

C. Ultimately, effective time management is a skill that improves with practice.

D. Therefore, it's essential to have a clear understanding of your goals.

② (1) _____, it allows our bodies to repair themselves and our brains to process the day's information.

(2) _____ It also helps us feel more alert and focused, making it easier to learn and remember things.

Choose the TOPIC SENTENCE that can BEGIN the text most appropriately.

A. Getting enough sleep helps reduce stress and boost our mood.1

B. Sleep is essential for our overall health and well-being.

C. During sleep, our bodies and brains are very active.

D. People often struggle to get enough sleep in modern life.

Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

a. This leads to a happier and healthier life.

b. Additionally, a good night's sleep can boost our mood and reduce stress.2

c. Therefore, prioritizing sleep is crucial for feeling our best physically and mentally.

A. c-b-a

B. b-a-c

C. a-c-b

D. c-a-b

F. LISTENING

Exercise 28: 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 29: 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.		
2. A balanced diet, including fruits, vegetables, whole grains, and lean proteins, is essential for teens' growth and development.		
3. Drinking water is not important for teens' overall health.		
4. Consuming junk foods like soda and chips is recommended for teens.		
5. Small lifestyle choices made now have no impact on future health.		

--- THE END ---