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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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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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.

	**1.** What does the sign say? 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.
	**2.** What does the sign say? 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.
	**3.** What does the sign say? 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.
	**4.** What does the sign say? 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.

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	**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 .

❶

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

❷

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.

❶ 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

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