



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

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.

- Robert lives in _____ on the twelfth floor in a building.
A. a house B. an apartment C. detached house D. stilt house
- The supermarket is on the _____ floor in the building.
A. first B. second C. third D. fourth
- 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
- He often plays soccer with _____ in the park near the building.
A. his brother B. his sister C. his friends D. his father
- 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.

- 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
- 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
- What do most teenagers in Britain prefer to wear?
A. trendy labels B. expensive uniforms C. fashionable hats D. economical trainers
- The word '**highlight**' in paragraph 2 is closest in meaning to _____.
A. confuse B. remark C. emphasize D. decrease
- 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

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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.