

1

Vocabulary

Circle the correct word or phrase to complete each sentence.



- It's always difficult for students to **give** / **make** priority to work, school, and family.
- David works out at his home gym to maintain his **mental** / **physical** health.
- Well-balanced** / **Badly balanced** living is hard to achieve if you have many things to do.
- Managing** / **Making** time means organising and planning how to divide your time between different activities.
- I tried to **accomplish** / **get** my goal of cycling five kilometres a day.



2

Match the words and phrases with their definitions.



- | | | |
|-----------------|---|--|
| 1. delay | ● | a. the planned day and time that something is required to be completed |
| 2. due date | ● | b. believing that good things will happen |
| 3. optimistic | ● | c. too anxious and tired to be able to relax |
| 4. stressed out | ● | d. things that stop you from paying attention to what you are doing |
| 5. distractions | ● | e. not to do something until a later time |



3

Complete the sentences with the words and phrases from 2.



- I want to know the _____ for my history assignment.
- I'm trying to go to bed earlier because I'm feeling _____ at the moment.
- He intended to _____ telling her the news, waiting for the right moment.
- I'm _____ about the result of the exam I took last week.
- I prefer to study in the school library because there are too many _____ at home.

4

Choose the correct form of the verb.



- She usually (**do** / **does**) her homework and then **reads** a book.
- I (**am** / **was**) ready to change my eating habits.
- We (**finish** / **finished**) several days **ahead** of the due date.
- He always (**worry** / **worries**) about his physical health.
- They (**prefer** / **prefers**) to study in the school library.

5

Fill in the blanks with the correct word form.



- Keeping _____ (health) is important for everyone.
- She exercises _____ (regular) to stay fit.
- I need to stop _____ (worry) about small things.
- There are many _____ (distract) when I study at home.
- Let's try to be more _____ (optimism) about the future.

3

Complete the sentences with the words in the box.

hat home red right run river umbrella hungry



- Put on your _____. It's sunny.
- The _____ is very long and flows through our town.
- Turn _____ at the next traffic light.
- He is _____. Let's get some food.

- She is wearing a _____.
- I go _____ every morning to keep fit.
- The apple is _____.
- We are going _____ this weekend.



1 Match the words with the pictures.

1. exercise

2. sleep

3. diet

4. stress

5. healthy

6. junk food

7. weight

8. dentist



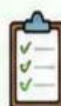
2 Choose the correct modal verb to complete the sentences.

- You **can** / **should** drink water every day.
- If you study hard, you **might** / **must** get a good result.
- If you feel stressed, you **should** / **can** talk to someone.
- If you don't want to be late, you **must** / **may** leave early.
- You **can** / **shouldn't** eat too much junk food.
- If you have a toothache, you **should** / **might** see a dentist.



3 Write the correct form of the verb in brackets.

- If you _____ (exercise) regularly, you will be healthier.
- You _____ (should / drink) enough water every day.
- If you stay up late tonight, you _____ (feel) tired tomorrow.
- If Mai _____ (eat) less junk food, she can lose weight.
- You _____ (must / be) careful when you use sharp objects in the kitchen.
- If Tom _____ (complete) his project on time, he can go out with his friends.



4 Complete the sentences with the words in the box.

exercise sleep diet stress
healthy dentist weight junk food

- Regular _____ helps you keep fit.
- You should get enough _____ each night.
- Eating too much _____ can be bad for your health.
- A balanced _____ gives you the nutrients your body needs.
- When you have a toothache, you should see a _____.
- If you want to lose _____, you should eat less high-fat food.
- Too much _____ can affect your mental health.
- Doing exercise and eating well can help you stay _____.



5 Match the first half of the sentence in A with the second half in B.

- A**
- If you spend too much time on your phone,
 - If you don't drink enough water,
 - If you want to improve your concentration,
 - If you have a big test tomorrow,
 - If you do regular exercise,

- B**
- you should review your lessons tonight.
 - you can try doing breathing exercises.
 - you may get a headache.
 - you can improve your mood.
 - you might find it hard to sleep.

