NAME:..... G9-U3-TEST 3-MARKS:.....

1 Match the words with the pictures.

1. physical
2. mental
3. well-balanced
4. priority
5. counsellor

A

B

C

D

E

2 Complete the sentences with the words in the box.

physical mental well-balanced priority counsellor

1. Doing regular exercise helps to keep you _____ and healthy.
2. Keeping a _____ diet means eating different kinds of food.
3. Your _____ health is just as important as your physical health.
4. Getting enough sleep should be a top _____ for students.
5. A school _____ can listen to your problems and give you advice.

3 Choose the correct answer (A, B or C).

1. I always eat fruit and vegetables to keep _____.
   A. **mental** B. **physical** C. **priority**
2. My sister tries to have a _____ life. She studies, exercises and spends time with her family.
   A. **well-balanced** B. **counsellor** C. **mental**
3. Sleep is very important. It should be a _____ for teenagers.
   A. **well-balanced** B. **mental** C. **priority**
4. If you feel stressed, you can talk to a school _____.
   A. **counsellor** B. **physical** C. **priority**
5. Playing sports is good for your _____ health.
   A. **mental** B. **well-balanced** C. **physical**

4 Write the correct form of the verbs in brackets.

1. I always _____ (drink) water every day.
2. My father _____ (go) for a run in the morning.
3. We _____ (not stay) up late on school days.
4. _____ you _____ (do) exercise after school?
5. She _____ (eat) a lot of junk food. She wants to be healthier.

5 Complete the sentences with the words in the box.

physical mental well-balanced priority counsellor

1. Regular exercise helps improve your _____ health and gives you more energy.
2. Good _____ health is important because it helps you stay happy and positive.
3. A _____ life means having enough time for study, exercise, rest and hobbies.
4. Seeing a school _____ can help you with your problems or stress.
5. Your health should be a top _____ in your daily life.

LIVEWORKSHEETS

6 Choose the correct word or phrase to complete each sentence.

1. Having a well-balanced life can help you **reduce / give** stress and anxiety.
2. I always **make / took** a weekly work list to organise my tasks.
3. It's important to **take breaks / avoid** junk food to keep your brain healthy.
4. My family and friends **offer / improve** me additional support when I feel stressed.
5. Eating too many **fattening foods / most important tasks** can negatively affect your health.

7 Match the words and phrases with their meanings.

1.	well-balanced life	a.	give help and encouragement
2.	reduce stress and anxiety	b.	food that is high in calories and can make you gain weight
3.	weekly work list	c.	not eat unhealthy snacks such as chips, cookies, pizza, etc.
4.	priority	d.	a list of tasks for the week
5.	most important tasks	e.	live a healthy and balanced life with work, study and free time
6.	offer support	f.	things that are the most important to do
7.	fattening foods	g.	make less worried and nervous
8.	avoid junk food	h.	the planned day and time to focus on something

8 Complete the sentences with the words in the box.

well-balanced **reduce** **weekly** **priority** **offer** **fattening** **avoid** **improve**

1. I always make a _____ work list to organise my study time.
2. Taking breaks can help me _____ stress and anxiety.
3. My health is a top _____ for me.
4. I try to _____ junk food like chips and pizza.
5. Eating a balanced diet and exercising regularly can _____ my mood.

9 Find and correct the mistake in each sentence.

1. I make a weekly work list to organise my **task**.
   → _____
2. Eating junk food can help you **reduces** stress.
   → _____
3. It's important to take a **breakes** to rest.
   → _____
4. My friends offer me some support when I feel **worry**.
   → _____
5. Exercising regularly can improve your **healthly** mood.
   → _____

10 Choose the best answer (A, B or C).

1. Which of the following can help you reduce stress and anxiety?
   A. Taking breaks B. Eating junk food C. Skipping sleep
2. What should you do to keep your brain healthy?
   A. Avoid junk food B. Eat more fattening foods
   C. Stay up late
3. What does a weekly work list help you do?
   A. Organise your tasks B. Eat more snacks C. Sleep less
4. Which is an example of a fattening food?
   A. pizza B. apple C. carrots
5. What can improve your mood?
   A. eating a balanced diet and exercising
   B. eating junk food and skipping sleep
   C. staying in bed all day

LIVEWORKSHEETS