

Exercise 1: Multiple Choice

Choose the best answer to complete each sentence.

1. If you want to have good mental health, you _____ balance your studies and life.
a) mustn't b) might c) can't d) should
2. If you want to take care of your body, you _____ follow a healthy diet every day.
a) shouldn't b) must c) may not d) can
3. If you want to finish your project on time, you _____ avoid any distractions.
a) must b) can c) might d) shouldn't
4. He _____ accomplish his goals if he consistently works hard.
a) must b) shouldn't c) might d) can't
5. If you finish your urgent tasks early, you _____ deal with other problems.
a) shouldn't b) might not c) can d) must
6. If Peter wants to stay in shape, he _____ consume too many sugary drinks.
a) can b) shouldn't c) must d) might
7. If she goes to bed after midnight, she _____ struggle to wake up for school tomorrow.
a) can't b) might c) shouldn't d) must
8. If they want to experience true happiness, they _____ get through their difficulties.
a) must b) shouldn't c) may d) can't
9. If you feel unwell, you _____ consult a doctor immediately.
a) can't b) mustn't c) might d) should
10. You _____ delay your tasks if you want to complete them before the due date.
a) can b) may c) must d) shouldn't
11. If you _____ physical exercise regularly, you can improve your brain health.
a) does b) do c) will do d) doing
12. If Tom _____ his assignments on Friday, he can make time for his friends at the weekend.
a) will complete b) completed c) completes d) complete
13. If you want to be awake and fully alert, you _____ get enough sleep every night.
a) should b) can't c) might d) may not
14. If you eat too much fattening food, you _____ put on weight.
a) must b) can't c) may d) mustn't
15. If we use a calendar, we _____ manage our time more effectively.
a) shouldn't b) might not c) must d) can
16. If she _____ to stop worrying, she should go for a walk every morning.
a) will want b) want c) wants d) wanted

17. Students _____ wait until the night before the exam to study if they want to get a good grade.
a) shouldn't b) may c) can d) must
18. If you have a sore throat, you _____ eat ice cream.
a) can b) should c) might d) mustn't
19. If he _____ a good routine, he might meet the deadline.
a) will plan b) plans c) planned d) plan
20. If you are stressed out, you _____ talk to a school counsellor for advice.
a) should b) can't c) might not d) mustn't