even McDonald's with special Japan-(7)_____ items found only in Japan.

If you ever have the chance to visit Japan, make sure you stop in Tokyo for (8)_ a few days.

| | | | | |
|---|---|---|---|---|
| 1. | a. Found | b. Founded | c. Founding | d. Finded |
| 2. | a. metropolitan | b. influence | c. attractive | d. complex |
| 3. | a. what | b. which | c. that | d. this |
| 4. | a. run | b. show | c. drive | d. roam |
| 5. | a. provinces | b. attractions | c. festivals | d. religions |
| 6. | a. at | b. in | c. on | d. of |
| 7. | a. inspire | b. inspiring | c. inspired | d. inspiration |
| 8. | a. at time | b. at all | c. at least | d. at first |

**X. Read the text then answer the questions.**

Toronto is one of the world's most multicultural cities. Almost half of its population are immigrants. You'll hear more than 140 languages and dialects spoken on the streets in this "City of Neighborhoods". It's the most populous city in Canada (more than 5 million in the Greater Toronto Area) and the province of Ontario's economic engine. Toronto's motto is "Diversity Our Strength". Toronto prides itself on its wide range of cultures, languages, food and arts.

Visit Toronto, and one of the first things you'll notice is that the city's appeal lies in its citizens' friendliness: ask for directions, and you'll be helped. Along with its highly artistic culture and fascinating museums that proudly display the country's history, it's clear that a Toronto trip has something for everyone.

Although Toronto's climate is partially moderated by its Great Lakes location, it is more extreme than Bordeaux's and Christchurch's, with somewhat hotter summers and considerably colder winters. Summertime in Toronto is festival time. Just about every weekend, and some weekdays, you'll find one happening. If crowds aren't your thing, avoid Caribana festival (July 28 through July 31), when the city greets more than one million visitors.

1. Where is Toronto?

_____

2. What is the population of the Greater Toronto Area?

_____

3. What makes Toronto proud of itself?

_____

4. What is one of the first things in Toronto that appeals tourists?

_____

5. Which of Toronto proudly displays the country's history?

_____

6. How is the climate in Toronto?

_____

7. When is the festival time in Toronto?

_____

8. How many visitors does the city greet in Caribana festival?

_____



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**XI. Complete the second sentence so that it has a similar meaning to the first sentence, using the word in capital.**

1. This gym is less convenient than the one near my house. (AS)

→ This gym _____

2. Mount Everest is higher than any other mountain in the world. (HIGHEST)

→ Mount Everest _____

3. His writings have influenced modern Christian theology. (BEEN)

→ Modern Christian theology _____

4. The group plans to establish an import business. (SET)

→ The group plans to _____

5. His father is the most capable man in the office. (MORE)

→ No other _____

6. The product quickly made an impact on the market. (INFLUENCE)

→ The product quickly _____

7. Jonah had obviously made an effort to put on smart clothes for the occasion. (UP)

→ Jonah had obviously made an effort to _____

8. Losing weight is not so easy as putting on weight. (DIFFICULT)

→ Losing weight _____

**XII. Make an outline, then write a short paragraph (100-150 words) to tell about ONE problem that your city is facing. Use the cue questions below.**

What is that problem?

What causes that problem?

How does it affect people's life?

Are there any solutions for that problem? If yes, what are they?



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# UNIT 3 TEEN STRESS AND PRESSURE

## A. PHONETICS

**I. Look at the verb form of *be* in bold in each pair of sentences. Tick (✓) Stressed or Unstressed.**

| | Stressed | Unstressed |
|---|---|---|
| 1. - **Isn't** too late to say sorry?<br>- No, it **isn't**. | | |
| 2. - **Was** he busy with his schoolwork?<br>- Yes, he **was**. | | |
| 3. - **Isn't** fried chicken your favorite food?<br>- Yes, fried chicken **is** my favorite food, but it can make me fatter and fatter. | | |
| 4. - **Is** it your mobile phone?<br>- Yes, it **is** my mobile phone. | | |
| 5. - Do you think they **are** on the way here?<br>- They **are** on the way. Don't worry. | | |
| 6. - You **aren't** working this weekend?<br>- I **am**, but I can't spend some time meeting you. | | |

**II. Place a mark over the verb form of *be* that should be stressed in the following sentences.**

1. She is interested in Korean films but her husband isn't.
2. A: Are you reading this book?
   B: Yes, I am.
3. A: Isn't it the best way to release stress?
   B: Yes, it is.
4. A: Do you think he is a great actor?
   B: He is. But he's quite reserved.
5. A: Is she confident that she will get the job?
   B: Yes, she is. She has prepared for the interview very well.
6. A: Will Hoa visit you this summer?
   B: Yes, she will fly here on her own.
   A: But she is too young!
   B: She is. But she can take care of herself.


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## B. VOCABULARY AND GRAMMAR

**I. Complete the sentences with the words from the box. There are two words that you do not need to use.**

| | | | | |
|---|---|---|---|---|
| confident | grateful | frustrated | tense | delighted |
| calm | worried | appreciated | depressed | relaxed |

1. He gets _____ when people don't understand what he's trying to say.
2. I'm not _____ about her - she can take care of herself.
3. She was very _____ as she waited for the interview.
4. The teacher wants the children to feel _____ about asking questions when they don't understand.
5. Anna got 10 marks for her English test. She felt absolutely _____ about that result.
6. She's terribly _____ about losing her job.
7. He told himself to stay _____ whenever he was put into a harsh situation.
8. As soon as I had made the final decision, I felt a lot more _____.

**II. Match the beginnings to the correct endings.**

| A | B |
|---|---|
| 1. It might be a good idea to resolve | a. a big risk by going skiing. |
| 2. Have you ever thought about breaking | b. for support from friends when I am under pressure. |
| 3. If I were you, I would try to overcome | c. your budget to have enough money for the things you need. |
| 4. I don't think you should take | d. serious conflicts between neighbors. |
| 5. If I were you, I would ask | e. a healthy habit of doing exercises regularly? |
| 6. Have you ever thought of developing | f. informed decisions about their occupational goals. |
| 7. You should manage | g. stress by maintaining a healthy lifestyle and staying healthy. |
| 8. It might help to give students advice so they can make more | h. the habit of staying up late for better concentration? |

**III. Put the skills in their category.**

*stay calm with others, feel sympathy for others, follow directions or rules, cope with loneliness, comprehend reading materials, determine the problems you're facing, listen to others, go to sleep early, clean your room, fix the light bulb, ask for help, take out the trash, be grateful, determine the symptom of common diseases, use appropriate words in certain circumstances, drink enough water*

| | |
|---|---|
| **Social skills** | |
| **Cognitive skills** | |
| **Housekeeping skills** | |



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| | |
|---|---|
| **Emotion control skills** | |
| **Self-care skills** | |

**IV. Turn the following sentences into reported speech.**

1. "Our daughter wants to study abroad for a year," they said.

_____

2. "Have you ever experienced school pressures?" she asked me.

_____

3. "Yesterday I couldn't watch my favourite cartoon on Disney Channel," he said.

_____

4. "Is the weather good in Shanghai in the summer?" Jane asked me.

_____

5. "What are the skills that you find the most difficult to learn?" she asked me.

_____

6. "Would you bring me a cup of coffee, please?" she told me.

_____

7. "I'll come and help you on Saturday," Joana told me.

_____

8. "When will you come back home?" my mom asked me.

_____

9. "Do you need any help on this assignment?" the teacher asked me.

_____

10. "My friend got engaged to a German last month," Danny told Ann.

_____

**V. Complete the sentences with correct tense of verbs.**

1. The interviewer asked me what I _____(can) do if I were offered the job.
2. Mandy asked me if the boys _____(read) the book at present.
3. The manager told me that I _____(travel) from place to place the following month.
4. They said they _____(never/ be) to Scotland until last year.
5. Jason and Victoria told me they _____(do) their best in the exams the following day.
6. I wondered why Nick _____(not go) to New York the summer before.
7. John told me that there _____(may) not be dessert after dinner.
8. She asked me if everyone _____(must) contact the Magic Number in emergency situations.
9. My mom said she _____(be) going to visit a friend of hers in London.
10. Shannon said that she _____(need) to take care of her baby.


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**VI. Complete the sentences with suitable question words.**

1. He doesn't know _____ to ask for advice about this situation.
2. Be sure _____ to eat when you arrive in Vietnam.
3. They are going to tell me _____ to do to survive in a storm.
4. I asked Jane to show me _____ to deal with bullying at school.
5. He wondered _____ to start revising for the final exam.
6. The rules didn't specify _____ to speak to in case of an emergency.
7. You need to find out _____ to overcome stress and worry.
8. I don't know _____ to turn for help.
9. I had no idea _____ to write my home paper about.
10. Tell me _____ to press the button.

**VII. Rewrite the following sentences using question words before to-infinitives.**

1. I don't know where I should visit this summer vacation.

   _____

2. Could you tell me who I should ask for advice?

   _____

3. She wondered what she should write in the final essay.

   _____

4. I have no idea who I should contact in case of emergency.

   _____

5. They can't decide when they leave for America.

   _____

6. I'm not sure what I should cook for my son's birthday party.

   _____

7. Could you tell me where I should put my umbrella?

   _____

8. He asked himself what he should send her as a present.

   _____

9. I have no idea when I should leave for Japan.

   _____

10. She wondered how she should resolve the conflict.

    _____

**VIII. Rewrite the following questions in reported speech, using question words before to-infinitives.**

1. "What should we do to help her overcome stress?"

   They didn't know _____

2. "Should I discuss this matter with my teammates?"

   Jonas wondered _____



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3. "Where should I register for a course on life skills?"
   An asked Mary _____
4. "How should we find a support center for the homeless?"
   James and Lily couldn't tell _____
5. "When should we start our campaign?"
   They had no idea _____
6. "Mom, who should I call upon arriving at the airport?"
   Trang asked her mother _____
7. "Should I dial 18001567 to ask for advice about family problems?"
   Phong was not sure _____
8. "What should we do to help those disadvantaged children?"
   They wondered _____
9. "When should I start teaching my children to cook?"
   She couldn't decide _____
10. "How should I deal with negative emotions and stress?"
    Hoa asked Nam _____

**IX. Fill in each blank with a suitable preposition.**

1. He felt that they were making fun _____ him, though he could not understand why.
2. He wasn't able to cope _____ the stresses and strains of the job.
3. We have to improve and increase mass participation _____ sports.
4. This goes beyond the boundaries _____ what is accepted.
5. My parents never put any pressure _____ me to get a job.
6. You can dial 114 in case of fire _____ dealing area codes.
7. She gave up German in order to concentrate _____ her French.
8. Parents need to continue to empathize _____ the child.

## C. SPEAKING

**I. Complete the conversation with the sentences from the box. Write the letters of the sentences.**

A. Are you worried about the upcoming exam?
B. Well, have you thought of solving this problem?
C. So, what makes you stressed out?
D. It will. After starting the conversation, remember to apologize her for the argument and present your ideas once more time with calmness if you want.
E. What's wrong with you?
E. Seriously?
G. If I were you, I would smile at her, then choose a common topic to talk about.


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Mom: (1) _____

Hoa: I'm not sure but I think I am stressed.

Mom: (2) _____

Hoa: No, I'm not. I have prepared for it, so I can tackle it easily.

Mom: (3) _____

Hoa: Well, I argued with my best friend yesterday.

Mom: (4) _____

Hoa: Yes. We discussed how to set up a camp for our group and we couldn't agree on any plans.

Mom: (5) _____

Hoa: Yes, I have. However, I don't know how to start a conversation with her.

Mom: (6) _____

Hoa: Will it work?

Mom: (7) _____

Hoa: Oh, great! Thank you, mom! I will try.

**II. Put the dialogue into the correct order.**

___ United States I think, but I'm so worried about myself.

_1_ I'm planning to study abroad next year.

___ What are you worried about?

___ Oh dear. It may cause you a lot of problems then. I think you should prepare for your trip from now.

___ I mean, I don't know how to cook, study by myself or manage my budget.

___ What should I do?

___ What else can I do?

___ Cool! Which country will you set foot on?

___ What do you mean?

___ I think you should share your thoughts with your parents when you are tense. They can give you some useful advice.

___ Right. Thank you very much!

___ I don't think I have enough skills to live far away from my family.

___ You can register for a soft skill course at the Youth Cultural House , KDI or Vietskills, etc. After that, try to practice as much as possible.

## D. READING

**I. Complete the passage with words from the box.**

| conflict | refers | less | most | through | ambitions | with | studying |
|---|---|---|---|---|---|---|---|

The term "Life Skills" (1)_____ to the skills you need to make the most out of life. Life skills are usually associated with managing and living a better quality of life. They help us to accomplish our (2)_____ and live to our full potential. Any skill that is useful in your life can be considered a life skill. Different life skills will be more or (3)_____ relevant at different times in your life, for example:



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- When at school or university, you'll need (4)_____ skills.
- When you have a job, leadership and presentation skills may be useful, along with a whole host of other skills.
- There will be times throughout your life when you'll need (5)_____ resolution, stress management and problem solving skills too.

However, perhaps the (6)_____ important life skill is the ability and willingness to learn. By learning new skills we increase our understanding of the world around us and equip ourselves with the tools we need to live a more productive and fulfilling life, finding ways to cope (7)_____ the challenges that life, inevitably, throws at us. Life skills are not always taught directly but often learned indirectly (8)_____ experience and practice.

## II. Read the text carefully. Then do the tasks.

Stress isn't just a problem for adults. Young people, however, are also suffering from stress with different causes. Below are some factors that contribute to those youngsters' unhealthy levels of stress.

**School Pressure**

Teenagers often feel stressed about academic and extracurricular demands. Students feel pressure to complete daily homework, finish projects and study for exams. In addition to the quest for good grades, teens may also participate in extracurricular activities, such as sports, student council, cheerleading and clubs. The added pastimes may contribute to teenage stress and anxiety if the activities arc competitive and require scheduling that cuts into study and relaxation time.

**Peer Pressure**

Although teens may have a solid group of friends, their peers may pressure them to hang out instead of studying or experiment with drugs, alcohol or sexual activities that go against their morals or family rules. Peer pressure, bullying on campus and harassment may distract teens from studying, leading them to feel additional stress and anxiety.

**Family Problems**

Teenagers can also feel stress at home because of family pressures and problems. Arguments with siblings, disagreements with parents over rules and expectations and the need to consistently care for younger siblings may also contribute to teen stress.

**Sense of Loss**

Teens may also feel stress and anxiety when experiencing a sense of loss. "Loss" can mean the end of a relationship, friendship or cherished extracurricular activity. Breaking up with a boyfriend or best friend, for example, may lead them to doubt their self-worth or feel anxious about attending school or social functions because of their change in social status.

### A. Decide whether the following sentences are true (T) or false (F).

1. Stress is a problem of both adults and young people.
2. Youngsters can't be stressed if they do well in their classes.
3. Peer pressure can make teens unable to concentrate on studying.
4. The family is always the best place, so it doesn't cause stress for teenagers.
5. Some problems in the social relationship can lead teens to doubt or anxiety.

### B. Answer the questions.

6. What can the added pastimes cause to teens?


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