


Name: \_\_\_\_\_

Class: \_\_\_\_\_


**BÀI TẬP PTNL ENGLISH GRADE 9**

**UNIT 3: HEALTHY LIVING FOR TEENS**

## UNIT 3. HEALTHY LIVING FOR TEENS



**LANGUAGE FOCUS**



**PRONUNCIATION**

**I. Circle the word having the underlined part pronounced differently in each line. Then listen and repeat.**

1. A. <u>h</u> elp	B. <u>h</u> obby	C. <u>h</u> our	D. <u>h</u> ealth
2. A. per <u>h</u> aps	B. ve <u>h</u> icle	C. a <u>h</u> ead	D. en <u>h</u> ance
3. A. t <u>i</u> red	B. se <u>r</u> ious	C. a <u>v</u> erage	D. ge <u>n</u> eral
4. A. <u>h</u> omework	B. <u>h</u> andmade	C. <u>h</u> eavy	D. <u>h</u> onour
5. A. pa <u>r</u> ent	B. e <u>v</u> ery	C. i <u>r</u> on	D. fo <u>r</u> eign

**II. Choose the word that differs from the other three in the position of primary stress in each of the following questions.**

1. A. advice	B. exam	C. maintain	D. schedule
2. A. delay	B. habit	C. healthy	D. ready
3. A. several	B. distraction	C. happiness	D. worrying
4. A. accomplish	B. assignment	C. counsellor	D. attention
5. A. anxiety	B. environment	C. additional	D. optimistic

**VOCABULARY & GRAMMAR**

**III. Use the words in the box to complete the sentences.**

priority      goal      mental      physical

well-balanced      optimistic      due

- Some teens struggle with stress, pressure and other \_\_\_\_\_ health problems.
- \_\_\_\_\_ people always believe that good things will happen.
- She gives \_\_\_\_\_ to study. She always finishes her homework before doing anything else.

4. Elena submitted her assignment long before the \_\_\_\_\_ date.
5. Doing exercise regularly helps you improve your \_\_\_\_\_ health.
6. Some people work too much and cannot maintain a \_\_\_\_\_ life.
7. You can't accomplish your \_\_\_\_\_ of entering the university if you are lazy.

**IV. Use the words provided in brackets in their correct forms to complete the sentences.**

1. It's necessary for teens to learn time \_\_\_\_\_ skill. (manage)
2. Those with a \_\_\_\_\_ lifestyle often lead a happier life. (health)
3. The counsellor gave the boy advice on how to avoid stress and \_\_\_\_\_. (anxious)
4. Don't hesitate to ask for \_\_\_\_\_ support from your teacher and friends. (add)
5. You shouldn't study continuously. Instead, take breaks \_\_\_\_\_ to give your brain a rest. (appropriate)
6. Parents often \_\_\_\_\_ the needs of their children. (priority)
7. Tom finds it hard to study online because there are so many \_\_\_\_\_. (distract)

**V. Choose the correct answer A, B, C, or D to complete the sentences.**

1. Lucy met the school \_\_\_\_\_ to ask for advice on how to manage time better.  
 A. parent      B. counsellor      C. students      D. children
2. Tim seems to be \_\_\_\_\_ out these days. He's very anxious and unable to relax.  
 A. stressed      B. pressed      C. distracted      D. worked
3. When is the \_\_\_\_\_ date for submitting the project report?  
 A. recent      B. time      C. due      D. play
4. Mary \_\_\_\_\_ telling Tom the news. She wanted to wait for the right moment.  
 A. cancelled      B. continued      C. delayed      D. kept
5. The school managers give \_\_\_\_\_ to improving education quality. They consider it more important than anything else.  
 A. way      B. priority      C. help      D. support
6. She was not in a good \_\_\_\_\_ because of the argument with her friend.  
 A. temperature      B. day      C. moment      D. mood
7. To manage your time better, you should set a daily \_\_\_\_\_ and follow it.  
 A. time      B. work      C. deadline      D. routine

**VI. Complete the sentences with the correct answer A, B, C, or D.**

1. If you \_\_\_\_\_ harder, you can gain a better score in the final exam.  
A. study      B. studied      C. will study      D. would study
2. If you see the sign "No entrance", you \_\_\_\_\_ not enter the area.  
A. may      B. might      C. must      D. would
3. You may \_\_\_\_\_ burnt if you play with fire.  
A. got      B. getting      C. to get      D. get
4. You \_\_\_\_\_ hand in your paper before the due date if you finish it.  
A. must      B. can      C. need      D. have to
5. If you want to finish your homework on time, you \_\_\_\_\_ watch TV while doing it.  
A. may not      B. can      C. should not      D. will
6. If you don't set priority to work, you \_\_\_\_\_ accomplish your goal.  
A. can't      B. shouldn't      C. mustn't      D. don't
7. If I \_\_\_\_\_ all needed ingredients, I can make nice spaghetti.  
A. had      B. have      C. having      D. will have

**VII. Find the mistake in the four underlined parts of each sentence and correct it.**

1. If somebody helps you, you should to thank him/ her.  
A      B      C      D
2. If you felt stressed out, you should take a rest to improve your mood.  
A      B      C      D
3. You should wear a coat when going out if you can't want to catch a cold.  
A      B      C      D
4. You might be careful when using a knife if you don't want to hurt yourself.  
A      B      C      D
5. If you finished all your homework, you can go to the football stadium.  
A      B      C      D
6. If you stay up late every night, your health will suffered.  
A      B      C      D
7. You mustn't improve your study result if you spend all time playing computer games.  
A      B      C      D