

Unit 1 – LOCAL COMMUNITY

VOCABULARY:

Vocabulary	Type	IPA	Vietnamese meaning
1. Local	(adj)	/ˈləʊkəl/	Địa phương
2. Community	(noun)	/kəˈmju:nɪti/	Cộng đồng
3. Suburb	(noun)	/ˈsʌbɜ:b/	Ngoại ô
4. Neighbourhood	(noun)	/ˈneɪbəhʊd/	Khu vực lân cận
5. Facilities	(noun)	/fəˈsɪlɪtɪz/	Cơ sở vật chất
6. Shopping malls	(noun)	/ˈʃɒpɪŋ məʊlz/	Trung tâm mua sắm
7. Craft	(noun)	/kra:ft/	Thủ công mỹ nghệ
8. Look for	(phrasal verb)	/lʊk fɔ:r/	Tìm kiếm
9. Get on with	(phrasal verb)	/get ɒn wɪð/	Hòa thuận với
10. Remind of	(phrasal verb)	/rɪˈmaɪnd ɒv/	Nhắc nhớ đến
11. Give advice	(phrase)	/gɪv ədˈvaɪs/	Đưa ra lời khuyên
12. City centre	(noun)	/ˈsɪti ˈsentə/	Trung tâm thành phố
13. Occasion	(noun)	/əˈkeɪʒən/	Dịp, cơ hội
14. Police officer	(noun)	/pəˈli:s ˈɒfɪsə/	Cảnh sát
15. Garbage collector	(noun)	/ˈgɑ:bɪdʒ kəˈlektə/	Người thu gom rác
16. Electrician	(noun)	/ɪlekˈtrɪʃən/	Thợ điện
17. Firefighter	(noun)	/ˈfaɪəˌfaɪtə/	Lính cứu hỏa
18. Delivery person	(noun)	/dɪˈlɪvəri ˈpɜ:sən/	Người giao hàng
19. Electrical wires	(noun)	/ɪˈlektrɪkəl waɪərz/	Dây điện
20. Property	(noun)	/ˈprɒpəti/	Tài sản
21. Obey the law	(phrase)	/əˈbeɪ ðə lɔ:/	Tuân thủ pháp luật
22. Tourist attraction	(noun)	/ˈtʊərɪst əˈtrækʃən/	Điểm thu hút khách du lịch
23. Handicraft	(noun)	/ˈhændɪkra:ft/	Đồ thủ công
24. Pottery	(noun)	/ˈpɒtəri/	Đồ gốm
25. Speciality food	(noun)	/ˌspeʃiˈælɪti fu:d/	Đặc sản
26. Artisan	(noun)	/ˈɑ:tɪzən/	Thợ thủ công
27. Look around	(phrasal verb)	/lʊk əˈraʊnd/	Nhìn xung quanh
28. Come back	(phrasal verb)	/kʌm bæk/	Trở lại
29. Hand down/ Pass down	(phrasal verb)	/hænd daʊn/ /pɑ:s daʊn/	Truyền lại
30. Find out	(phrasal verb)	/faɪnd aʊt/	Tìm ra
31. Take care of	(phrasal verb)	/teɪk keər ɒv/	Chăm sóc
32. Cut down on	(phrasal verb)	/kʌt daʊn ɒn/	Giảm bớt
33. Go out	(phrasal verb)	/gəʊ aʊt/	Đi ra ngoài
34. Preserve	(verb)	/prɪˈzɜ:v/	Bảo tồn
35. Shorten	(verb)	/ˈʃɔ:tn/	Rút ngắn
36. Fragrance	(noun)	/ˈfreɪgrəns/	Hương thơm
37. Hand- craft	(verb)	/ˈhændkra:ft/	Làm thủ công
38. Original	(adj)	/əˈrɪdʒɪnəl/	Nguyên bản

39. Function	(noun)	/ˈfʌŋkʃən/	Chức năng
40. World- famous	(adj)	/ˌwɜːld ˈfeɪməs/	Nổi tiếng thế giới
41. Find out	(phrasal verb)	/faɪnd aʊt/	Tìm ra
42. Instruct	(verb)	/ɪnˈstrʌkt/	Hướng dẫn
43. Sort	(verb)	/sɔːrt/	Phân loại

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1: The libraries and parks are examples of _____ in our local area.

- A. buildings B. shops C. facilities D. houses

Question 2: I live in a small modern _____ near the city center.

- A. neighbourhood B. pottery C. suburb D. village

Question 3: The people who live in the same area as me are called my _____.

- A. family B. friends C. local community D. colleagues

Question 4: A _____ is an area just outside or on the edge of a city where many people live.

- A. suburb B. village C. town D. neighbourhood

Question 5: The local _____ center is a place where people can gather and participate in activities.

- A. school B. shop C. community D. facility

Question 6: The _____ is a popular place for shopping and entertainment in many local communities.

- A. library B. park C. shopping mall D. city centre

Question 7: Learning a new _____ requires lots of time and the flexibility of your hands.

- A. sport B. hobby C. craft D. language

Question 8: To learn more about your local community, you can _____ information online or at the library.

- A. look after B. look for C. look around D. look down

Question 9: It's important to _____ with your neighbours and be respectful of their property.

- A. get out B. get off C. get on D. get involved

Question 10: Some famous _____ in Vietnam are Cai Rang floating market, Ha Long Bay, Phong Nha cave, etc.

- A. landmarks B. buildings C. tourist attractions D. craftvillages

Question 11: If you have a problem with your light system, you should call a(n) _____.

- A. electrician B. garbage collector C. delivery person D. police officer

Question 12: The _____ is often the busiest part of a city which attracts lots of citizens to come and live.

- A. suburb B. city centre C. neighbourhood D. local community

Question 13: Community events and _____ are a great way to bring people together and celebrate.

- A. pottery B. occasions C. specialites D. garbage

Question 14: If you see something illegal in your local community, you should report it to a(n) _____.

- A. police officer B. firefighter C. electrician D. delivery person

Question 15: _____ are important for keeping our community clean and healthy.

- A. Police officers B. Firefighters C. Garbage collectors D. Electricians

Question 16: _____ are brave men and women who risk their lives to save others from fires.

- A. Police officers B. Firefighters C. Garbage collectors D. Electricians

Question 17: A(n) _____ brings packages and deliveries to your door.

- A. delivery person B. police officer C. firefighter D. electrician

- Question 18:** It's important to be careful around _____ and other electrical equipment to avoid accidents.
 A. garbage trucks B. fire hydrants C. delivery vans D. electrical wires
- Question 19:** Respecting other people's _____ is an important part of being a good neighbour.
 A. artisan B. function C. property D. fragrance
- Question 20:** It's important to _____ the law and be a responsible member of your community.
 A. obey B. break C. ignore D. challenge
- Question 21:** Local _____ can attract visitors from all over the world.
 A. handicraft B. tourist attractions C. community D. facilities
- Question 22:** _____ are often handmade and reflect the culture and traditions of a community.
 A. Electricity B. Hobbies C. Interests D. Handicrafts
- Question 23:** Local _____ are often unique to a particular region or community.
 A. community helpers B. speciality foods C. garbage collectors D. police officers
- Question 24:** A(n) _____ is a skilled craftsperson who creates high-quality handmade goods.
 A. helper B. neighbour C. electrician D. artisan
- Question 25:** When visiting a new place, it's a good idea to _____ and explore the area.
 A. fly around B. drive around C. walk around D. run around
- Question 26:** If you enjoy your visit to a local attraction, you may want to _____ and visit it again.
 A. come back B. hold on C. give up D. go away
- Question 27:** Traditional skills and crafts are often _____ from one generation to the next.
 A. handed down B. passed on C. given out D. broken down
- Question 28:** If you want to learn more about your local community, you can _____ information at the library.
 A. look around B. look up C. look down D. look after
- Question 29:** It's important to _____ the environment and reduce waste in your local community.
 A. take care of B. take advantage of C. take over D. take out of
- Question 30:** To reduce your carbon footprint, you can _____ on single-use plastics and recycle more.
 A. cut back B. cut up C. cut off D. cut down
- Question 31:** There are many fun things to do in your local community, such as going to the park or _____ with friends.
 A. staying in B. hanging out C. staying out D. going home
- Question 32:** It's important to _____ local traditions and cultural heritage for future generations.
 A. preserve B. prevent C. prepare D. present
- Question 33:** If you want to save time, you can _____ your routes by using public transportation.
 A. shorten B. increase C. lengthen D. extend
- Question 34:** The _____ of flowers and trees can make your local community more pleasant and enjoyable.
 A. craftvillage B. fragrance C. function D. suburb
- Question 35:** _____ goods are often made by hand using traditional techniques.
 A. Manufactured B. Factory-made C. Hand-crafted D. Mass-produced
- Question 36:** A valuable work of art is one that is _____, not a copy or reproduction.
 A. communal B. original C. electrical D. urban
- Question 37:** The _____ of a fire hose is to release high-power water to put out fires.
 A. form B. shape C. size D. function
- Question 38:** The artisan was worried because he _____ materials to make pottery for customers.

A. cut down of B. get on with C. fed up with D. run out of

Question 39: _____ plastic bottles into the proper bins can help reduce waste.

A. Preserving B. Enjoying C. Sorting D. Shortening

Question 40: The local community center is organizing a charity event, but they have not _____ where to collect donations.

A. known B. wondered C. asked D. decided

Question 41: Our neighborhood is facing a lot of littering issues, and we need to figure out _____ to solve this problem.

A. who B. what C. when D. how

Question 42: The new community park is going to open next week, but we don't know _____ it is located.

A. when B. where C. why D. how

Question 43: Our community is planning to plant trees in the local park, and they instructed us how _____ it

A. to do B. doing C. to doing D. done

Question 44: The local food bank is running low on supplies, but we have not known _____ to donate food.

A. where B. when C. what D. how

Question 45: The community is organizing a cleanup drive, but we still _____ how to participate.

A. ask B. wonder C. tell D. decide

Question 46: Our neighborhood is going to have a block party next weekend, but they have not _____ where to host it.

A. ask B. understand C. preserve D. decide

Question 47: The local school is looking for volunteers, but we need to figure out how _____ up.

A. to sign B. signing C. signed D. to signing

Question 48: Our community is planning a charity run, but we don't _____ what the route is.

A. have B. get C. wonder D. know

Question 49: The local animal shelter needs volunteers to help take care of the animals, but we need to figure out _____ to get involved.

A. where B. when C. what D. how

Question 50: The local school is hosting a parent-teacher conference, but they did not _____ who my child's teacher is.

A. tell B. wonder C. get D. decide

Complete the second sentence so that it has a similar meaning to the first sentence, using the given phrase in the brackets.

Question 1: To keep the environment unpolluted, the authority encouraged everyone to decrease plastic usage. (cut down on)

☐

Question 2: The local community is hosting a workshop on how to look after our mental health. (take care of)

☐

Question 3: The local library is a great place to get information about the history of our community. (find out)

☐

Question 4: The local park is a great place to return to and relax after a long day of work. (come back)

☐

Question 5: In order to have a good relationship with our neighbours, we bought flowers to give to them in this event. (get on with)

□

Question 6: The local food bank has used up supplies, so we need to donate food as soon as possible. (run out of)

□

Unit 2: CITY LIFE

A-VOCABULARY

Vocabulary	Type	IPA	Vietnamese meaning
1. bustling	(adj)	/ˈbʌslɪŋ/	hối hả, nhộn nhịp, náo nhiệt
2. carry out	(phrasal verb)	/ˈkæri aʊt/	tiến hành, thực hiện
3. come down with	(phrasal verb)	/kʌm daʊn wɪð/	bị ốm, mắc bệnh
4. cut down on	(phrasal verb)	/kʌt daʊn ɒn/	cắt giảm
5. concrete jungle	(noun)	/ˈkɒŋkri:t/ ˈdʒʌŋɡl/	rừng bê tông (dùng để miêu tả một khu vực có nhiều nhà cao tầng)
6. congested	(adj)	/kənˈdʒestɪd/	tắc nghẽn (giao thông)
7. construction site	(noun)	/kənˈstrʌkʃn saɪt/	công trường xây dựng
8. downtown	(noun)	/ˈdaʊntaʊn/	khu trung tâm thành phố, thị trấn
9. entertainment centre	(noun)	/ˌentəˈteɪnmənt ˈsentə/	trung tâm giải trí
10. get around	(phrasal verb)	/get əˈraʊnd/	đi xung quanh
11. hang out with	(phrasal verb)	/hæŋ aʊt wɪð/	đi chơi (cùng ai)
12. hygiene	(noun)	/ˈhaɪdʒiːn/	vệ sinh, vấn đề vệ sinh
13. itchy	(adj)	/ˈɪtʃi/	ngứa, gây ngứa
14. leftover	(noun)	/ˈleftəʊvə/	thức ăn thừa
15. liveable	(adj)	/ˈlɪvəbl/	đáng sống
16. metro	(noun)	/ˈmetrəʊ/	hệ thống tàu điện ngầm
17. packed with	(adj)	/pækt wɪð/	đông đúc
18. pricey	(adj)	/ˈpraɪsi/	đắt đỏ
19. process	(verb)	/ˈprəʊses/	xử lý
20. public amenities	(noun)	/ˈpʌblɪk əˈmɪ.nɪtɪz/	những tiện ích công cộng
21. rush hour	(noun)	/ˈrʌʃ aʊər/	giờ cao điểm
22. sky train	(noun)	/skaɪ treɪn/	tàu điện trên không
23. traffic jam	(noun)	/ˈtræfɪk dʒæm/	nạn kẹt xe
24. =traffic congestion	(noun)	/ˈtræfɪk kənˈdʒestʃən/	xe điện
25. tram	(noun)	/træm/	tàu điện ngầm

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1: The city center is always _____ with people during rush hour.

A. bustling

B. special

C. empty

D. quiet

Question 2: She decided to _____ her spending on unnecessary items.

- A. come down with B. cut down on C. hang out with D. get on with

Question 3: The office is located next to a _____ and noisy construction site, which makes it hard to focus.

- A. pricey B. reliable C. dusty D. quiet

Question 4: The restaurant was quite _____, but the food was delicious.

- A. affordable B. pricey C. interesting D. reasonable

Question 5: After eating at that restaurant, he _____ food poisoning.

- A. handed down B. came down with C. ran out of D. gave up

Question 6: During _____ hour, the traffic in the city is incredibly congested.

- A. rush B. low C. crowded D. liveable

Question 7: The area is known as a _____ because of all the tall buildings and lack of green spaces.

- A. public amenity B. entertainment center
C. concrete jungle D. construction site

Question 8: They are building a new apartment complex at the construction _____.

- A. metro B. tram C. underground D. site

Question 9: The _____ area of the city is usually very lively and bustling.

- A. downtown B. hygiene C. rural D. underground

Question 10: The new _____ has various shops, restaurants, and a cinema.

- A. traffic jam B. entertainment centre
C. concrete jungle D. construction site

Question 11: It is very easy to _____ in this city because of the excellent public transport system.

- A. carry out B. find out C. get around D. come back

Question 12: Good _____ is essential to prevent illness.

- A. construction B. hygiene C. leftover D. downtown

Question 13: They _____ stuck in a traffic jam on their way to work yesterday morning.

- A. got B. went C. came D. took

Question 14: We need to _____ the number of cars on the road to reduce pollution.

- A. run out of B. cut down on C. get on with D. take care of

Question 15: She _____ a cold after being out in the rain.

- A. went on with B. came down with C. ran out of D. gave up

Question 16: During peak hours, the roads are extremely _____.

- A. itchy B. open C. congested D. pricey

Question 17: Due to pollution, people can easily get _____ eyes in the city.

- A. itchy B. narrow C. perfect D. clear

Question 18: Be careful with your belongings as _____ is common in crowded areas.

- A. pickpocketing B. crime-free C. safety D. security

Question 19: Taking the _____ can save a lot of time compared to driving in heavy traffic.

- A. taxi B. private car C. underground D. bus

Question 20: Wearing a mask while walking outside helps protect against _____.

- A. road dust B. underground system C. congested road D. itchy eyes

Question 21: The government is considering building more roads to ease _____.

- A. traffic light B. traffic flow C. traffic safety D. traffic congestion

- Question 22:** A new entertainment _____ is under construction and is expected to open next year.
 A. centre B. business C. quality D. community
- Question 23:** They recently moved into a _____ apartment with all the latest amenities.
 A. crowded B. modern C. boring D. noisy
- Question 24:** The city council is working hard to make the neighborhood a _____ place for its residents.
 A. dangerous B. liveable C. silent D. expensive
- Question 25:** It's not always _____ on the metro, especially during peak hours when it gets crowded.
 A. noisy B. careful C. safe D. dangerous
- Question 26:** There are more entertainment options available when you live in the downtown instead of the _____.
 A. suburbs B. centers C. amenities D. sites
- Question 27:** Public transportation is a _____ option for getting around the city.
 A. peaceful B. bustling C. quiet D. convenient
- Question 28:** We decided to travel at night to _____ traffic jams on the main roads.
 A. avoid B. transport C. widen D. complete
- Question 29:** We need to _____ action on creating more green spaces in the city.
 A. get B. put C. make D. take
- Question 30:** The new metro system is very _____ for daily commuters.
 A. inconvenient B. difficult C. convenient D. unreliable
- Question 31:** The organization decided to _____ a project which turns food waste into energy.
 A. hand down B. carry out C. get around D. look after
- Question 32:** It is important to throw rubbish away _____ to keep the environment clean.
 A. properly B. shortly C. narrowly D. especially
- Question 33:** The _____ in that neighborhood is a major concern for residents.
 A. low noise level B. high crime rate
 C. clean environment D. high safety level
- Question 34:** She had to cancel her plans for the weekend because she _____ the flu.
 A. came down with B. cut down on C. got on with D. ran out of
- Question 35:** One of the best ways to relax is to _____ out with friends and watch a movie.
 A. get B. hang C. come D. make
- Question 36:** The city council decided to _____ a project to improve the public transportation system.
 A. get around B. carry out C. hand down D. give up
- Question 37:** Planting more trees along busy roads can help _____ noise pollution.
 A. get on with B. hang out with C. come down with D. cut down on
- Question 38:** _____ your shoes are, the longer you can walk without feeling tired.
 A. The comfortable B. The more comfortable
 C. More comfortable D. Comfortable
- Question 39:** The _____ the movie, the more people want to watch it.
 A. more famous B. famouser C. famous D. more
- Question 40:** The _____ you study, the _____ you will understand the material.
 A. harder, more B. hard, much C. more hard, more D. harder, most
- Question 41:** The _____ the weather gets, the _____ I want to stay indoors.
 A. more cold, less B. colder, more

C. cold, more

D. more cold, more

Question 42: The _____ you exercise, the _____ you will feel.

A. more, good

B. more, better

C. much, good

D. many, better

Question 43: The _____ you eat unhealthy food, the _____ your health becomes.

A. more, worse

B. more, bad

C. many, worse

D. much, worse

Question 44: The _____ the movie is, the _____ I am to recommend it.

A. better, more likely

B. good, more likely

C. best, likely

D. good, likely

Question 45: The _____ you save your money, the _____ you will have for the future.

A. more, much

B. much, more

C. more, more

D. many, more

Unit 3: HEALTHY LIVING FOR TEENS

A-VOCABULARY

Vocabulary	Type	IPA	Vietnamese meaning
1. Counsellor	(noun)	/ˈkaʊn.səl.ər/	Cố vấn
2. Session	(noun)	/ˈseʃ.ən/	Buổi họp, phiên họp
3. Physical health	(noun)	/ˈfɪz.ɪ.kəl helθ/	Sức khỏe thể chất
4. Regularly	(adverb)	/ˈreg.jə.lər.li/	Thường xuyên
5. Advice	(noun)	/ədˈvaɪs/	Lời khuyên
6. Bring about	(phrasal verb)	/brɪŋ əˈbaʊt/	Mang lại
7. Reduce	(verb)	/rɪˈdjuːs/	Giảm
8. Look after	(phrasal verb)	/lʊk ˈɑːf.tər/	Chăm sóc
9. Well- balanced	(adj)	/ˌwel ˈbæl.ənst/	Cân đối
10. Priority	(noun)	/praɪˈɒr.ə.ti/	Sự ưu tiên
11. Connect	(verb)	/kəˈnekt/	Kết nối
12. Dealt with	(phrasal verb)	/deɪlt wɪð/	Xử lý
13. Mental	(adj)	/ˈmen.təl/	Tinh thần
14. Appearance	(noun)	/əˈpiə.rəns/	Ngoại hình
15. Additional	(adj)	/əˈdɪʃ.ən.əl/	Bổ sung
16. Take a break	(phrase)	/teɪk ə breɪk/	Nghỉ ngơi
17. Achieve	(verb)	/əˈtʃiːv/	Đạt được
18. Organising	(verb)	/ˈɔː.gə.naɪ.zɪŋ/	Tổ chức
19. Accomplish	(verb)	/əˈkʌm.plɪʃ/	Hoàn thành
20. Require	(verb)	/rɪˈkwaɪər/	Yêu cầu
21. Due date = Deadline	(noun)	/djuː deɪt/ /ˈded.laɪn/	Hạn chót
22. Stressed out	(adj)	/streɪst aʊt/	Căng thẳng
23. Pay attention	(phrase)	/peɪ əˈten.ʃən/	Chú ý
24. Distraction	(noun)	/dɪˈstræk.ʃən/	Sự xao lãng
25. Assignment	(noun)	/əˈsaɪn.mənt/	Bài tập
26. Gain weight	(phrase)	/geɪn weɪt/	Tăng cân
27. Get burnt	(phrase)	/get bɜːnt/	Bị cháy nắng
28. Punish	(verb)	/ˈpʌn.ɪʃ/	Trừng phạt

29. Get through	(phrasal verb)	/get θruː/	Vượt qua
30. Manage	(verb)	/ˈmæn.ɪdʒ/	Quản lý
31. Effectively	(adverb)	/ɪˈfek.tɪv.li/	Hiệu quả
32. Put on	(phrasal verb)	/pʊt ɒn/	Mặc vào
33. Mood	(noun)	/muːd/	Tâm trạng
34. Lose weight	(phrase)	/luːz weɪt/	Giảm cân
35. Advise	(verb)	/ədˈvaɪz/	Khuyên bảo
36. Sore throat	(noun)	/sɔː θrəʊt/	Viêm họng
37. Minimize	(verb)	/ˈmɪn.ɪ.maɪz/	Giảm thiểu
38. Suffer	(verb)	/ˈsʌf.ər/	Chịu đựng
39. Ingredient	(noun)	/ɪnˈɡriː.di.ənt/	Nguyên liệu
40. Optimistic	(adj)	/ˌɒp.tɪˈmɪs.tɪk/	Lạc quan
41. Overcome	(verb)	/ˌəʊ.vəˈkʌm/	Vượt qua
42. Encouragement	(noun)	/ɪnˈkʌr.ɪdʒ.mənt/	Sự khuyến khích
43. Anxiety	(noun)	/æŋˈzaɪ.ə.ti/	Sự lo lắng
44. Concentrate on	(phrasal verb)	/ˈkɒn.sən.treɪt ɒn/	Tập trung vào
45. Appropriately	(adverb)	/əˈprəʊ.pri.ət.li/	Thích hợp
46. Fattening	(adj)	/ˈfæt.ən.ɪŋ/	Gây béo phì
47. Urgent	(adj)	/ˈɜː.dʒənt/	Khẩn cấp
48. Obstacle	(noun)	/ˈɒb.stə.kəl/	Chướng ngại vật
49. Omission	(noun)	/əʊˈmɪʃ.ən/	Sự bỏ sót
50. Instruction	(noun)	/ɪnˈstrʌk.ʃən/	Hướng dẫn
51. Consult	(verb)	/kənˈsʌlt/	Tham khảo

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 1: To improve your ____, it's important to exercise regularly and eat nutritious foods.

- A. mental stress B. assignment C. physical health D. anxiety

Question 2: If you feel overwhelmed with schoolwork, it might be helpful to see a(n) ____.

- A. distraction B. counsellor C. mood D. ingredient

Question 3: Eating a(n) ____ diet can help you stay healthy and energized.

- A. well-balanced B. stressed out C. fattening D. urgent

Question 4: To achieve your fitness goals, you should exercise ____.

- A. effectively B. regularly C. physically D. optimistically

Question 5: It's important to take a ____ when you feel tired or overworked.

- A. priority B. session C. break D. stop

Question 6: Getting enough sleep can help reduce ____.

- A. deadline B. ingredient C. encouragement D. anxiety

Question 7: A healthy lifestyle requires you to ____ your body and mind.

- A. come across B. look after C. put on D. get through

Question 8: Seeking ____ from a professional can help you improve your mental health.

- A. advice B. appearance C. omission D. ingredient

Question 9: Drinking plenty of water can help ____ the risk of heart diseases.

- A. gain weight B. minimize C. bring about D. overcome

- Question 10:** Teens should ____ on their studies to succeed in school.
 A. concentrate B. encourage C. require D. manage
- Question 11:** Planning and ____ your tasks can help you meet deadlines.
 A. fattening B. reducing C. achieving D. organising
- Question 12:** It's important to ____ with friends and family for emotional support.
 A. require B. distract C. communicate D. punish
- Question 13:** Junk food can be very ____ and should be eaten in moderation.
 A. optimistic B. fattening C. additional D. urgent
- Question 14:** A positive attitude can help you maintain a(n) ____ outlook on life.
 A. urgent B. optimistic C. anxious D. stressful
- Question 15:** To ____ weight faster, combine exercise with a balanced diet.
 A. gain B. accomplish C. minimize D. delay
- Question 16:** When you feel stressed, it's important to ____.
 A. get burnt B. get away C. take a break D. put off
- Question 17:** A well-structured schedule can help you ____ your time better.
 A. punish B. prioritize C. fatten D. manage
- Question 18:** To stay fit, you should avoid ____ food.
 A. optimistic B. junk C. healthy D. additional
- Question 19:** When you are studying for exams, it's important to minimise _____.
 A. distractions B. deadlines C. priorities D. assignments
- Question 20:** Setting goals can help you ____ your goals.
 A. balance B. add C. assign D. achieve
- Question 21:** To lose weight, you need to ____ your calorie intake.
 A. suffer B. reduce C. mind D. describe
- Question 22:** If you have a(n) ____ throat, you should drink warm tea.
 A. sore B. urgent C. additional D. ugly
- Question 23:** When you feel ____, it's important to talk to someone.
 A. well-balanced B. optimistic C. stressed out D. appropriate
- Question 24:** A positive ____ can help you deal with challenges better.
 A. mood B. addition C. priority D. due date
- Question 25:** Setting your ____ can help you manage your time better.
 A. session B. break C. priority D. assignment
- Question 26:** To meet your ____ for school, start your homework early.
 A. distraction B. encouragement C. anxiety D. deadline
- Question 27:** To stay healthy, it's important to ____ a balanced diet.
 A. follow B. require C. consult D. manage
- Question 28:** If you ____ fruits, you will feel better.
 A. eat B. ate C. eats D. will eat
- Question 29:** If she drinks enough water, she ____ hydrated.
 A. would stay B. stays C. can stay D. stay
- Question 30:** If they ____ daily, they will stay fit.
 A. exercises B. exercise C. will exercise D. can exercise
- Question 31:** If we go to bed early, we ____ more energetic.

- A. may felt B. feel C. will feels D. might feel
- Question 32:** If he _____ breaks while studying, he _____ too tired.
A. takes - won't get B. takes - will get C. take - can't get D. takes - can get
- Question 33:** Unless you _____ to best friends, you _____ stressed.
A. talk - won't feel B. talks - will feel C. talk - can feel D. talks - can't feel
- Question 34:** Unless you _____ junk food, you _____ fat.
A. avoid - won't get B. avoid - will get C. avoid - get D. will avoid - get
- Question 35:** If she _____ her hands often, she will not get sick.
A. wash B. washes C. will wash D. doesn't wash
- Question 36:** If they spend time with friends, they _____ feel happier.
A. might B. will be C. cannot D. should
- Question 37:** If you _____ your day, you will get more things done.
A. don't plan B. doesn't plan C. plans D. plan
- Question 38:** If he _____ a balanced diet, he _____ more energy.
A. doesn't eat - will have B. eats - has C. eats - will have D. will eat - will have
- Question 39:** If you _____ 8 hours a night, you _____ better.
A. sleep - will feel B. sleep - can't feel C. can sleep - will felt D. will sleep - feel
- Question 40:** If you _____ sugary drinks, your teeth will be weaker.
A. will avoid B. avoid C. can avoids D. don't avoid
- Question 41:** If she practices yoga, she _____ more relaxed.
A. won't feel B. will feel C. could feel D. would feel
- Question 42:** If you _____ to music, you _____ feel happier.
A. will listen - may B. will listen - should C. listen - might D. listen - could
- Question 43:** If they _____ sports, they _____ new friends.
A. play - will make B. play - won't make C. doesn't play - make D. doesn't play - will make
- Question 44:** If you _____ breakfast, you _____ more energy.
A. ate - would have B. eat - will have C. eat - could have D. ate - can have
- Question 45:** If he _____ smoking, he will live longer.
A. doesn't quit B. quit C. quits D. don't quit
- Question 46:** If you _____ books, you _____ more.
A. read - can learn B. reads - will learn C. will read - learn D. can read - learn
- Question 47:** If she _____ alcohol, she _____ healthier.
A. avoid - will be B. doesn't avoid - might be C. avoids - can be D. don't avoid - should be
- Question 48:** If we _____ time outside, we will get more vitamin D.
A. spends B. use C. spend D. uses
- Question 49:** If you _____ at home, you _____ healthier food.
A. don't cook - won't eat B. doesn't cook - will eat C. cook - will eat D. cook - won't eat
- Question 50:** Unless they _____ to take the stairs, they _____ fit.

- A. chose – will stay
C. choose – can stay

- B. choose – can't stay
D. chose – won't stay

Question 51: If you join a club, you _____ new people.

- A. meet B. could meet C. may met D. might meet

Question 52: Unless she does her homework, she _____ bad grades.

- A. won't get B. will get C. can't get D. should get

Question 53: If you _____ your teeth twice a day, you _____ a nice smile.

- A. brushes - can have B. can brush – will have
C. brushes – will have D. brush - will have

Question 54: Unless he _____ fast food, he _____ better.

- A. avoids - will feel B. avoids – won't feel
C. doesn't avoid – will feel D. avoid - will feel

Question 55: If you _____ regular check-ups, you _____ healthy.

- A. get –won't stay B. get – will stay
C. don't get – stay D. don't get – will stay

Question 56: Unless they _____ positive, they _____ happier.

- A. don't stay – won't feel B. stay – will feel
C. don't stay – wouldn't feel D. stay – won't feel

