TA9. U3. Healthy Living for Teens. Vocabulary. MCQ 1

Choose the correct answer for each sentence.

1. Which of the following is something you want to **accomplish**?
    a) A deadline
    b) A task
    c) A distraction
    d) Anxiety
2. The counsellor gave us some **additional** information about mental health. What does "additional" mean?
    a) Basic
    b) Unimportant
    c) Extra
    d) Limited
3. He felt a lot of **anxiety** before his exam. What was he feeling?
    a) Excitement
    b) Nervousness
    c) Happiness
    d) Confidence
4. You need to dress **appropriately** for the gym. What does this mean?
    a) Wear fashionable clothes
    b) Wear suitable clothes
    c) Wear uncomfortable clothes
    d) Wear formal clothes
5. I have to finish my **assignment** by Friday. What is an assignment?
    a) A fun activity
    b) A school project
    c) A game
    d) A meal
6. The school **counsellor** helps students with their problems. Who is a counsellor?
    a) A friend
    b) A teacher
    c) A person who gives advice
    d) A doctor
7. The **deadline** for this project is next Monday. What does "deadline" mean?
    a) The start of something

Ms. Minh Hà - 0982194748

LIVEWORKSHEETS

b) The last date to finish something

c) The name of the project

d) The person who will help you

8. Don't **delay** your homework until the last minute! What does "delay" mean?

a) Forget

b) Start early

c) Postpone

d) Complete

9. Social media can be a big **distraction** when trying to study. What is a distraction?

a) Something helpful

b) Something that takes attention away

c) Something important

d) Something that motivates

10. What is the **due date** for this essay?

a) The date the essay must be submitted

b) The date of the exam

c) The day to receive feedback

d) The day the class starts

11. Be careful with that food—it's very **fattening**.

a) It makes you lose weight

b) It helps you concentrate

c) It can cause weight gain

d) It is healthy

12. Taking care of your **mental** health is just as important as your physical health. What does "mental" refer to?

a) Your physical body

b) Your thoughts and feelings

c) Your nutrition

d) Your sleep

13. To stay healthy, it's important to **minimise** the amount of sugar you eat. What does "minimise" mean?

a) Increase

b) Reduce

c) Avoid

d) Track

14. Listening to music helps improve my **mood**. What does "mood" mean?

Ms. Minh Hà - 0982194748

LIVEWORKSHEETS

a) Physical condition

b) State of mind or feelings

c) Fitness level

d) Memory

15. She is always **optimistic** about the future. What does "optimistic" mean?

a) Expecting the worst

b) Looking at the bright side

c) Feeling anxious

d) Pessimistic

16. **Physical** activity is important for a healthy lifestyle. What does "physical" mean?

a) Mental

b) Emotional

c) Related to the body

d) Educational

17. Prioritise the tasks that are most important. What does **priority** mean?

a) The easiest task

b) The hardest task

c) The task you must do first

d) The least important task

18. I've been so **stressed out** about all my exams. How is this person feeling?

a) Calm

b) Relaxed

c) Very worried

d) Motivated

19. A **well-balanced** diet includes fruits, vegetables, and proteins. What does "well-balanced" mean?

a) High in fat

b) Includes a variety of foods

c) High in sugar

d) Missing key nutrients

20. Going for a walk every day can improve both your **physical** and **mental** health. What do these words mean together?

a) Your overall well-being

b) Your physical health only

c) Your diet

d) Your work habits

Ms. Minh Hà - 0982194748

LIVEWORKSHEETS