

TA9. U3. Healthy Living for Teens. Vocabulary. MCQ 2

Choose the correct answer for each sentence.

1. Which word means a task that needs to be completed by a certain time?
 - a) Distraction
 - b) Assignment
 - c) Anxiety
 - d) Counsellor
2. The term that refers to feelings of worry or nervousness is:
 - a) Deadline
 - b) Anxiety
 - c) Optimistic
 - d) Additional
3. If you feel calm and not too tired, you are likely feeling:
 - a) Stressed out
 - b) Optimistic
 - c) Well-balanced
 - d) Distraction
4. Which word refers to a person who provides guidance and advice?
 - a) Counsellor
 - b) Assignment
 - c) Distraction
 - d) Deadline
5. Eating too much junk food can be very _____.
 - a) Fattening
 - b) Physical
 - c) Mental
 - d) Well-balanced
6. If you finish your homework before the _____. You avoid stress.
 - a) Due date
 - b) Delay
 - c) Counsellor
 - d) Accomplish
7. Which word means to reduce something, especially problems or stress?
 - a) Fattening
 - b) Minimise

- c) Delay
d) Accomplish
8. If you want to stay healthy, it's important to maintain a _____ diet.
- a) Optimistic
b) Well-balanced
c) Mental
d) Due date
9. Physical exercise helps to improve both your _____ and mental health.
- a) Assignment
b) Anxiety
c) Physical
d) Stressed out
10. A teacher gives students an _____ to help them practise new skills.
- a) Assignment
b) Deadline
c) Accomplish
d) Well-balanced
11. The teacher extended the _____ because many students needed more time.
- a) Anxiety
b) Counsellor
c) Due date
d) Stressed out
12. If you _____ your project, you will feel a great sense of achievement.
- a) Delay
b) Distraction
c) Accomplish
d) Mood
13. When students have too many _____, they find it hard to concentrate.
- a) Assignments
b) Counsellors
c) Distractions
d) Deadlines
14. Which term refers to how someone feels at a particular time?
- a) Mood
b) Delay
c) Anxiety

d) Priority

15. If someone feels constantly nervous or worried, they are:

a) Physical

b) Optimistic

c) Stressed out

d) Accomplish

16. You should stay _____ about your future, even when things get tough.

a) Fattening

b) Stressed out

c) Optimistic

d) Distraction

17. Your top _____ should be to finish your homework before the due date.

a) Deadline

b) Assignment

c) Priority

d) Mood

18. A _____ meal will give you all the nutrients your body needs.

a) Fattening

b) Due date

c) Well-balanced

d) Physical

19. Exercising regularly helps improve your _____ health.

a) Fattening

b) Additional

c) Mood

d) Mental

20. When you are close to a deadline, try to avoid _____ and stay focused.

a) Counsellor

b) Delay

c) Distraction

d) Mood