

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