TA9. U3. Healthy Living for Teens. Vocabulary. Fill in 1

Complete the sentences with the correct phrase from the list below:

accomplish, additional, anxiety, appropriately, assignment, counsellor, deadline, delay, distraction, due date, fattening, mental, minimise, mood, optimistic, physical, priority, stressed out, well-balanced

1. A healthy diet should be _____ to give your body the nutrients it needs.
2. If you're feeling _____, try taking a break to relax and clear your mind.
3. It's important to be _____ when responding to your teachers' emails.
4. An important way to manage _____ is by organizing your tasks and focusing on one at a time.
5. Junk food can be very _____, so it's best to eat it in moderation.
6. Regular exercise benefits both your _____ and mental health.
7. Don't let _____, such as your phone or social media, stop you from finishing your work.
8. Make sure to submit your project before the _____ to avoid penalties.
9. Eating well can improve your _____, making you feel happier and more energetic.
10. You should meet with the school _____ if you need help managing stress.
11. Plan ahead so you don't _____ and miss the submission _____ for your homework.
12. Staying _____ will help you face challenges with a positive attitude.
13. A _____ lifestyle includes both exercise and a nutritious diet.
14. My top _____ this week is to finish my science project before the _____.
15. If you feel overwhelmed, try to _____ the number of activities on your schedule.
16. Having too much fast food can be _____ and impact your health negatively.
17. An important way to _____ your goals is to stay organized and manage your time effectively.
18. Maintaining good _____ health is just as important as staying physically fit.
19. You may feel _____ when you have too many tasks and not enough time.
20. Extra study time will be _____ to prepare you for the upcoming test.

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LIVEWORKSHEETS