

Healthy living	Unhealthy living
_____	_____
_____	_____

**Exercise 4. Complete the sentences with the words/ phrases in the box.**

physical	priority	counsellor	mental	additional
delay	accomplish	anxiety	well-balanced	fattening

- Sharing both positive and negative feelings with friends can be a helpful way to improve your \_\_\_\_\_ health.
- When making financial decisions, it is important to give \_\_\_\_\_ to essential expenses like food and clothes.
- Eating too much \_\_\_\_\_ food can make you gain weight fast.
- The team had to \_\_\_\_\_ the meeting until next week due to an emergency.
- They needed \_\_\_\_\_ time to discuss the situation before making final decisions.
- The therapist gave her some tips to reduce her \_\_\_\_\_ levels.
- Thanks to great planning and hard work, she was able to \_\_\_\_\_ her goals.
- The \_\_\_\_\_ provides support and advice to students who are facing academic difficulties.
- He enjoyed the \_\_\_\_\_ challenge of climbing up the high mountain.
- To maintain a healthy lifestyle, it's important to have a \_\_\_\_\_ diet with a lot of vegetables and fruits.

**Exercise 5. Choose the correct option A, B, C, or D to complete the sentences.**

- If they start saving money from now, they \_\_\_\_\_ afford to go to Ha Long Bay on holiday.  
 A. should            B. need            C. can            D. must
- If I get the job offer today, I \_\_\_\_\_ accept it and start working on Monday.  
 A. should            B. might            C. need            D. must

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3. If you want to enhance your well-being, you \_\_\_\_\_ stay up too late.  
A. shouldn't      B. may not      C. might not      D. needn't
4. If you don't charge the battery, your device \_\_\_\_\_ function properly.  
A. mustn't      B. can't      C. shouldn't      D. needn't
5. If you want to travel to Australia, you \_\_\_\_\_ have a valid passport.  
A. should      B. may      C. can      D. must
6. If it snows tomorrow, we \_\_\_\_\_ have to cancel our outdoor event.  
A. can      B. may      C. must      D. should
7. If you enroll in our intensive Spanish class, you \_\_\_\_\_ speak this language fluently after two months.  
A. can      B. should      C. must      D. need
8. If you want to pass the driving test, you \_\_\_\_\_ study harder and practise more regularly.  
A. must      B. will      C. may      D. might
9. If it's a private event, you \_\_\_\_\_ attend without an invitation.  
A. shouldn't      B. mustn't      C. may not      D. needn't
10. If you want to sleep well at night, you \_\_\_\_\_ drink too much caffeine after 3 p.m.  
A. shouldn't      B. may not      C. can't      D. won't
11. If you don't have a membership, you \_\_\_\_\_ access this exclusive club.  
A. can't      B. might not      C. shouldn't      D. may not
12. If they want to participate in the competition, they \_\_\_\_\_ violate any of these regulations.  
A. shouldn't      B. mustn't      C. can't      D. might not
13. If you want to avoid traffic, you \_\_\_\_\_ leave early in the morning or consider another route.  
A. will      B. need      C. should      D. must

14. If you want to succeed in their career, you \_\_\_\_\_ consider pursuing further education.  
 A. can                      B. might                      C. need                      D. must
15. If the team works effectively, they \_\_\_\_\_ complete the project ahead of schedule.  
 A. can                      B. must                      C. can't                      D. mustn't
16. If you want to stay healthy, you \_\_\_\_\_ eat too much junk food.  
 A. shouldn't              B. needn't                      C. can't                      D. might not
17. If they want to graduate, they \_\_\_\_\_ complete all the required coursework.  
 A. must                      B. should                      C. can                      D. might
18. If we don't book our tickets in advance, we \_\_\_\_\_ guarantee seats for the concert.  
 A. shouldn't              B. mustn't                      C. can't                      D. might not
19. If you want to have a productive meeting, you \_\_\_\_\_ carefully make a plan and set clear goals.  
 A. can                      B. might                      C. must                      D. may
20. If the traffic is heavy, we \_\_\_\_\_ make it to the movie theater before the show starts.  
 A. needn't                      B. shouldn't                      C. might not                      D. mustn't

**Exercise 6. Match the first half of the sentence in column A with the second half in column B.**

A
1. If Rosie wants to learn how to play the guitar,
2. If Peter wants good grades in the next test,
3. If Mary can finish all her assignments this Friday,
4. If people keep throwing garbage into rivers,

B
a. she can attend the party at the weekend.
b. he can greatly reduce the risk of developing lung cancer.
c. they can accomplish great things.
d. you may put on weight fast.

5. If Jack quits smoking,
6. If more people choose to use public transportation,
7. If the team focuses on their goals,
8. If you consume too many sweets,
9. If the weather is beautiful,
10. If we leave now,

e. they may pollute the water.
f. we can still catch the last train in time.
g. she could easily find online tutorials to get started.
h. he must revise the lessons carefully.
i. we can greatly reduce air pollution.
j. you should take advantage of it and spend time outdoors.

*Your answers:* 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

**Exercise 7. Choose the underlined part A, B, C or D that needs correcting.**

- To maintain a healthy lifestyle, it is important to have a well-balance approach to work, rest, and leisure activities.  
 A B C D
- Regular exercise like jogging, cycling, and dancing can greatly enhance physic health.  
 A B C D
- When managing your tasks, you should make priority to the most urgent and important ones.  
 A B C D
- When feeling stress out, I find it helpful to talk to a close friend or family member about what's bothering me.  
 A B C D

5. As we get older, it's common to start worrying of our health and take steps to  
 A B C  
 stay healthy.  
 D

6. It is important for parents to respond appropriate to their child's emotional needs.  
 A B C D

**Exercise 8. Underline the mistake then rewrite the correct one.**

1. What I should do if I have to choose between two amazing offers?

→ \_\_\_\_\_

2. If Laura gets enough sleep, she will might feel better tomorrow.

→ \_\_\_\_\_

3. If you borrow someone's car, you shouldn't return it with a full tank of gas.

→ \_\_\_\_\_

4. If we have exams coming, what can we do to avoid stressed?

→ \_\_\_\_\_

5. If it rains tomorrow, the company must have to postpone the competition.

→ \_\_\_\_\_

6. If my brother follow the instructions carefully, he may solve the puzzle successfully.

→ \_\_\_\_\_

7. If Tom doesn't cut down on fattening food, he mustn't lose weight.

→ \_\_\_\_\_

8. If you will update your computer, you might experience interesting new features.

→ \_\_\_\_\_

9. If I come to Lisa's birthday party, what should I buying her as a present?

→ \_\_\_\_\_

10. If John will try his best in the final match, he might become the next champion.

→ \_\_\_\_\_

**Exercise 9. Complete the sentences with the correct form of the words in the box.**

<b>concentrate</b>	<b>communicate</b>	<b>priority</b>	<b>routine</b>	<b>negative</b>
<b>appropriately</b>	<b>manage</b>	<b>productivity</b>	<b>overcome</b>	<b>accomplish</b>

1. Despite his physical disability, he \_\_\_\_\_ his limitations and became a professional athlete.
2. If you \_\_\_\_\_ on positive thoughts, you may experience a greater sense of joy in your daily life.
3. Thanks to careful planning, the company \_\_\_\_\_ to host a successful event last month.
4. A regular exercise \_\_\_\_\_ will keep your body strong and energized.
5. By breaking down tasks into smaller steps, you can boost your \_\_\_\_\_.
6. \_\_\_\_\_ openly with your doctor can help create a great detailed plan for a healthier lifestyle.
7. \_\_\_\_\_ your goals requires a lot of factors including determination, patience, and careful planning.
8. Constantly comparing yourself to others can lead to \_\_\_\_\_ feelings of self-doubt.
9. As a student, it's important to give \_\_\_\_\_ to your academic responsibilities and arrange enough time for studying.
10. If you dress \_\_\_\_\_ for a job interview, you may make a good impression.

**Exercise 10. Circle the correct words or phrases to complete the sentences.**

1. Spending too much time sitting and not being physically active can lead to a/an **(healthy / unhealthy)** lifestyle.
2. It's important to stick to a **(schedule / balance)** to stay organized and meet deadlines.
3. **(Worrying / Managing)** too much about what could go wrong can prevent you from accessing great opportunities.
4. Even in difficult times, she remains **(optimistic / regular)** and believes in the power of positive thinking.

5. Consuming a lot of (**fattening / nutritious**) food can contribute to weight gain and poor health.
6. Timmy was (**nervous / relieved**) about the upcoming job interview and couldn't sleep the night before.
7. A quiet and organized workspace can help reduce (**distractions / obstacles**) and improve concentration.
8. If you're experiencing persistent symptoms, it's advisable to (**consult / function**) a doctor for a proper diagnosis.
9. People who smoke cigarettes are more likely to (**suffer / develop**) from respiratory problems.
10. Nowadays, more and more people struggle with (**mental / physical**) health issues such as anxiety, depression, or bipolar disorder.

**Exercise 11. Complete the conversation with the correct word in the box.**

<b>problems</b>	<b>start</b>	<b>keep</b>	<b>reduce</b>	<b>junk food</b>
<b>take</b>	<b>diet</b>	<b>vegetables</b>	<b>focus</b>	<b>exercise</b>

- Linda:** So, what's going on? Why haven't you been able to (1)\_\_\_\_\_ up with your (2)\_\_\_\_\_ routine lately?
- Mary:** I've just been feeling really tired all the time. And my back has been hurting a lot.
- Linda:** Oh no, that doesn't sound good. Have you seen a doctor about it?
- Mary:** Yeah, they said I have some (3)\_\_\_\_\_ with my spine and recommended surgery, but I'm not sure if that's the best option for me right now.
- Linda:** Well, maybe there are other ways to (4)\_\_\_\_\_ care of your health without resorting to surgery immediately.
- Mary:** That's true. I think one of the factors affecting my back is my poor (5)\_\_\_\_\_. I've been eating too much (6)\_\_\_\_\_.
- Linda:** Yeah. Try eating more nutritious foods like fruits and (7)\_\_\_\_\_ in your meals.
- Mary:** That's a good idea. I'll have to (8)\_\_\_\_\_ on making healthier choices from now on.

**Linda:** And don't forget to (9) \_\_\_\_\_ stress in your life as well. Stress can often manifest itself physically through things like back pain.

**Mary:** Yeah, I should probably (10) \_\_\_\_\_ doing yoga again. Thanks for helping me figure this out.

**Linda:** No problem.

**Exercise 12.** Complete the sentences, using “*may / should*” and the verbs from the box in the correct form either positive or negative. Number 0 is an example.

talk	avoid	perform	research	choose
complete	discover	forget	become	decrease

0. You should talk openly about your problems if you want to reduce stress. (*positive*)

1. If you don't revise carefully, you \_\_\_\_\_ well on the coming exam. (*negative*)

2. If we recycle and reduce waste, we \_\_\_\_\_ the amount of landfill space needed. (*positive*)

3. If you're going on a long trip, you \_\_\_\_\_ to pack essential items like a first aid kit and extra clothing. (*negative*)

4. If students explore extracurricular activities, they \_\_\_\_\_ new talents and interests. (*positive*)

5. If you want to maintain a healthy relationship, you \_\_\_\_\_ open communications. (*negative*)

6. If you're installing new lights, you \_\_\_\_\_ energy-efficient options to save electricity. (*positive*)

7. If you practise regularly, you \_\_\_\_\_ a skilled musician in the future. (*positive*)

8. If the team doesn't manage their time effectively, they \_\_\_\_\_ the project on time. (*negative*)

9. If you're attending a job interview, you \_\_\_\_\_ the company beforehand. (*positive*)