

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

Match the phrases on the left with the correct sentence on the right.

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| 1. accomplish | A. Something that must be done by a specific time |
| 2. additional | B. Someone who helps guide and advise people |
| 3. anxiety | C. The latest time something can be submitted |
| 4. appropriately | D. To make something as small as possible |
| 5. assignment | E. Feeling tense or worried |
| 6. counsellor | F. Relating to the mind and thoughts |
| 7. deadline | G. Affecting the body |
| 8. delay | H. To complete or achieve a goal |
| 9. distraction | I. Causing weight gain |
| 10. due date | J. An additional amount |
| 11. fattening | K. Feeling hopeful and positive about the future |
| 12. mental | L. When your attention is diverted from the main task |
| 13. minimise | M. A state of emotional or mental feeling |
| 14. mood | N. Balanced and including all necessary aspects |
| 15. optimistic | O. A task or piece of work that needs to be completed |
| 16. physical | P. Done in a way that is correct or suitable |
| 17. priority | Q. Relating to food or exercise being healthy and balanced |
| 18. stressed out | R. To put something off until later |
| 19. well-balanced | S. The thing that is most important and needs to be done first |
| 20. mental | T. A feeling of nervousness or worry |