

I. Write r or h to have the correct words.

- | | | | |
|------------------|-----------------|------------------|-------------------|
| 1. ___ andbook | 6. ___ oad | 11. ___ eceive | 16. ___ emote |
| 2. ___ estaurant | 7. ___ eact | 12. ___ ousehold | 17. ___ omeland |
| 3. ___ ealthful | 8. ___ ospital | 13. ___ emember | 18. ___ efund |
| 4. ___ ainbow | 9. ___ each | 14. ___ istory | 19. ___ ecommend |
| 5. ___ earrange | 10. ___ omework | 15. ___ eward | 20. ___ andicraft |

II. Look at the photo and write the correct word with /h/ or/r/.



1. _____ 2. _____ 3. _____ 4. _____



5. _____ 6. _____ 7. _____ 8. _____

III. 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.

IV. 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
- 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
- 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 practice 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

V. Match the first half of the sentence in column A with the second half in column B.

A	B
1. If Rosie wants to learn how to play the guitar,	a. she can attend the party at the weekend.
2. If Peter wants good grades in the next test,	b. he can greatly reduce the risk of developing lung cancer.
3. If Mary can finish all her assignments this Friday,	c. they can accomplish great things.
4. If people keep throwing garbage into rivers,	d. you may put on weight fast.
5. If Jack quits smoking,	e. they may pollute the water.
6. If more people choose to use public transportation,	f. we can still catch the last train in time.
7. If the team focuses on their goals,	g. she could easily find online tutorials to get started.
8. If you consume too many sweets,	h. he must revise the lessons carefully.
9. If the weather is beautiful,	i. we can greatly reduce air pollution.
10. If we leave now,	j. you should take advantage of it and spend time outdoors.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

VI. 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.