

**I. Find the word which has a different sound in the part underlined.**

1. A. habit	B. homework	C. healthy	D. honest
2. A. house	B. hotel	C. hour	D. hobby
3. A. radio	B. run	C. ruler	D. resort
4. A. hand	B. hat	C. vehicle	D. help
5. A. real	B. road	C. river	D. rhyme
6. A. history	B. holiday	C. hour	D. hotel
7. A. read	B. rabbit	C. ring	D. write
8. A. honest	B. hard	C. horse	D. hurry
9. A. home	B. hungry	C. honor	D. hospital
10. A. car	B. run	C. wrong	D. road

**II. Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.**

1. A. advice	B. exam	C. maintain	D. schedule
2. A. delay	B. habit	C. healthy	D. ready
3. A. several	B. distraction	C. happiness	D. worrying
4. A. mental	B. exam	C. improve	D. divide
5. A. counsellor	B. physical	C. concentrate	D. distraction

**III. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.**

1. My homeroom teacher advised me to avoid any \_\_\_\_\_ for better concentration at school.  
 A. physical    B. distractions    C. counsellor    D. priorities

2. Schools should give \_\_\_\_\_ to teenagers' mental health by providing counselling services.  
 A. priority    B. routine    C. results    D. efforts

**IV. Complete the sentence with the correct form of the word in brackets.**

1. Despite challenges, many teenagers remain \_\_\_\_\_ about their future and embrace new opportunities. **(OPTIMISM)**

2. A lot of students are experiencing \_\_\_\_\_ due to pressures from schoolwork, classmates and family. **(ANXIOUS)**

3. Jogging is a popular activity to maintain \_\_\_\_\_ health among young people nowadays. **(physically)**

4. We have to complete different kinds of \_\_\_\_\_ at the end of this semester. **(assign)**

5. Don't hesitate to ask for \_\_\_\_\_ support from your teacher and friends. **(add)**

**V. Complete the sentence by filling in the blank with a suitable word from the box. There is ONE extra word you do not need to use.**

effectively      mental      regularly      omission      distractions      delay

1. Finding a quiet place to study can help reduce \_\_\_\_\_ and increase productivity.
2. Doing things you enjoy can significantly improve your \_\_\_\_\_ health and overall well-being.
3. Knowing how to break a large task into smaller ones can help students learn more \_\_\_\_\_ and get rid of stress.
4. The \_\_\_\_\_ of parental guidance sometimes leaves teenagers feeling lost and uncertain.
5. Because I have been overloaded with schoolwork recently, I asked my maths teacher for permission to \_\_\_\_\_ the assignment until next Monday.

**VI. Choose the correct answer A, B, C or D.**

1. James \_\_\_\_\_ fit by doing exercises in the gym three times a week.  
A. makes      B. keeps      C. does      D. seems
2. You should try to avoid foods high \_\_\_\_\_ salt.  
A. in      B. of      C. for      D. about
3. Rice water could help \_\_\_\_\_ stomach ache.  
A. relieve      B. fight      C. improve      D. cure
4. This orange doesn't \_\_\_\_\_ fresh.  
A. sound      B. see      C. touch      D. taste
5. If you have too much homework, you can feel \_\_\_\_\_.  
A. balanced      B. relaxed      C. stressed      D. free
6. \_\_\_\_\_ sugary snacks are harmful to you.  
A. Enough      B. Too much      C. Little      D. Too many
7. Henry's coffee tastes very sweet because he always puts lots of \_\_\_\_\_ in it.  
A. salt      B. sugar      C. oil      D. pepper
8. "I'm going to cycle. Would you like to join me?" – "\_\_\_\_\_"  
A. No, thanks. I'm not interested.      B. I don't really agree.      C. Yes, I do.      D. Cycling was good.
9. Nuts are rich \_\_\_\_\_ protein, vitamins and minerals.  
A. with      B. of      C. in      D. for
10. This cereal is full \_\_\_\_\_ fiber and lots of vitamins.  
A. with      B. of      C. in      D. from
11. My friend suggested \_\_\_\_\_ on a yoga course to lose weight.  
A. enrolled      B. enroll      C. enrolling      D. to enroll
12. In order to stay healthy, make sure you have a balanced intake of vitamins and minerals.  
A. take-off      B. take-away      C. consumption      D. digestion
13. There are several ways to exercise and stay healthy.  
A. apply      B. exploit      C. keep fit      D. operate
14. If you take this medicine, you will recover quickly.  
A. get well      B. get on      C. get up      D. get in
15. "I think you should eat more vegetables and less meat." - "\_\_\_\_\_"  
A. I believe it.      B. No, I don't have.      C. Yes, you're right.      D. Everything will be alright.

**VII. Choose the correct answer A, B, C or D to complete the sentences**

1. The sports teachers are trying to help develop the \_\_\_\_\_ well-being of their students.  
A. mental      B. intellectual      C. emotional      D. physical
2. Before you ask him, wait until he's in a better \_\_\_\_\_.  
A. emotion      B. mood      C. opinion      D. feeling

3. Sarah is \_\_\_\_\_ an exam this afternoon. She's studied hard.  
A. skipping      B. taking      C. setting      D. making

4. I'm not good at art so I'm \_\_\_\_\_ this subject. I'll try French now.  
A. attending      B. marking      C. dropping      D. taking

5. Hung has got too much homework to do this week and he's completely \_\_\_\_\_.  
A. optimistic      B. relaxing      C. stressed out      D. burned out

6. If they spend more time reading materials, they \_\_\_\_\_ understand the topic more.  
A. should      B. might      C. could      D. would

7. When do you \_\_\_\_\_ up for the school holidays?  
A. break      B. move      C. keep      D. line

8. If you join in cooking courses, you \_\_\_\_\_ prepare your own food.  
A. must      B. should      C. will      D. can