

UNIT 3. HEALTHY LIVING FOR TEENS

VOCABULARY

I. Choose the words whose underlined part pronounced differently from the others.

| | | | |
|-------------------------|----------------------|---------------------|---------------------|
| 1. A. honour | B. happy | C. <u>h</u> urry | D. <u>a</u> head |
| 2. A. <u>w</u> here | B. <u>h</u> onest | C. <u>h</u> omesick | D. <u>ch</u> orus |
| 3. A. <u>h</u> andshake | B. <u>n</u> aughty | C. <u>h</u> ead | D. <u>seah</u> orse |
| 4. A. <u>h</u> ow | B. <u>unh</u> appy | C. <u>h</u> our | D. <u>beh</u> ind |
| 5. A. <u>h</u> onest | B. <u>beh</u> ind | C. <u>h</u> our | D. <u>wh</u> ale |
| 6. A. <u>re</u> porter | B. <u>de</u> part | C. <u>ar</u> rest | D. <u>ra</u> nk |
| 7. A. <u>a</u> fternoon | B. <u>ri</u> ng | C. <u>br</u> ing | D. <u>ri</u> ght |
| 8. A. <u>wr</u> ong | B. <u>wond</u> erful | C. <u>sor</u> ry | D. <u>arr</u> ange |
| 9. A. <u>ro</u> ad | B. <u>sto</u> rm | C. <u>fry</u> | D. <u>gra</u> ss |
| 10. A. <u>ra</u> ise | B. <u>crac</u> k | C. <u>ri</u> ch | D. <u>air</u> port |

II. Choose 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. accomplish | B. assignment | C. counsellor | D. attention |
| 5. A. anxiety | B. environment | C. additional | D. optimistic |

III. Use the words in the box to complete the sentences.

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

- Some teens struggle with stress, pressure and other _____ health problems.
- _____ people always believe that good things will happen.
- She gives _____ to study. She always finishes her homework before doing anything else.
- Doing exercise regularly helps you improve your _____ health.
- You can't accomplish your _____ of entering the university if you are lazy.
- 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.
- To maintain a healthy lifestyle, it's important to have a _____ diet with a lot of vegetables and fruits.

IV. Use the words provided in brackets in their correct forms to complete the sentences.

- It's necessary for teens to learn time _____ skill. (**manage**)
- Those with a _____ lifestyle often lead a happier life. (**health**)
- The counsellor gave the boy advice on how to avoid stress and _____. (**anxious**)
- Don't hesitate to ask for _____ support from your teacher and friends. (**add**)

5. You shouldn't study continuously. Instead, take breaks _____ to give your brain a rest. (appropriate)
6. Parents often _____ the needs of their children. (priority)
7. Tom finds it hard to study online because there are so many _____. (distract)
8. The teacher praised the students for their perfect _____ throughout the semester. (attend)
9. The company will close the office this weekend for routine _____ of the air conditioning system. (maintain)
10. Winning the first prize in the national contest was the greatest _____ of her school years. (achieve)

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

1. Lucy met the school _____ to ask for advice on how to manage time better.
A. parent B. counsellor C. students D. children
2. Tim seems to be _____ out these days. He's very anxious and unable to relax.
A. stressed B. pressed C. distracted D. worked
3. When is the _____ date for submitting the project report?
A. recent B. time C. due D. play
4. Mary _____ telling Tom the news. She wanted to wait for the right moment.
A. cancelled B. continued C. delayed D. kept
5. The school managers give _____ to improving education quality. They consider it more important than anything else.
A. way B. priority C. help D. support
6. She was not in a good _____ because of the argument with her friend.
A. temperature B. day C. moment D. mood
7. To manage your time better, you should set a daily _____ and follow it.
A. time B. work C. deadline D. routine
8. Regular _____ is essential for maintaining good physical and mental health.
A. distraction B. fast food C. exercise D. delay
9. Eating a _____ helps you stay fit and full of energy.
A. due date B. fast food C. healthy diet D. praise
10. It's important to _____ your time effectively to balance work and leisure.
A. delay B. manage C. train D. punish
11. To stay healthy, try to _____ at least three times a week.
A. work out B. gain weight C. look after D. wait for
12. Regular exercise can help you _____ stress.
A. reduce B. delay C. invite D. get through
13. It's crucial to _____ a well-balanced life to achieve long-term happiness.
A. maintain B. punish C. complete D. get burnt
14. An optimistic mindset can help you overcome _____ in life.
A. distraction B. difficulties C. combination D. delay
15. Being _____ can lead to making healthier decisions.
A. stressed out B. optimistic C. distracted D. encouraged