

**A. PHONETICS****I. Say the words in brackets. Then choose the correct word to complete the sentence.**

1. (head / red) She nodded her \_\_\_\_\_ in agreement.
2. (habit / rabbit) I saw a wild \_\_\_\_\_ in my garden two days ago.
3. (heel / real) Pinocchio wanted to be a \_\_\_\_\_ live boy.
4. (heat / read) If you \_\_\_\_\_ water to 100°C it turns to steam.
5. (hat / rat) A \_\_\_\_\_ looks like a large mouse.
6. (hide / ride) Children can easily \_\_\_\_\_ in small spaces.
7. (height / right) 'It's not easy.' 'Yeah, you're \_\_\_\_\_.'
8. (healthy / ready) Stay \_\_\_\_\_ by eating well and exercising regularly.
9. (rope / hope) The police tied a \_\_\_\_\_ around his waist and pulled him up.
10. (haze / raise) She finds it quite hard to \_\_\_\_\_ the children on her own.

**II. Read the sentences aloud. Then underline the words that have the sounds /h/ and /r/.**

1. They kidnapped that handsome actor and asked for a huge ransom.
2. My daughter has the habit of hugging her stuffed rabbit when sleeping.
3. I really hope the hail doesn't affect the rail system.
4. The artist captured pictures of the rare white hare in Yorkshire.
5. Racking and hacking are two distinct terms with different meanings.
6. Do rooks really make the best hooks?
7. She watched him steadily over the rim of her cup.
8. Get your garden ready for the heady days of the summer season.

**B. VOCABULARY AND GRAMMAR****I. Match the adjectives with their definitions.**

1. physical	a. so worried and tired that you cannot relax
2. mental	b. likely to make you fat
3. well-balanced	c. connected with a person's body rather than their mind
4. optimistic	d. more than what was agreed or expected
5. stressed out	e. having good health and not likely to become ill
6. healthy	f. always believing that good things will happen
7. additional	g. having the right amounts of all the different parts that make up something
8. fattening	h. relating to the health or state of someone's mind

**II. Complete the sentences with the adjectives in part I.**

1. If you feel \_\_\_\_\_, you should take a break in the sun.
2. Fruits and vegetables are an important part of a \_\_\_\_\_ diet because they are rich in vitamins and minerals.
3. I'm feeling \_\_\_\_\_ about my chances of getting this job.
4. Although I prefer outdoor \_\_\_\_\_ activity, exercising indoors on the elliptical machine is fine.
5. A(n) \_\_\_\_\_ charge is made on baggage exceeding the weight allowance.
6. It's important to have a(n) \_\_\_\_\_ meal that includes all the food groups in the right proportions.
7. Chicken fried steak is one of the most \_\_\_\_\_ foods on earth.
8. Stress can cause \_\_\_\_\_ health problems such as anxiety and depression.

**III. Complete the sentences with the words or phrases from the box.**

counsellors	priority	balance	due date	distractions
anxiety	celebrities	deadline	assignments	mood

1. If payment is not made by the \_\_\_\_\_, 10% will be added to the bill.
2. A relaxing break can help to reset your \_\_\_\_\_, thereby reducing stress.
3. Many online students find it hard to concentrate on coursework due to too many \_\_\_\_\_.
4. High school \_\_\_\_\_ will help students create academic and career plans.
5. Students should keep a \_\_\_\_\_ between study and breaks.
6. Do you think we'll be able to meet the \_\_\_\_\_ this Saturday?
7. Should schoolwork always be a student's first \_\_\_\_\_?
8. It's true that exams can cause stress and \_\_\_\_\_ among students.
9. Students have to complete their \_\_\_\_\_ within the given time frame.
10. Teenagers love chatting about their favourite \_\_\_\_\_ with friends.

**IV. Complete the sentences with the correct form or tense of the verbs in the box.**

maintain	balance	delay	distract	manage	prioritise
accomplish	overcome	concentrate	keep away		

1. Students keep \_\_\_\_\_ their homework and ultimately fail to complete them on time.
2. If you \_\_\_\_\_ your time well, you can improve your work life and lower your stress.
3. Task lists help you keep track of what you need to do and \_\_\_\_\_ the most important tasks.
4. Healthy eating and regular physical activities will help you \_\_\_\_\_ good health.

5. I hope I \_\_\_\_\_ the task in two days, but I'm not sure.
6. Can you turn off the TV please? It \_\_\_\_\_ me from my homework.
7. If you want \_\_\_\_\_ from stress, you should practice yoga or meditation.
8. She \_\_\_\_\_ all of the obstacles in her way and became an Olympic champion.
9. Matt \_\_\_\_\_ on reading his book, so he didn't notice me come in.
10. Creating a schedule is essential \_\_\_\_\_ school and social life.

**V. Choose the correct option to complete the sentences.**

1. If the restaurant is fully booked, we \_\_\_\_\_ order a takeaway. (can/ must/ may)
2. You \_\_\_\_\_ catch a cold if you don't put on a jacket. (should/ might/ couldn't)
3. If you are trying to lose weight, you \_\_\_\_\_ drink artificially sweetened drinks. (won't/ can't/ shouldn't)
4. You \_\_\_\_\_ cross a road if you are facing a red pedestrian light. (mustn't/ can't/ won't)
5. If teens spend too much time on social media, they \_\_\_\_\_ put their health and education at risk. (should/ must/ may)
6. If you exercise regularly, you \_\_\_\_\_ feel healthier. (may/ can/ will)
7. You \_\_\_\_\_ improve your spoken English if you practise regularly. (must/ can/ should)
8. If you want to have good health, you \_\_\_\_\_ try to eat a healthy, balanced diet. (can/ will/ should)
9. If you want to lose weight, you \_\_\_\_\_ reduce carbs in small, simple ways. (can/ have to/ might)
10. If he wants to be healthier, he \_\_\_\_\_ stop smoking and drinking alcohol. (ought to/ could/ will)

**VI. Match the first half of the sentence in A with the second half in B.**

**A**

1. If he doesn't come soon,
2. You may leave the room
3. If you don't want to be overweight,
4. If you learn texting shortcuts,
5. You must exercise regularly
6. If you register for the course soon,
7. You might win the race
8. If it rains this afternoon,
9. Juan could pass his exams
10. If you get home before me,

**B**

- a. we are going to stay in and watch TV.
- b. if you want to have a good-looking body shape.
- c. you will get a discount of 15%.
- d. we will have to leave without him.
- e. if you run a bit faster.
- f. you shouldn't eat too much sugar.
- g. if you've finished the test.
- h. if he revises every day.
- i. can you put the chicken in the oven?
- j. you can save a lot of time.

**VII. Complete the conditional sentences with the correct tense or form of the verbs in brackets. Add *will* or other modal verbs if necessary.**

1. You might catch a cold if you \_\_\_\_\_ (take) a shower late at night.
2. My sister \_\_\_\_\_ (not make) a cake if she doesn't have enough ingredients.
3. If you want to improve your English, you \_\_\_\_\_ (read) more books.
4. If you \_\_\_\_\_ (not follow) the road rules, you may be fined.
5. You \_\_\_\_\_ (take) a break from work if you feel stressed.
6. If Beth \_\_\_\_\_ (not stop) eating so much junk food, she won't be slim.
7. If it isn't hot tomorrow, we \_\_\_\_\_ (not go) to the beach.
8. How \_\_\_\_\_ you \_\_\_\_\_ (study) online if you don't have a computer?
9. If you don't sleep enough, you \_\_\_\_\_ (feel) tired and irritable the next day.
10. She's going to take a vacation next week if she \_\_\_\_\_ (get) time off work.
11. She \_\_\_\_\_ (leave) early if she's finished her work.
12. If you want to pass the Entrance Test overall, you \_\_\_\_\_ (pass) every part of the test.

**VIII. Complete the sentences using the conditional type 1.**

1. You should check your writing carefully or you may make mistakes.  
If \_\_\_\_\_
2. We should leave right now or we won't get there in time.  
If \_\_\_\_\_
3. Dave shouldn't ride his bike on the pavement or he can be fined.  
If \_\_\_\_\_
4. Katie should eat enough fruits and veggies or she could become deficient in vitamins and minerals.  
If \_\_\_\_\_
5. You shouldn't spend too much time in front of a screen or you won't have time to study.  
If \_\_\_\_\_
6. You should fix your computer or you won't be able to attend your online class.  
If \_\_\_\_\_
7. He should practice speaking English frequently or he can't improve his speaking skills.  
If \_\_\_\_\_
8. You should study hard or you won't pass the entrance exam.  
If \_\_\_\_\_

#### IX. Choose the correct answers.

1. You will be fined heavily if you \_\_\_\_\_ the speed limit.  
a. exceeded      b. are exceeding      c. will exceed      d. exceed
2. If you don't understand the lesson, you \_\_\_\_\_ your teacher for help.  
a. would ask      b. should ask      c. will ask      d. mustn't ask
3. She \_\_\_\_\_ her cooking skills a lot if she joins the cooking class.  
a. improves      b. is improving      c. can improve      d. should improve
4. If the weather \_\_\_\_\_ fine tomorrow, we may go for a swim.  
a. is      b. were      c. will be      d. would be
5. Matt will fail his exams if he \_\_\_\_\_ working harder.  
a. starts      b. will start      c. doesn't start      d. didn't start
6. I usually get nervous if I \_\_\_\_\_ in front of a group.  
a. can speak      b. will speak      c. should speak      d. have to speak
7. If they \_\_\_\_\_ the technical issues, their website might lose visitors.  
a. fix      b. don't fix      c. won't fix      d. fixed
8. If you \_\_\_\_\_ a bike on the roads, you \_\_\_\_\_ the road rules.  
a. ride - obey      b. are riding - can obey  
c. are riding - must obey      d. ride - will obey
9. If temperatures \_\_\_\_\_, forest fires \_\_\_\_\_ more frequent.  
a. rise - will become      b. will rise - become  
c. are rising - might become      d. don't rise - can become
10. If you \_\_\_\_\_ enough sleep each night, your health \_\_\_\_\_ at risk.  
a. get - may be      b. don't get - could be  
c. are getting - will be      d. don't get - must be

#### X. Write the correct form of the words in brackets.

1. Many people enjoy the pleasures and \_\_\_\_\_ of living in a city center. (convenient)
2. Try to lose weight \_\_\_\_\_, by exercising more and eating better foods. (health)
3. We'd better get an \_\_\_\_\_ to check the wiring before we start decorating. (electric)
4. The government can provide funding for the \_\_\_\_\_ of traditional arts. (preserve)
5. Keeping yourself physically healthy will allow you to feel better and more \_\_\_\_\_ every day. (energy)
6. What makes cities so \_\_\_\_\_ to countryside people? (attract)
7. Please turn the TV down. It is \_\_\_\_\_ me from my homework. (distraction)
8. After the final exams, we \_\_\_\_\_ waited for our results. (anxiety)
9. Road traffic \_\_\_\_\_ is a major urban transport problem. (congest)
10. Houses in the city are now too \_\_\_\_\_ for young people to afford. (price)

**XI. Fill in each blank with a suitable preposition.**

1. We're trying to strike a balance \_\_\_\_\_ fun and learning.
2. Exams can bring \_\_\_\_\_ stress and anxiety among students.
3. It's important to look \_\_\_\_\_ your mental health and wellbeing.
4. You should praise the children \_\_\_\_\_ their effort rather than their achievement.
5. Students usually feel nervous and anxious \_\_\_\_\_ an examination.
6. One of the best ways to take care \_\_\_\_\_ yourself is by doing exercise regularly.
7. We finished our project several days \_\_\_\_\_ of the deadline.
8. Some people believe that teenagers should concentrate \_\_\_\_\_ all school subjects.
9. It was a very tough time for me but my family helped me get \_\_\_\_\_.
10. Teenagers are more optimistic \_\_\_\_\_ the future than adolescents.

**C. SPEAKING**

**I. Choose the best answer to complete the conversations.**

1. A: How many hours of sleep do teens need?  
B: Sorry, could you repeat the question?  
a. I didn't catch what you said.      b. I beg you pardon?  
c. I didn't know anything about you.      d. I understand what you mean.
2. A: \_\_\_\_\_ a healthy lifestyle?  
B: Sure. You should have a balanced diet and do exercise regularly.  
a. Could you tell me how to lead      b. Why don't you lead  
c. How can I help you lead      d. Would you mind leading
3. A: To cope with exam stress, you should prepare in advance, get organized, take breaks, eat well and exercise.  
B: \_\_\_\_\_  
a. I don't know what to do.      b. Sorry about that.  
c. Can you say that again, please?      d. Pardon my asking you.
4. A: Can I help you with anything?  
B: \_\_\_\_\_  
a. No, thank you. Let's look for my book.      b. Yes, please. I'm looking for a cookbook.  
c. I beg your pardon? I'm busy.      d. I quite followed what you asked me.
5. A: Excuse me. Would you mind showing me the way to the station?  
B: \_\_\_\_\_ I wasn't paying attention.  
a. Do you understand what I said?      b. No, thank you so much.  
c. Can you do that again?      d. I beg your pardon?

## II. Put the conversation into the correct order.

\_\_\_ Yeah, me too but we shouldn't eat too much of it. It's not good for our health.

\_\_\_ Well... can you suggest some healthy snacks I can try?

\_\_\_ Hmm, that sounds like a good replacement! I think I'll give it a try. Thanks for the suggestion Sally!

\_\_\_ Maybe... But it's so yummy! How can we say no to something that tastes so good?

1 Hey Sally, what's up?

\_\_\_ No problem! What is your plan for the day?

\_\_\_ We don't have to say no – there are healthy options out there as well!

\_\_\_ Nothing much. What about you?

\_\_\_ I'm going to go jogging in the park and then go to buy some healthy snacks.

\_\_\_ Bye! Have a good day.

\_\_\_ I was just thinking about snacks. You know, I love junk food!

\_\_\_ You should try some popcorn with a bit of butter and sugar or some yummy snacks, like trail mix, granola bars, dried fruit or roasted chickpeas. They're all delicious, and much healthier than a bag of chips or sugary sweets.

\_\_\_ Sounds like a great plan. See you later!

## D. READING

### I. Complete the passage with words from the box.

concentrate	best	active	stressful
balance	diet	overextending	low-fat

There are things any person can do to stay healthy. As a teenager, there are some things you should pay special attention to.

#### • Physical health: Taking care of your body

Exercise regularly. Teens should be physically (1)\_\_\_\_\_ at least 60 minutes of every day.

Eat a healthy (2)\_\_\_\_\_. Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and (3)\_\_\_\_\_ dairy products. Avoid junk foods such as soda pop, fast food, and chips.

Get enough sleep. Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to (4)\_\_\_\_\_ and do well at school.

#### • Mental health: Taking care of your mind

Learn ways to manage stress. You can't avoid stress, so you need to learn healthy coping skills. This will help you stay calm and be able to function in (5)\_\_\_\_\_ situations.

Study and do your (6) \_\_\_\_\_ in school. There is a strong link between health and academic success.

Develop a good (7) \_\_\_\_\_ between school, work, and social life.

Don't try to take on too much. Limit your activities to the most important ones and give those 100%. (8) \_\_\_\_\_ yourself can lead to stress, frustration, or exhaustion.

## II. Read the text carefully. Then do the tasks.

Some experts worry that teens are more anxious and have lower **self-esteem** because of social media and texting. There are key differences to socializing online. Teens **miss out** on things like body language and facial expressions. This can lead to misunderstandings and hurt feelings. It can also make talking in person feel more **intimidating**.

It is also common for teens to feel bad about themselves when they see everyone online looking perfect. Teens often try to **compensate** by sharing pictures that make them look perfect, too. Then, when their social media identity doesn't match how they actually feel, they can **end up** feeling worse.

Parents can help by setting a good example of how to use tech. Try to give kids your full attention when you are with them, and establish tech-free zones in the house and tech-free hours when no one is on their phones. To help build self-esteem, get kids **involved** in something they're interested in. When kids learn to feel good about what they can do instead of how they look and what they own, they're happier.

### A. Find the word or phrase in bold in the passage that means:

- provide something good or useful in place of something \_\_\_\_\_
- become eventually \_\_\_\_\_
- belief and confidence in your own ability and value \_\_\_\_\_
- taking part in \_\_\_\_\_
- fail to benefit from something useful or fun \_\_\_\_\_
- frightening in a way that makes a person feel less confident \_\_\_\_\_

### B. Decide whether the statements are true (T) or false (F).

- Experts worry that the social media and text messages are promoting teens' anxiety and lowering their self-esteem.
- Body language and facial expressions can cause misunderstandings and hurt feelings.
- Social media has positive impacts on face-to-face communication skills.
- Teenagers tend to compare themselves to the people they see online.
- Parents can help by setting limits on where and when devices are allowed in the home.
- Teenagers are happier when they feel confident about their physical appearance.

### C. Answer the questions.

- According to the passage, what causes anxiety and low self-esteem in teenagers?

2. Can social media be harmful to teens' mental health?

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3. What can parents do to help boost their teens' self-esteem?

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## E. WRITING

### I. Write sentences, using the clues given.

1. it/ be/ important/ teens/ eat/ well-balanced diet.  
\_\_\_\_\_
2. the counsellor/ give/ advice/ how to maintain/ healthy lifestyle/ at present.  
\_\_\_\_\_
3. health experts/ recommend/ teens/ get/ at least/ 60 minutes/ exercise/ a day.  
\_\_\_\_\_
4. If/ students/ not get/ enough sleep/ they/ can find/ it/ difficult/ concentrate/ their tasks.  
\_\_\_\_\_
5. When/ I/ be/ at school/ I/ try/ manage/ my time/ effectively/ by/ create/ daily schedule.  
\_\_\_\_\_
6. If/ you/ keep/ eat/ restricted diet/ it/ could lead/ nutritional deficiencies/ other health problems.  
\_\_\_\_\_
7. you/ should keep/ your phone and electronic devices/ out/ the bedroom/ if/ you/ want/ get/ healthy sleep.  
\_\_\_\_\_
8. Teens/ should/ avoid/ eat/ junk food/ because/ it/ can/ harm/ mental or physical health.  
\_\_\_\_\_

### II. Complete the sentence using the word in capitals.

1. Run a bit faster! Maybe you will win the race! (MIGHT)  
→ If you \_\_\_\_\_
2. It's a good idea to strike a balance between study and breaks. (SHOULD)  
→ You \_\_\_\_\_
3. Don't stand on the edge of the cliff. You'll fall. (COULD)  
→ If you \_\_\_\_\_
4. Could you please show me the way to the nearest bus stop? (MIND)  
→ Would \_\_\_\_\_
5. It's not easy for Jim to concentrate on schoolwork. (DIFFICULTY)  
→ Jim \_\_\_\_\_

6. Exercise is a great way to look after your mind and body. (CARE)  
 → Exercise \_\_\_\_\_

7. Teens are now interested in watching and making videos on TikTok. (KEEN)  
 → Teens are now \_\_\_\_\_.

8. "I am going to travel to Ireland for vacation next month," John said. (FOLLOWING)  
 → John said \_\_\_\_\_.

### TEST FOR UNIT 3

**I. Choose the word whose underlined part is pronounced differently from the others.**

1. a. <u>health</u>	b. <u>homework</u>	c. <u>hour</u>	d. <u>happiness</u>
2. a. <u>healthy</u>	b. <u>deadline</u>	c. <u>ready</u>	d. <u>break</u>
3. a. <u>celebrity</u>	b. <u>schedule</u>	c. <u>counsellor</u>	d. <u>accomplish</u>
4. a. <u>well-balanced</u>	b. <u>accomplished</u>	c. <u>stressed</u>	d. <u>managed</u>
5. a. <u>priority</u>	b. <u>optimistic</u>	c. <u>anxiety</u>	d. <u>assignment</u>

**II. Choose the word that has the main stress placed differently from the others.**

1. a. counsellor	b. encourage	c. physical	d. minimise
2. a. optimistic	b. priority	c. assignment	d. distraction
3. a. balance	b. maintain	c. mental	d. effort
4. a. recognize	b. concentrate	c. communicate	d. fattening
5. a. accomplish	b. anxiety	c. well-balanced	d. management

**III. Complete the sentences with the words from the box.**

distractions	balanced diet	speciality	fragrance	mental
suburbs	handicrafts	amenities	concrete jungle	congestion

1. Depression is a \_\_\_\_\_ health condition that causes you to feel sad.
2. Power, water, telecommunications and other \_\_\_\_\_ are not the same as those in cities.
3. If we want students to learn and perform at their best, smart phones and other online \_\_\_\_\_ must be managed.
4. My family finally got out of the \_\_\_\_\_ and moved to the country.
5. If you have a \_\_\_\_\_, you are getting all the vitamins you need.
6. Generally speaking, living in the \_\_\_\_\_ often means leading a less stressful life.
7. Another local \_\_\_\_\_ is tamales with goat meat wrapped in banana leaves.
8. The city tried to reduce \_\_\_\_\_ by adding new freeway lanes and expanding rail transit systems.