UNIT 3 HEALTHY LIVING FOR TEENS

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

LIVEWORKSHEETS

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.

LIVEWORKSHEETS

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	B
1. If he doesn't come soon,	a. we are going to stay in and watch TV.
2. You may leave the room	b. if you want to have a good-looking body shape.
3. If you don't want to be overweight,	c. you will get a discount of 15%.
4. If you learn texting shortcuts,	d. we will have to leave without him.
5. You must exercise regularly	e. if you run a bit faster.
6. If you register for the course soon,	f. you shouldn't eat too much sugar.
7. You might win the race	g. if you've finished the test.
8. If it rains this afternoon,	h. if he revises every day.
9. Juan could pass his exams	i. can you put the chicken in the oven?
10. If you get home before me,	j. you can save a lot of time.

LIVEWORKSHEETS

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 _____

LIVEWORKSHEETS

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)

LIVEWORKSHEETS

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 metal 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?

LIVEWORKSHEETS

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.

LIVEWORKSHEETS

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:

1. provide something good or useful in place of something _____
2. become eventually _____
3. belief and confidence in your own ability and value _____
4. taking part in _____
5. fail to benefit from something useful or fun _____
6. frightening in a way that makes a person feel less confident _____

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

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

C. Answer the questions.

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

_____

LIVEWORKSHEETS

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

_____

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

_____

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 _____

LIVEWORKSHEETS

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>h</u>ealth	b. <u>h</u>omework	c. <u>h</u>our	d. <u>h</u>appiness
2.	a. h<u>ea</u>lthy	b. d<u>ea</u>dline	c. r<u>ea</u>dy	d. br<u>ea</u>k
3.	a. <u>c</u>elebrity	b. s<u>ch</u>edule	c. <u>c</u>ounsellor	d. a<u>cc</u>omplish
4.	a. well-balanc<u>ed</u>	b. accomplish<u>ed</u>	c. stress<u>ed</u>	d. manag<u>ed</u>
5.	a. pr<u>i</u>ority	b. opt<u>i</u>mistic	c. anx<u>i</u>ety	d. assignment

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.

LIVEWORKSHEETS