NAME _____

Teen Choices
Unit 1

TASK 1 – Grammar: Articles (a / an / the / –)

Choose the correct option: a / an / the / – (zero article).

1. My doctor advised me to eat ___ balanced diet and avoid fast food.
2. Do you have ___ recipe for that delicious soup?
3. Drinking ___ water is better than drinking fizzy drinks.
4. ___ apples you bought yesterday were really crunchy.
5. I usually eat ___ piece of fruit before going to school.
6. She ordered ___ appetizer and ___ main meal at the new healthy café.
7. ___ vegan diet can be healthy if you do it correctly.
8. People often have ___ picnic in summer.
9. ___ refrigerator in their house is always full of vegetables.
10. I'd like to try ___ dim sum we saw on the menu.

LIVEWORKSHEETS

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TASK 2 – Grammar: Quantifiers + SO / SUCH

Choose: much / many / a little / a few / too much / too many / enough / not enough / so / such.

1. How _____ sugar do you put in your tea?
2. There aren't _____ cafeterias in this area, so it's hard to find a place to eat.
3. He eats _____ fast food. That's why he's putting on weight.
4. I always add _____ vegetables to my stir-fry to make it more nutritious.
5. She drank ___ fizzy drinks yesterday and felt sick.
6. We have _____ ingredients to cook the stew, but we still need carrots.
7. There's _____ salt in this soup. It tastes too salty.
8. Are there _____ apples to make a pie?
9. It was _____ delicious meal that everybody asked for the recipe.
10. That is _____ an unhealthy habit — you should really change it.

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TASK 3 – Vocabulary

Match the words (A–J) to the definitions (1–10).

WORDS

A. nutritious

B. appetizer

C. signature dish

D. guilty pleasure

E. obesity

F. canned

G. crunchy

H. zesty

I. to satisfy your hunger

J. bitter

DEFINITIONS

1. Strong, fresh, often slightly spicy in flavour.
2. The special dish a chef or restaurant is famous for.
3. Very overweight in a way that is dangerous for health.
4. Food with a hard texture that makes a noise when you bite it.
5. A food or activity that you enjoy even though you know it's not good for you.
6. A small amount of food eaten before the main meal.
7. Something healthy or full of nutrients for your body.
8. Food sold in a metal container.
9. Something that helps you stop feeling hungry.
10. A sharp, unpleasant taste.

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TASK 4 – Vocabulary in context

Use the words below to complete the sentences.

go without – to intrude into sb's private life/space – hesitate to do sth – to resemble sb/sth – depict – a variety of – take up a new hobby/sport – cut down on – despite – essential – influence sth / have a big influence on sth

1. The painting doesn't just show the city; it aims to _____ the atmosphere of life there.
2. I didn't want to _____, so I knocked before entering his room.
3. She decided to _____ because she felt bored during weekends.
4. My brother and I look alike—people say I really _____ him.
5. Even _____ being tired, she finished all her work on time.
6. Teachers can _____ their students' future choices.
7. I'm trying to _____ the time I spend on social media—it's too much.
8. There was _____ music at the festival, so everyone found something they liked.
9. Don't _____ asking for help if you need it.
10. A passport is _____ if you want to travel abroad.

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TASK 5 – Idioms & Phrases

Replace the underlined phrase with an idiom/expression from the list:
it goes without saying (that) – go back to square one – have sth at your fingertips – have a flair for sth – as cool as a cucumber – a piece of cake – leave a sour taste in your mouth – take sth with a pinch of salt – drive someone mad – gravitate towards

1. **The instructions were extremely easy. →**
   _____
2. **He stayed very calm even though everyone else was stressed. →**
   _____
3. **Her constant complaining can really annoy me. →**
   _____
4. **I usually feel more interested in creative subjects. →**
   _____
5. **This whole situation makes me feel uncomfortable and negative.**
   → _____
6. **You should not believe everything she says completely. →**
   _____
7. **He naturally has a talent for cooking. →**
   _____
8. **We lost all our data, so we had to start again from the beginning.**
   → _____
9. **You have all the information easily available whenever you need it.**
   → _____
10. **Obviously, you need to follow the safety rules. →**
    _____

you are the best
LIVEWORKSHEETS