Name.....PRE.G9.BTVN – LESSON18 – MARKS: .....

Ex1: Complete each sentence with a suitable word or phrase from the box.

work out – lose weight – shoulder pain – mental health – fast food – alert – get rid of – schedule – priority – home gym

1. Doing exercise regularly can help you _____.
2. My father has _____ because he often carries heavy things.
3. Too much _____ is not good for your health.
4. Exercise is beneficial not only for physical health but also for _____.
5. I usually _____ at the gym three times a week.
6. Drinking enough water can help you stay _____.
7. My first _____ is to finish my homework before playing games.
8. We have a busy _____ this week.
9. She wants to _____ unhealthy eating habits.
10. We have a small _____ in our house.

Exercise 2. Read the passage and choose the best answer for each blank.

A Healthy Lifestyle

Having good physical and mental health is important for everyone. First, we should have a _____ (1) diet and avoid too much _____ (2). Regular exercise, such as walking or working out, can help us _____ (3) stress and maintain a healthy body.

We should also _____ (4) enough sleep every night. Staying _____ (5) too often can make us tired and less _____ (6) during the day.

Good time management is also important. We should make a _____ (7), decide our _____ (8), and finish our work before the _____ (9). If we feel anxious or _____ (10), we should talk to someone we trust or consult a professional.

1.	A. well-balanced	B. worrying	C. fattening	D. stressful
2.	A. junk food	B. happiness	C. brain	D. schedule
3.	A. reduce	B. delay	C. gain	D. suffer
4.	A. get	B. make	C. put	D. take
5.	A. up late	B. weight	C. alert	D. optimistic
6.	A. alert	B. fattening	C. worrying	D. sore
7.	A. ingredient	B. schedule	C. brain	D. counsellor
8.	A. priorities	B. ingredients	C. moods	D. throats
9.	A. due date	B. home gym	C. physical health	D. happiness
10.	A. stressed out	B. well-balanced	C. optimistic	D. alert

Part 2. Choose the Correct Word

LIVEWORKSHEETS

11. My doctor says that regular exercise is good for my _____.

A. physical health B. due date C. ingredient D. schedule

12. She has been suffering from _____ because she has too much work to do.

A. happiness B. anxiety C. ingredient D. brain

13. You should _____ your parents when they are sick.

A. look after B. put on C. stay up D. delay

14. Eating too much _____ can cause health problems.

A. junk food B. happiness C. physical health D. schedule

15. I usually _____ at home before going to work.

A. work out B. gain weight C. suffer D. delay

16. Walking is a good way to _____ stress.

A. reduce B. gain C. delay D. accomplish

17. You should _____ late every night.

A. stay up B. get rid C. put on D. overcome

18. He has a very bad _____, so he finds it difficult to swallow.

A. shoulder pain B. sore throat C. brain D. mood

19. If your shoulder hurts badly, you should _____.

A. consult a doctor B. eat junk food C. stay up late D. gain weight

20. She always thinks positively about the future. She is very _____.

A. stressed out B. optimistic C. worrying D. fattening

21. Tom has an important exam tomorrow. He has been studying all night and feels very _____.

A. optimistic B. stressed out C. well-balanced D. alert

22. Lan doesn't eat too much sugar or fast food. She has a _____ diet.

A. stressful B. fattening C. well-balanced D. worrying

23. I have to finish my project by Friday. Friday is my _____.

A. priority B. due date C. ingredient D. mood

24. Minh has too much homework, so he needs to _____ his time carefully.

A. manage B. suffer C. gain D. put on

25. You should make a _____ so that you know what you need to do each day.

A. brain B. schedule C. sore throat D. counsellor

26. She talked to a _____ when she was worried about her studies and future.

A. counsellor B. doctor C. chef D. neighbour

27. After exercising regularly for three months, he managed to _____ 5 kg.

A. lose weight B. stay up C. delay D. suffer

28. My grandmother is 70, but she is still very _____ and pays attention to everything around her.

A. alert B. fattening C. stressed out D. worrying

LIVEWORKSHEETS

29. This cake contains several unhealthy _____ such as too much sugar and butter.

A. ingredients B. priorities C. schedules D. moods

30. I was very worried about the exam, but I finally _____ my fear.

A. maintained B. overcame C. delayed D. gained

31. Which word is closest in meaning to "take care of"?

A. look after B. get rid of C. stay up D. put on

32. Which word is closest in meaning to "complete"?

A. suffer B. accomplish C. delay D. worry

33. Which word is closest in meaning to "reduce"?

A. increase B. decrease C. maintain D. gain

34. Which word is closest in meaning to "worry"?

A. anxiety B. happiness C. optimism D. priority

35. Which phrase is closest in meaning to "remove"?

A. get rid of B. put on C. look after D. go through

Bài 3: Multiple Choice

Choose the best answer (A, B, C, or D) to complete each sentence.

1. He wanted to improve his physical health _____ he refused to do any physical exercise.
   A. although B. despite C. because D. in spite of
2. _____ eating a healthy diet, she still struggled to maintain her weight.
   A. Because of B. In spite of C. Although D. Even though
3. Even though she worked out in her home gym every morning, she did not _____ weight.
   A. lose B. gained C. losing D. lost
4. He stayed up late to study _____ he knew it would affect his brain.
   A. in spite of B. despite C. because of D. although
5. _____ consulting a doctor, the athlete did not recover from his shoulder pain.
   A. Although B. Even though C. Despite D. Because
6. She had a sore throat, _____ she decided to go for a walk in the cold anyway.
   A. because B. despite C. although D. though
7. _____ the doctor advised her to get enough sleep, she kept staying up late.
   A. Although B. Despite C. Since D. In spite of
8. Even though fast food is _____, many teenagers eat it consistently.
   A. health B. healthy C. fattening D. fatten
9. _____ her high anxiety, she managed to give an optimistic presentation.
   A. Even though B. As C. Despite D. Although
10. Although she felt stressed out, her mood improved after speaking to a _____.
    A. counsellor B. counseled C. counselling D. counsel

LIVEWORKSHEETS

11. _____ his efforts to reduce stress, he could not overcome his anxiety.

A. Even though B. Because C. In spite of D. Although

12. Even though they had a _____ to track their schedule, they missed the due date.

A. routine B. calendar C. calendars D. date

13. He did not get a good night's sleep _____ he turned off his phone to get rid of distractions.

A. despite B. in spite of C. because of D. although

14. _____ having a busy schedule, the manager made time for her physical health.

A. Since B. Even though C. Although D. In spite of

15. Although the assignment was urgent, the student _____ submitting it.

A. delay B. delayed C. delays D. delaying

Bài 5: Sentence Rewriting

Rewrite each sentence so that it has the same meaning as the original one, using the starting words provided.

1. Although he had a well-balanced routine, he did not enhance his productivity.

Despite

2. She managed to accomplish all tasks on time although there were many distractions.

In spite of

3. Although he prioritised his urgent tasks, he still missed the deadline.

Despite

4. She did not pay attention to the teacher's advice although she wanted to keep a balance.

Even though

5. Despite having a detailed to-do list, she struggled to manage her time efficiently.

Although

6. Although he signed out of social media to concentrate, he was still distracted.

Despite

7. Although the teacher praised his effort, the student felt stressed out.

In spite of

8. Despite her worrying about the exam, she did not take a break to rest.

Although

9. Although he suffered from shoulder pain, he did not consult a doctor.

Despite

10. In spite of his father's encouragement, the boy did not try to communicate with others.

Although

LIVEWORKSHEETS