



2. LANGUAGE

Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

- 1 Teens should learn to _____ conflicts appropriately to maintain healthy relationships.
A. resolve B. delay C. concentrate D. accomplish
- 2 Prioritizing sleep is crucial; don't _____ bedtime due to distractions.
A. concentrate B. accomplish C. delay D. resolve
- 3 Being _____ helps teens recognize their emotions and cope with stress.
A. self-disciplined B. stressed out
C. self-aware D. well-balanced
- 4 A positive _____ contributes to overall well-being.
A. mood B. independence C. priority D. due date
- 5 Set a _____ for completing school projects to avoid last-minute stress.
A. distraction B. due date C. counsellor D. assignment
- 6 _____ is a critical stage of development when teens transition from childhood to adulthood.
A. Counsellor B. Adolescence C. Distraction D. Priority
- 7 Regular exercise is essential for maintaining _____ health and preventing obesity.
A. physical B. fattening C. additional D. stressed out
- 8 To _____ stress, consider talking to a school counselor or seeking professional help.
A. delay B. minimize C. attract D. accomplish
- 9 Setting a _____ for completing assignments helps manage time effectively.
A. anxiety B. mood C. deadline D. distraction
- 10 Avoid _____ foods like sugary snacks and opt for nutritious options instead.
A. appropriate B. additional C. optimistic D. fattening
- 11 Staying _____ means maintaining a healthy mix of physical activity, social interactions, and rest.
A. well-balanced B. stressed out C. self-disciplined
- 12 An additional benefit of exercise is improved mood and reduced _____.
A. due date B. anxiety C. task D. assignment

- 13 A _____ can provide guidance on academic and emotional matters.
A. accomplishment B. adolescence C. adulthood D. counsellor
- 14 Prioritize tasks to _____ them efficiently.
A. raise B. accomplish C. minimize D. delay
- 15 A _____ approach to eating helps maintain a healthy weight.
A. self-aware B. beautiful C. stressed out D. self-disciplined
- 16 Don't let academic pressures leave you feeling _____.
A. fattening B. stressed out C. happy D. optimistic
- 17 Stay _____ even during challenging times; a positive mindset is essential.
A. frustrated B. physical C. optimistic D. relaxed
- 18 Avoid _____ like excessive screen time when studying.
A. moods B. priorities C. distractions D. due dates
- 19 Regular exercise has both physical and _____ health benefits.
A. mental B. embarrassed C. optimistic D. fattening
- 20 If it snows tomorrow, we _____ have to cancel our outdoor event.
A. can B. may C. must D. should
- 21 If you enroll in our intensive Spanish class, you _____ speak this language fluently after two months.
A. can B. should C. must D. need
- 22 If you want to pass the driving test, you _____ study harder and practise more regularly.
A. may B. will C. must D. might
- 23 If it's a private event, you _____ attend without an invitation.
A. shouldn't B. mustn't C. may not D. needn't
- 24 If you want to stay healthy, you _____ eat too much junk food.
A. shouldn't B. needn't C. can't D. might not
- 25 If they start saving money from now, they _____ afford to go to Ha Long Bay on holiday.
A. should B. need C. can D. must
- 26 If I get the job offer today, I _____ accept it and start working on Monday.
A. should B. might C. must D. will
- 27 If you want to enhance your well-being, you _____ stay up too late.
A. needn't B. may not C. might not D. shouldn't
- 28 If you don't charge the battery, your device _____ function properly.
A. mustn't B. can't C. shouldn't D. needn't
- 29 If you want to travel to Australia, you _____ have a valid passport.
A. should B. may C. can D. must
- 30 If they want to graduate, they _____ complete all the required coursework.
A. must B. should C. can D. might
- 31 If we don't book our tickets in advance, we _____ guarantee seats for the concert.
A. shouldn't B. mustn't C. can't D. might not
- 32 If you want to have a productive meeting, you _____ carefully make a plan and set clear goals.
A. can B. might C. must D. may
- 33 If the traffic is heavy, we _____ make it to the movie theater before the show starts.
A. needn't B. shouldn't C. might not D. mustn't
- 34 If you want to sleep well at night, you _____ drink too much caffeine after 3 p.m.
A. shouldn't B. may not C. can't D. mustn't