

1 Choose the correct word or phrase to complete each sentence.

1. You should eat a balanced diet to keep your **mental / physical** health.
2. I need to **manage / delay** my time better because I often finish my homework late.
3. She feels **stressed out / optimistic** before the final exam.
4. Too much social media can be a **distraction / habit** when you are studying.
5. He wants to **accomplish / make** his goal of learning a new language this year.

2 Complete the phrases with the words from the box. Then match them with the pictures.

due date healthy manage habit accomplish

1. _____ time
2. _____ goal
3. _____ food
4. _____ something every day
5. _____ the due date

**3 Complete the sentences with the correct form of the words in brackets.**

1. She tries to stay _____ by eating well and exercising. (**health**)
2. I feel _____ when I have too many tasks. (**stress**)
3. He always studies _____, so he gets good results. (**regular**)
4. My brother wants to _____ his dream of becoming a pilot. (**accomplish**)
5. We need to _____ our time carefully to finish the project on time. (**manage**)

**4 Choose the correct option (A, B or C) to complete the conversation.**

Mai: Hi, Linh! You look tired. What's wrong?

Linh: I have too much homework and I can't (1) _____ my time well.

A. delay B. manage C. make

Mai: You should try to (2) _____ a plan.

A. give B. make C. accomplish

Linh: Good idea! I also want to be (3) _____ and study more regularly.

A. optimistic B. stressed out C. worried

Mai: Don't worry. If you study regularly, you will (4) _____ your goals.

A. make B. delay C. accomplish

5 Read the text and complete it with the words from the box.

habit regularly distractions
healthy due date

Tom is a Grade 9 student. He wants to stay (1) _____, so he eats more fruits and does exercise (2) _____. He always organises his time well and finishes homework before the (3) _____. However, he sometimes has (4) _____, such as social media and games. To be successful, he knows that good study (5) _____ and time management are very important.

6 Choose the correct word or phrase to complete each sentence.

1. You should build **healthy** / **stress** habits if you want to stay fit.
2. If you feel tired, you **should** / **might** go to bed earlier tonight.
3. Too much screen time can become a **distraction** / **due date** when you study.
4. If Lan finishes her homework early, she **can** / **must** watch a film.
5. My brother wants to **manage** / **delay** his time better this school year.



7 Complete the sentences with the words from the box.

healthy regularly due date
stressed out distractions

1. Students should exercise _____ to stay strong.
2. The _____ for our project is next Monday.
3. I feel _____ when I have too many tests in one week.
4. Turn off your phone to avoid _____ while studying.
5. Eating fruit and vegetables helps you stay _____.



8 Match the first half in A with the second half in B.

A	B
1. If you want to have more energy,	a. he may get good results.
2. If Nam studies hard,	b. you should sleep at least eight hours.
3. If we use a weekly planner,	c. we can manage our time better.
4. If you eat too much fast food,	d. she should talk to her parents or teachers.
5. If she feels stressed out,	e. you might gain weight.

9 Rewrite the sentences using the prompts.

1. Eat less sugar. You will feel healthier. (if / should)

2. Tom finishes the task early. He can join the football game. (if / can)

3. Mai has too many things to do. She may feel stressed out. (if / may)

4. You want to avoid distractions. Turn off social media notifications. (if / should)

5. We plan our work carefully. We can meet the due date. (if / can)

10 Read and complete the passage with the correct words.

healthy habits manage might due date

Teenagers need good study and life balance. To stay (1) _____, they should sleep well, eat properly, and exercise. They also need strong study (2) _____, such as doing homework on time. If students learn to (3) _____ their time well, they will feel more confident. If they forget the (4) _____ of an assignment, they (5) _____ have problems later.

