

Put the words in the right form :

1. Parents should give teens (free).....however, They should set the limits.
2. They feel very (anxiety).....before the exams.
3. You should manage time (effect).....
4.(fortunate), we all failed the exam.
5. We had an(forget) experience to Ha Long Bay.
6. There are too many (distract) at home so I am not (focus)
.....
7. We should balance between study and (relax) to have a well-
.....(balance) life.
8. They made an (arrange) for the meeting the next day.
9. They feel (stress) out because of the school work.
10. They feel so optimistic about the green projects with the
.....(participate) of many volunteers.

Choose the best to complete:

1. If teenagers _____ enough sleep, they will feel more energetic during the day.
A. gets B. get C. getting D. will get
2. If you _____ too much fast food, you will gain weight.
A. eats B. eating C. ate D. eat
3. If she exercises regularly, she _____ healthier.
A. become B. became C. will become D. becoming
4. If teenagers _____ their phones before bedtime, they will sleep better.
A. doesn't use B. didn't use C. not use D. don't use
5. If Tom _____ enough water every day, he will stay hydrated.
A. drink B. drinks C. drinking D. drank

6. Teenagers _____ eat a balanced diet to stay healthy.
A. might B. may C. must D. could
7. You _____ do some exercise every day If you want to improve your health.
A. shouldn't B. should C. might not D. wouldn't
8. If you feel stressed, you _____ talk to your parents or teachers for help.
A. mustn't B. should C. can't D. wouldn't
9. Teenagers _____ feel tired if they don't get enough sleep.
A. must B. should C. would D. might
10. If you follow a healthy lifestyle, you _____ feel better in the future.
A. must B. can C. should D. will

» VOCABULARY - GRAMMAR

III. Use the correct form of the word in bracket to complete each sentence.

1. You should improve your time _____ to keep up with the school deadlines.
(MANAGE)
2. Jogging is a popular activity to maintain _____ health among young people nowadays. (PHYSICALLY)
3. We have to complete different kinds of _____ at the end of this semester.
(ASSIGN)
4. Smartphones have brought about a number of _____ to young users.
(DISTRACT)
5. My first _____ is to have a balanced diet and do regular exercise. (PRIOR)

» READING

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

Many teenagers admire sports heroes and display their posters in bedrooms. However, there are concerns about whether these teenagers (1) _____ the athletes' healthy examples. British parents worry that today's youth are not as fit and healthy as previous generations. (2) _____ could be the reason for this? According to the British Heart Foundation, teenagers from 13 to 15 are (3) _____ a great amount of time watching TV or playing video games. A special report describes this generation (4) _____ "couch potatoes" spending their time indoors, growing up in their bedrooms, relying on cars, and facing potential heart disease risks as they get older. Is this their fault? Are young people simply lazy? Many parents don't (5) _____ their children play outside or walk to school alone. Because they think it is unsafe. Some teenagers blame their overprotective parents for their lack of fitness. Encouraging an active (6) _____ and protecting their hearts is increasingly challenging for young people. Schools have also reduced the time for sports in recent years. Many students don't have time for sports due to exam preparations.

(Adapted from <https://www.teachingenglish.org.uk>)

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|----------------|-----------|--------------|------------|
| 1. A. manage | B. follow | C. set | D. give |
| 2. A. Which | B. Who | C. What | D. Why |
| 3. A. spending | B. using | C. killing | D. saving |
| 4. A. in | B. as | C. at | D. with |
| 5. A. allow | B. make | C. let | D. take |
| 6. A. mood | B. health | C. lifestyle | D. feeling |

Complete the second sentence using the word given so that it has the similar meaning to the first sentence.

1. Alex doesn't know how he can get to the Thu Le zoo. (TO)

→ Alex doesn't know _____

2. Mrs Mai becomes older, she feels forgetful. (THE OLDER)

→ The older _____, The _____

3. If you don't work harder, you will not pass the final exam. (UNLESS)

→ Unless _____, you will not pass the final exam.

→ Lan Anh often _____ after school

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

1. If you train harder in three months, you run a marathon.

A. must B. might not C. can D. should not

2. The longer the talk about the matter is,.....

A. the situation seems worse B. the worse seem the situation
C. the worse the situation seems D. the situation seems the worse

3. There is a big site near my house, so it's very noisy.

A. construction B. construct C. constructing D. constructed

4. The committee has a survey of parking problems in residential areas.

A. cut down B. come around C. worked out D. carried out

5. Altdorf is a..... city with a huge number of foreigners, traders, adventurers, etc.

A. quiet B. peaceful C. bustling D. tranquil

6. The facilities which are available to everybody in an area like parks, schools, shopping centres, etc. are public.....

A. services B. amenities C. features D. offices

7. We'd better get an..... to check the wiring before we start decorating.

A. engineer B. architect C. electrician D. artist

8. The government..... their objective of reducing violent crime.

A. succeeded B. managed C. accomplished D. got

9. Our teacher agreed to extend..... the by two weeks.

A. finish B. deadline C. limit D. allotment

10. Their house is within easy reach of schools and sports.....

A. facilities B. means C. systems D. tools