

TIẾNG ANH 9: UNIT 3: HEALTHY LIVING FOR TEENS

Level B1

PART 1. GUIDED CLOZE TEST

Exercise 1. Finding a Balance Between Study and Life

Many teenagers feel stressed out because they have too many things to do. They need to complete homework, prepare for exams, and take part in school activities. Without good time management, they may find it difficult to (1) _____ their responsibilities and personal interests.

One useful solution is to set clear priorities. Students should decide which tasks are urgent and which ones can wait. They should also avoid (2) _____, such as checking social media while studying. If they organise their schedules carefully, they (3) _____ their time more effectively.

Taking regular breaks is equally important. Students need to know when (4) _____ and relax instead of studying for hours without a rest. The more effectively they manage their time, (5) _____ they may feel about their studies.

- | | | | |
|-------------------------|-------------------|-----------------------|----------------------|
| 1. A. balance | B. delay | C. achieve | D. invite |
| 2. A. priorities | B. distractions | C. ingredients | D. difficulties |
| 3. A. used | B. have used | C. can use | D. using |
| 4. A. to take a break | B. taking a break | C. took a break | D. to taking a break |
| 5. A. the less stressed | B. less stressed | C. the least stressed | D. the more stress |

Exercise 2. Healthy Habits, Better Results

Teenagers often believe that studying for longer hours is the best way to achieve good results. However, effective learning also depends on sleep, exercise, and mental health.

Students who regularly stay up late may have difficulty concentrating on their lessons the next day. Instead of trying to stay awake with their phones or other distractions, they should develop a regular sleeping routine. They also need to learn (1) _____ stress when they face difficult tasks.

Parents and teachers can help by encouraging teenagers to communicate openly about their problems. If students feel anxious before an exam, they (2) _____ talk to a teacher or school counsellor. Asking for advice is not a sign of weakness; it is a positive way to deal with difficulties.

Furthermore, the more regularly teenagers exercise, (3) _____ they may feel physically and mentally. If they maintain a healthy diet and get enough sleep, they (4) _____ have more energy during the day. Ultimately, learning how to (5) _____ a healthy lifestyle is an important step towards long-term happiness.

- | | | | |
|------------------|-------------------|------------------|----------------------|
| 1. A. how manage | B. how to manage | C. how managing | D. how managed |
| 2. A. should | B. has to | C. are | D. did |
| 3. A. healthier | B. the healthiest | C. the healthier | D. more healthy than |
| 4. A. might | B. would have | C. had to | D. are |
| 5. A. maintain | B. delay | C. punish | D. accomplish |

PART 2. READING COMPREHENSION

Exercise 3. The Pressure to Be Perfect

For many teenagers, school life can be exciting but challenging. They have to complete assignments, prepare for examinations, and participate in extracurricular activities. At the same time, social media often creates pressure to look successful and happy all the time. As a result, some students become anxious when they compare themselves with others.

Linh, a Grade 9 student, used to believe that she had to study every evening without taking breaks. She often stayed up late to finish her homework and felt tired the following morning. Although she spent many hours studying, she sometimes found it difficult to concentrate on her lessons.

Things began to change when Linh consulted her school counsellor. The counsellor helped her **identify** her priorities and taught her how to manage time more effectively. Linh started making a daily schedule, turning off unnecessary notifications, and taking short breaks between study sessions.

Linh also began exercising regularly and talking to her friends when she felt worried. She realised that asking for help was a useful way to deal with stress, not something to be ashamed of. Gradually, she became more optimistic about school.

Linh's experience shows that a well-balanced life does not mean spending equal amounts of time on every activity. Instead, it means understanding your needs and making healthy choices. The more carefully students look after their physical and mental health, the better prepared they may be to deal with everyday challenges.

1. What is the main idea of the passage?

A. Teenagers should stop using social media completely.

B. Students can improve their well-being by managing stress and developing healthy habits.

C. School counsellors should do students' homework.

D. Studying for longer hours always leads to better results.

2. Why did Linh find it difficult to concentrate on her lessons?

A. She did not enjoy any school subjects.

B. She spent too much time exercising.

C. She often stayed up late and felt tired the next morning.

D. She refused to follow her counsellor's advice.

3. The word “**identify**” in paragraph 3 is closest in meaning to ____.

A. recognize

B. forget

C. avoid

D. change

4. What did Linh do after consulting her school counsellor?

A. She stopped doing extracurricular activities.

B. She studied continuously without taking breaks.

C. She avoided talking to her friends about her problems.

D. She organised her schedule and reduced distractions.

5. What can be inferred from the passage?

A. Everyone experiences stress in exactly the same way.

B. Getting support and making small changes can help students cope with stress.

C. A well-balanced life requires students to spend the same amount of time on every activity.

D. Students should only ask for help when their problems become serious.

Exercise 4. Is Your Screen Time Affecting Your Sleep?

Digital devices are an important part of teenagers' lives. Students use phones and computers to study, communicate with friends, and relax after school. However, spending too much time on screens, especially before bedtime, can make it harder for some teenagers to maintain healthy sleeping habits.

Minh used to watch short videos late at night. He often told himself that he would stop after one more video, but he usually continued for another thirty minutes or longer. Consequently, he sometimes felt sleepy in class and struggled to concentrate on his work.

To improve his routine, Minh decided to turn off his phone notifications at night and leave his phone away from his bed. He also began preparing his schoolbag earlier in the evening so that he would not need to stay up late to complete everything.

At first, changing his habits was difficult. However, Minh gradually found it easier to go to bed on time. He also noticed that he could participate more actively in class when he was well-rested.

Minh's experience does not mean that teenagers must stop using digital devices. Rather, they should learn how to use them appropriately. If students create clear limits on screen time and maintain a regular sleeping schedule, they may find it easier to balance their digital activities with their health needs.

1. What is the passage mainly about?

- A. How teenagers can become famous online.
- B. Why students should use computers for longer periods.
- C. How managing screen time can support healthy sleeping habits.
- D. Why homework should always be completed in the morning.

2. What problem did Minh experience?

- A. He could not communicate with his friends.
- B. He often watched videos longer than he had planned.
- C. He forgot how to use his school computer.
- D. He exercised too much before bedtime.

3. The phrase "leave his phone away from his bed" suggests that Minh wanted to _____.

- A. reduce the temptation to use his phone at night
- B. stop using technology for schoolwork
- C. give his phone to his teacher
- D. avoid communicating with his classmates

4. Why did Minh start preparing his schoolbag earlier?

- A. To spend more time watching videos.
 - B. To avoid doing homework altogether.
 - C. To have more time for social media in the morning.
 - D. To reduce the amount of work he had to do late at night.
5. According to the passage, what may happen if students set limits on screen time and sleep regularly?
- A. They will never feel tired again.
 - B. They may find it easier to balance technology use and health.
 - C. They will no longer need to use digital devices.
 - D. They will automatically achieve the highest marks in class.

PART 3. GAP-FILLING WITH PHRASES OR SENTENCES

Exercise 5. Small Steps Towards Better Mental Health

Teenagers sometimes experience anxiety because of schoolwork, friendships, and expectations from others. Although these problems may seem difficult to manage, developing a few healthy habits can make a difference.

One helpful habit is to organise your time. Write down your tasks and decide which ones are most urgent. (1) _____. This will help you avoid leaving important assignments until the last minute.

Another useful strategy is to take regular breaks. Studying for hours without rest can make it harder to concentrate effectively. (2) _____. You could walk around, stretch gently, or listen to a favourite song.

It is also important to talk about your feelings. If you have difficulty dealing with stress, you can consult a trusted adult or school counsellor. (3) _____. Asking for help can give you a different perspective on a problem.

Finally, remember that healthy living is not about making every day perfect. (4) _____. Over time, these small steps may help you feel more confident and maintain a well-balanced life.

- A. They may suggest practical ways to manage your worries.
- B. Start by completing the most important task before moving on to less urgent ones.
- C. Instead, focus on making realistic changes that you can maintain.
- D. A short break can help you feel refreshed before you return to your work.

2. did / the counsellor / tell / Mai / what / do / to / about / her anxiety

.....

3. know / when / should / teenagers / take / to / a break / while studying

.....

Exercise 9. Phrasal Verbs and Double Comparatives

4. if / you / feel / stressed out / you / can / talk / to / someone / you trust

.....

5. the / regularly / exercise / more / you / the / physically / healthier / you / may / feel

.....

6. the / distractions / fewer / you / have / the / concentrate / more easily / you / can

.....