

Watch the video

Insert the correct words into the sentences.

(Be attentive, you may have to conjugate verbs and use plurals)

- time management ■ workload ■ work space ■ to skip
- white noise ■ distractions ■ key points ■ to tend to
- to recall ■ carbs (carbohydrates) ■ snacking ■ a break
- to focus ■ alert ■ eye strain ■ healthy ■ lack of
- to stay up late ■ to set aside ■ tidy/messy ■ to turn/switch off/on

1. Hospitals are being forced to close departments because of _____ money.
2. Good _____ gives you extra time to spend in your daily life.
3. There are many examples of _____ in nature, like the repetitive crashing of ocean waves or the sound of the rain.
4. I _____ last night, I could not sleep.
5. You need to eat lots of vegetables and fruit to stay _____.
6. The _____ are the most important or essential parts of something.
7. Oh dear ! Look at your bedroom, it's so _____ ! You must _____ it at once !
8. I have worked too long on the computer. Now I have _____.
9. Could you please _____ on your homework and stop fiddling with your mobile phone ! ?
10. I still have a heavy _____ and I'm already exhausted ! I need a _____ !!!
11. "Are you going to their new exhibition?" "Actually, I think I'll _____ it. I'm too busy."
12. Most people _____ avoid this subject at the office or in social situations.

13. « _____ the TV, please. Nobody's watching. »
14. The kids are hungry ! Is there anything in the fridge for _____ ?
15. It is better to _____ new projects and finish this one.
16. Although Granny was frail in her old age, but was mentally very _____.
17. Can you _____ what happened last night?
18. Like protein and fat, _____ are one of the main nutrients that make up the food we eat.
19. They are happy with their new kitchen. It is all white, with maximum _____.
20. It was hard to work with so many _____ around !