

## Unit 1 – LOCAL COMMUNITY

### VOCABULARY:

Vocabulary	Type	IPA	Vietnamese meaning
1. Local	(adj)	/'ləʊkəl/	Địa phương
2. Community	(noun)	/kə'mju:niti/	Cộng đồng
3. Suburb	(noun)	/'sʌbɜ:b/	Ngoại ô
4. Neighbourhood	(noun)	/'neɪbəhʊd/	Khu vực lân cận
5. Facilities	(noun)	/'fæ'sɪlɪtiz/	Cơ sở vật chất
6. Shopping malls	(noun)	/'ʃɒpɪŋ mə:lz/	Trung tâm mua sắm
7. Craft	(noun)	/krɑ:ft/	Thủ công mỹ nghệ
8. Look for	(phrasal verb)	/lʊk fɔ:r/	Tìm kiếm
9. Get on with	(phrasal verb)	/get ɒn wɪð/	Hòa thuận với
10. Remind of	(phrasal verb)	/'rɪ'maɪnd ɒv/	Nhắc nhớ đến
11. Give advice	(phrase)	/gɪv əd'vaɪs/	Đưa ra lời khuyên
12. City centre	(noun)	/'sɪti 'sentə/	Trung tâm thành phố
13. Occasion	(noun)	/ə'keɪʒən/	Dịp, cơ hội
14. Police officer	(noun)	/pə'li:s 'ɒfɪsə/	Cảnh sát
15. Garbage collector	(noun)	/'gɑ:bɪdʒ kə'lektə/	Người thu gom rác
16. Electrician	(noun)	/'ɪlek'trɪʃən/	Thợ điện
17. Firefighter	(noun)	/'faɪə'faɪtə/	Lính cứu hỏa
18. Delivery person	(noun)	/'dɪ'lɪvəri 'pɜ:sən/	Người giao hàng
19. Electrical wires	(noun)	/'ɪlek'trɪkəl waɪəz/	Dây điện
20. Property	(noun)	/'prɒpəti/	Tài sản
21. Obey the law	(phrase)	/ə'beɪ ðə lɔ:/	Tuân thủ pháp luật
22. Tourist attraction	(noun)	/'tʊərɪst ə'trækʃən/	Điểm thu hút khách du lịch
23. Handicraft	(noun)	/'hændɪkra:ft/	Đồ thủ công
24. Pottery	(noun)	/'pɒtəri/	Đồ gốm
25. Speciality food	(noun)	/.speʃi'ælɪti fu:d/	Đặc sản
26. Artisan	(noun)	/'ɑ:tɪzən/	Thợ thủ công
27. Look around	(phrasal verb)	/lʊk ə'raʊnd/	Nhìn xung quanh
28. Come back	(phrasal verb)	/kʌm bæk/	Trở lại
29. Hand down/ Pass down	(phrasal verb)	/hænd daʊn/ /pɑ:s daʊn/	Truyền lại
30. Find out	(phrasal verb)	/faɪnd aʊt/	Tìm ra
31. Take care of	(phrasal verb)	/teɪk keər ɒv/	Chăm sóc
32. Cut down on	(phrasal verb)	/kʌt daʊn ɒn/	Giảm bớt
33. Go out	(phrasal verb)	/gəʊ aʊt/	Đi ra ngoài
34. Preserve	(verb)	/'prɪ'zɜ:v/	Bảo tồn
35. Shorten	(verb)	/'ʃɔ:tn/	Rút ngắn
36. Fragrance	(noun)	/'freɪgrəns/	Hương thơm
37. Hand- craft	(verb)	/'hændkra:ft/	Làm thủ công
38. Original	(adj)	/ə'ɪdʒɪnəl/	Nguyên bản

39. Function	(noun)	/'fʌŋkʃən/	Chức năng
40. World- famous	(adj)	/,wɜ:lɪd 'feɪməs/	Nổi tiếng thế giới
41. Find out	(phrasal verb)	/faɪnd aʊt/	Tìm ra
42. Instruct	(verb)	/ɪn'strʌkt/	Hướng dẫn
43. Sort	(verb)	/sɔ:rt/	Phân loại

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

**Question 1:** The libraries and parks are examples of \_\_\_\_\_ in our local area.

- A. buildings                      B. shops                      C. facilities                      D. houses

**Question 2:** I live in a small modern \_\_\_\_\_ near the city center.

- A. neighbourhood              B. pottery                      C. suburb                      D. village

**Question 3:** The people who live in the same area as me are called my \_\_\_\_\_.

- A. family                      B. friends                      C. local community              D. colleagues

**Question 4:** A \_\_\_\_\_ is an area just outside or on the edge of a city where many people live.

- A. suburb                      B. village                      C. town                      D. neighbourhood

**Question 5:** The local \_\_\_\_\_ center is a place where people can gather and participate in activities.

- A. school                      B. shop                      C. community                      D. facility

**Question 6:** The \_\_\_\_\_ is a popular place for shopping and entertainment in many local communities.

- A. library                      B. park                      C. shopping mall                      D. city centre

**Question 7:** Learning a new \_\_\_\_\_ requires lots of time and the flexibility of your hands.

- A. sport                      B. hobby                      C. craft                      D. language

**Question 8:** To learn more about your local community, you can \_\_\_\_\_ information online or at the library.

- A. look after                      B. look for                      C. look around                      D. look down

**Question 9:** It's important to \_\_\_\_\_ with your neighbours and be respectful of their property.

- A. get out                      B. get off                      C. get on                      D. get involved

**Question 10:** Some famous \_\_\_\_\_ in Vietnam are Cai Rang floating market, Ha Long Bay, Phong Nha cave, etc.

- A. landmarks                      B. buildings                      C. tourist attractions                      D. craftvillages

**Question 11:** If you have a problem with your light system, you should call a(n) \_\_\_\_\_.

- A. electrician                      B. garbage collector                      C. delivery person                      D. police officer

**Question 12:** The \_\_\_\_\_ is often the busiest part of a city which attracts lots of citizens to come and live.

- A. suburb                      B. city centre                      C. neighbourhood                      D. local community

**Question 13:** Community events and \_\_\_\_\_ are a great way to bring people together and celebrate.

- A. pottery                      B. occasions                      C. specialites                      D. garbage

**Question 14:** If you see something illegal in your local community, you should report it to a(n) \_\_\_\_\_.

- A. police officer                      B. firefighter                      C. electrician                      D. delivery person

**Question 15:** \_\_\_\_\_ are important for keeping our community clean and healthy.

- A. Police officers                      B. Firefighters                      C. Garbage collectors                      D. Electricians

**Question 16:** \_\_\_\_\_ are brave men and women who risk their lives to save others from fires.

- A. Police officers                      B. Firefighters                      C. Garbage collectors                      D. Electricians

**Question 17:** A(n) \_\_\_\_\_ brings packages and deliveries to your door.

- A. delivery person                      B. police officer                      C. firefighter                      D. electrician

- Question 18:** It's important to be careful around \_\_\_\_\_ and other electrical equipment to avoid accidents.  
 A. garbage trucks      B. fire hydrants      C. delivery vans      D. electrical wires
- Question 19:** Respecting other people's \_\_\_\_\_ is an important part of being a good neighbour.  
 A. artisan      B. function      C. property      D. fragrance
- Question 20:** It's important to \_\_\_\_\_ the law and be a responsible member of your community.  
 A. obey      B. break      C. ignore      D. challenge
- Question 21:** Local \_\_\_\_\_ can attract visitors from all over the world.  
 A. handicraft      B. tourist attractions      C. community      D. facilities
- Question 22:** \_\_\_\_\_ are often handmade and reflect the culture and traditions of a community.  
 A. Electricity      B. Hobbies      C. Interests      D. Handicrafts
- Question 23:** Local \_\_\_\_\_ are often unique to a particular region or community.  
 A. community helpers      B. speciality foods      C. garbage collectors      D. police officers
- Question 24:** A(n) \_\_\_\_\_ is a skilled craftsperson who creates high-quality handmade goods.  
 A. helper      B. neighbour      C. electrician      D. artisan
- Question 25:** When visiting a new place, it's a good idea to \_\_\_\_\_ and explore the area.  
 A. fly around      B. drive around      C. walk around      D. run around
- Question 26:** If you enjoy your visit to a local attraction, you may want to \_\_\_\_\_ and visit it again.  
 A. come back      B. hold on      C. give up      D. go away
- Question 27:** Traditional skills and crafts are often \_\_\_\_\_ from one generation to the next.  
 A. handed down      B. passed on      C. given out      D. broken down
- Question 28:** If you want to learn more about your local community, you can \_\_\_\_\_ information at the library.  
 A. look around      B. look up      C. look down      D. look after
- Question 29:** It's important to \_\_\_\_\_ the environment and reduce waste in your local community.  
 A. take care of      B. take advantage of      C. take over      D. take out of
- Question 30:** To reduce your carbon footprint, you can \_\_\_\_\_ on single-use plastics and recycle more.  
 A. cut back      B. cut up      C. cut off      D. cut down
- Question 31:** There are many fun things to do in your local community, such as going to the park or \_\_\_\_\_ with friends.  
 A. staying in      B. hanging out      C. staying out      D. going home
- Question 32:** It's important to \_\_\_\_\_ local traditions and cultural heritage for future generations.  
 A. preserve      B. prevent      C. prepare      D. present
- Question 33:** If you want to save time, you can \_\_\_\_\_ your routes by using public transportation.  
 A. shorten      B. increase      C. lengthen      D. extend
- Question 34:** The \_\_\_\_\_ of flowers and trees can make your local community more pleasant and enjoyable.  
 A. craftvillage      B. fragrance      C. function      D. suburb
- Question 35:** \_\_\_\_\_ goods are often made by hand using traditional techniques.  
 A. Manufactured      B. Factory-made      C. Hand-crafted      D. Mass-produced
- Question 36:** A valuable work of art is one that is \_\_\_\_\_, not a copy or reproduction.  
 A. communal      B. original      C. electrical      D. urban
- Question 37:** The \_\_\_\_\_ of a fire hose is to release high-power water to put out fires.  
 A. form      B. shape      C. size      D. function
- Question 38:** The artisan was worried because he \_\_\_\_\_ materials to make pottery for customers.

A. cut down of                      B. get on with                      C. fed up with                      D. run out of

**Question 39:** \_\_\_\_\_ plastic bottles into the proper bins can help reduce waste.

A. Preserving                      B. Enjoying                      C. Sorting                      D. Shortening

**Question 40:** The local community center is organizing a charity event, but they have not \_\_\_\_\_ where to collect donations.

A. known                      B. wondered                      C. asked                      D. decided

**Question 41:** Our neighborhood is facing a lot of littering issues, and we need to figure out \_\_\_\_\_ to solve this problem.

A. who                      B. what                      C. when                      D. how

**Question 42:** The new community park is going to open next week, but we don't know \_\_\_\_\_ it is located.

A. when                      B. where                      C. why                      D. how

**Question 43:** Our community is planning to plant trees in the local park, and they instructed us how \_\_\_\_\_ it

A. to do                      B. doing                      C. to doing                      D. done

**Question 44:** The local food bank is running low on supplies, but we have not known \_\_\_\_\_ to donate food.

A. where                      B. when                      C. what                      D. how

**Question 45:** The community is organizing a cleanup drive, but we still \_\_\_\_\_ how to participate.

A. ask                      B. wonder                      C. tell                      D. decide

**Question 46:** Our neighborhood is going to have a block party next weekend, but they have not \_\_\_\_\_ where to host it.

A. ask                      B. understand                      C. preserve                      D. decide

**Question 47:** The local school is looking for volunteers, but we need to figure out how \_\_\_\_\_ up.

A. to sign                      B. signing                      C. signed                      D. to signing

**Question 48:** Our community is planning a charity run, but we don't \_\_\_\_\_ what the route is.

A. have                      B. get                      C. wonder                      D. know

**Question 49:** The local animal shelter needs volunteers to help take care of the animals, but we need to figure out \_\_\_\_\_ to get involved.

A. where                      B. when                      C. what                      D. how

**Question 50:** The local school is hosting a parent-teacher conference, but they did not \_\_\_\_\_ who my child's teacher is.

A. tell                      B. wonder                      C. get                      D. decide

**Complete the second sentence so that it has a similar meaning to the first sentence, using the given phrase in the brackets.**

**Question 1:** To keep the environment unpolluted, the authority encouraged everyone to decrease plastic usage. (cut down on)

**Question 2:** The local community is hosting a workshop on how to look after our mental health. (take care of)

**Question 3:** The local library is a great place to get information about the history of our community. (find out)

**Question 4:** The local park is a great place to return to and relax after a long day of work. (come back)

**Question 5:** In order to have a good relationship with our neighbours, we bought flowers to give to them in this event. (get on with)

□  
**Question 6:** The local food bank has used up supplies, so we need to donate food as soon as possible. (run out of)  
 □

## Unit 2: CITY LIFE

### A-VOCABULARY

Vocabulary	Type	IPA	Vietnamese meaning
1. bustling	(adj)	/ˈbʌslɪŋ/	hối hả, nhộn nhịp, náo nhiệt
2. carry out	(phrasal verb)	/ˈkæri aʊt/	tiến hành, thực hiện
3. come down with	(phrasal verb)	/kʌm daʊn wɪð/	bị ốm, mắc bệnh
4. cut down on	(phrasal verb)	/kʌt daʊn ɒn/	cắt giảm
5. concrete jungle	(noun)	/ˈkɒŋkri:t/ ˈdʒʌŋɡl/	rừng bê tông (dùng để miêu tả một khu vực có nhiều nhà cao tầng)
6. congested	(adj)	/kɒŋˈdʒestɪd/	tắc nghẽn (giao thông)
7. construction site	(noun)	/kɒŋˈstrʌkʃn saɪt/	công trường xây dựng
8. downtown	(noun)	/ˈdaʊntaʊn/	khu trung tâm thành phố, thị trấn
9. entertainment centre	(noun)	/ˌentəˈteɪnmənt ˈsentə/	trung tâm giải trí
10. get around	(phrasal verb)	/get əˈraʊnd/	đi xung quanh
11. hang out with	(phrasal verb)	/hæŋ aʊt wɪð/	đi chơi (cùng ai)
12. hygiene	(noun)	/ˈhaɪdʒiːn/	vệ sinh, vấn đề vệ sinh
13. itchy	(adj)	/ˈɪtʃi/	ngứa, gây ngứa
14. leftover	(noun)	/ˈleftəʊvə/	thức ăn thừa
15. liveable	(adj)	/ˈlɪvəbl/	đáng sống
16. metro	(noun)	/ˈmetrəʊ/	hệ thống tàu điện ngầm
17. packed with	(adj)	/pækt wɪð/	đông đúc
18. pricey	(adj)	/ˈpraɪsi/	đắt đỏ
19. process	(verb)	/ˈprəʊses/	xử lý
20. public amenities	(noun)	/ˈpʌblɪk əˈmiːnɪtiz/	những tiện ích công cộng
21. rush hour	(noun)	/ˈrʌʃ aʊər/	giờ cao điểm
22. sky train	(noun)	/skaɪ treɪn/	tàu điện trên không
23. traffic jam	(noun)	/ˈtræfɪk dʒæm/	nạn kẹt xe
24. =traffic congestion	(noun)	/ˈtræfɪk kɒŋˈdʒesʃən/	xe điện
25. tram	(noun)	/træm/	tàu điện ngầm

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

**Question 1:** The city center is always \_\_\_\_\_ with people during rush hour.

- A. bustling                      B. special                      C. empty                      D. quiet

**Question 2:** She decided to \_\_\_\_\_ her spending on unnecessary items.

- A. come down with      B. cut down on      C. hang out with      D. get on with

**Question 3:** The office is located next to a \_\_\_\_\_ and noisy construction site, which makes it hard to focus.

- A. pricey      B. reliable      C. dusty      D. quiet

**Question 4:** The restaurant was quite \_\_\_\_\_, but the food was delicious.

- A. affordable      B. pricey      C. interesting      D. reasonable

**Question 5:** After eating at that restaurant, he \_\_\_\_\_ food poisoning.

- A. handed down      B. came down with      C. ran out of      D. gave up

**Question 6:** During \_\_\_\_\_ hour, the traffic in the city is incredibly congested.

- A. rush      B. low      C. crowded      D. liveable

**Question 7:** The area is known as a \_\_\_\_\_ because of all the tall buildings and lack of green spaces.

- A. public amenity      B. entertainment center  
C. concrete jungle      D. construction site

**Question 8:** They are building a new apartment complex at the construction \_\_\_\_\_.

- A. metro      B. tram      C. underground      D. site

**Question 9:** The \_\_\_\_\_ area of the city is usually very lively and bustling.

- A. downtown      B. hygiene      C. rural      D. underground

**Question 10:** The new \_\_\_\_\_ has various shops, restaurants, and a cinema.

- A. traffic jam      B. entertainment centre  
C. concrete jungle      D. construction site

**Question 11:** It is very easy to \_\_\_\_\_ in this city because of the excellent public transport system.

- A. carry out      B. find out      C. get around      D. come back

**Question 12:** Good \_\_\_\_\_ is essential to prevent illness.

- A. construction      B. hygiene      C. leftover      D. downtown

**Question 13:** They \_\_\_\_\_ stuck in a traffic jam on their way to work yesterday morning.

- A. got      B. went      C. came      D. took

**Question 14:** We need to \_\_\_\_\_ the number of cars on the road to reduce pollution.

- A. run out of      B. cut down on      C. get on with      D. take care of

**Question 15:** She \_\_\_\_\_ a cold after being out in the rain.

- A. went on with      B. came down with      C. ran out of      D. gave up

**Question 16:** During peak hours, the roads are extremely \_\_\_\_\_.

- A. itchy      B. open      C. congested      D. pricey

**Question 17:** Due to pollution, people can easily get \_\_\_\_\_ eyes in the city.

- A. itchy      B. narrow      C. perfect      D. clear

**Question 18:** Be careful with your belongings as \_\_\_\_\_ is common in crowded areas.

- A. pickpocketing      B. crime-free      C. safety      D. security

**Question 19:** Taking the \_\_\_\_\_ can save a lot of time compared to driving in heavy traffic.

- A. taxi      B. private car      C. underground      D. bus

**Question 20:** Wearing a mask while walking outside helps protect against \_\_\_\_\_.

- A. road dust      B. underground system      C. congested road      D. itchy eyes

**Question 21:** The government is considering building more roads to ease \_\_\_\_\_.

- A. traffic light      B. traffic flow      C. traffic safety      D. traffic congestion

- Question 22:** A new entertainment \_\_\_\_\_ is under construction and is expected to open next year.  
 A. centre                      B. business                      C. quality                      D. community
- Question 23:** They recently moved into a \_\_\_\_\_ apartment with all the latest amenities.  
 A. crowded                      B. modern                      C. boring                      D. noisy
- Question 24:** The city council is working hard to make the neighborhood a \_\_\_\_\_ place for its residents.  
 A. dangerous                      B. liveable                      C. silent                      D. expensive
- Question 25:** It's not always \_\_\_\_\_ on the metro, especially during peak hours when it gets crowded.  
 A. noisy                      B. careful                      C. safe                      D. dangerous
- Question 26:** There are more entertainment options available when you live in the downtown instead of the \_\_\_\_\_.  
 A. suburbs                      B. centers                      C. amenities                      D. sites
- Question 27:** Public transportation is a \_\_\_\_\_ option for getting around the city.  
 A. peaceful                      B. bustling                      C. quiet                      D. convenient
- Question 28:** We decided to travel at night to \_\_\_\_\_ traffic jams on the main roads.  
 A. avoid                      B. transport                      C. widen                      D. complete
- Question 29:** We need to \_\_\_\_\_ action on creating more green spaces in the city.  
 A. get                      B. put                      C. make                      D. take
- Question 30:** The new metro system is very \_\_\_\_\_ for daily commuters.  
 A. inconvenient                      B. difficult                      C. convenient                      D. unreliable
- Question 31:** The organization decided to \_\_\_\_\_ a project which turns food waste into energy.  
 A. hand down                      B. carry out                      C. get around                      D. look after
- Question 32:** It is important to throw rubbish away \_\_\_\_\_ to keep the environment clean.  
 A. properly                      B. shortly                      C. narrowly                      D. especially
- Question 33:** The \_\_\_\_\_ in that neighborhood is a major concern for residents.  
 A. low noise level                      B. high crime rate  
 C. clean environment                      D. high safety level
- Question 34:** She had to cancel her plans for the weekend because she \_\_\_\_\_ the flu.  
 A. came down with                      B. cut down on                      C. got on with                      D. ran out of
- Question 35:** One of the best ways to relax is to \_\_\_\_\_ out with friends and watch a movie.  
 A. get                      B. hang                      C. come                      D. make
- Question 36:** The city council decided to \_\_\_\_\_ a project to improve the public transportation system.  
 A. get around                      B. carry out                      C. hand down                      D. give up
- Question 37:** Planting more trees along busy roads can help \_\_\_\_\_ noise pollution.  
 A. get on with                      B. hang out with                      C. come down with                      D. cut down on
- Question 38:** \_\_\_\_\_ your shoes are, the longer you can walk without feeling tired.  
 A. The comfortable                      B. The more comfortable  
 C. More comfortable                      D. Comfortable
- Question 39:** The \_\_\_\_\_ the movie, the more people want to watch it.  
 A. more famous                      B. famouser                      C. famous                      D. more
- Question 40:** The \_\_\_\_\_ you study, the \_\_\_\_\_ you will understand the material.  
 A. harder, more                      B. hard, much                      C. more hard, more                      D. harder, most
- Question 41:** The \_\_\_\_\_ the weather gets, the \_\_\_\_\_ I want to stay indoors.  
 A. more cold, less                      B. colder, more



29. Get through	(phrasal verb)	/get θruː/	Vượt qua
30. Manage	(verb)	/'mæn.ɪdʒ/	Quản lý
31. Effectively	(adverb)	/'iːfektɪv.li/	Hiệu quả
32. Put on	(phrasal verb)	/pʊt ɒn/	Mặc vào
33. Mood	(noun)	/muːd/	Tâm trạng
34. Lose weight	(phrase)	/luːz weɪt/	Giảm cân
35. Advise	(verb)	/əd'vaɪz/	Khuyên bảo
36. Sore throat	(noun)	/sɔː θrəʊt/	Viêm họng
37. Minimize	(verb)	/'mɪn.ɪ.maɪz/	Giảm thiểu
38. Suffer	(verb)	/'sʌf.ə/	Chịu đựng
39. Ingredient	(noun)	/'mɪŋrɪ.di.ənt/	Nguyên liệu
40. Optimistic	(adj)	/'ɒp.tɪ'mɪs.tɪk/	Lạc quan
41. Overcome	(verb)	/'əʊ.və'kʌm/	Vượt qua
42. Encouragement	(noun)	/'ɪn.kʌr.ɪdʒ.mənt/	Sự khuyến khích
43. Anxiety	(noun)	/æŋ'zaɪ.ə.ti/	Sự lo lắng
44. Concentrate on	(phrasal verb)	/'kɒn.sən.treɪt ɒn/	Tập trung vào
45. Appropriately	(adverb)	/ə'prəʊ.pri.ət.li/	Thích hợp
46. Fattening	(adj)	/'fæt.ən.ɪŋ/	Gây béo phì
47. Urgent	(adj)	/'ɜː.dʒənt/	Khẩn cấp
48. Obstacle	(noun)	/'ɒb.stə.kəl/	Chướng ngại vật
49. Omission	(noun)	/əʊ'mɪʃ.ən/	Sự bỏ sót
50. Instruction	(noun)	/'ɪn'strʌk.ʃən/	Hướng dẫn
51. Consult	(verb)	/'kɒn.sʌlt/	Tham khảo

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

**Question 1:** To improve your \_\_\_\_\_, it's important to exercise regularly and eat nutritious foods.

- A. mental stress      B. assignment      C. physical health      D. anxiety

**Question 2:** If you feel overwhelmed with schoolwork, it might be helpful to see a(n) \_\_\_\_\_.

- A. distraction      B. counsellor      C. mood      D. ingredient

**Question 3:** Eating a(n) \_\_\_\_\_ diet can help you stay healthy and energized.

- A. well-balanced      B. stressed out      C. fattening      D. urgent

**Question 4:** To achieve your fitness goals, you should exercise \_\_\_\_\_.

- A. effectively      B. regularly      C. physically      D. optimistically

**Question 5:** It's important to take a \_\_\_\_\_ when you feel tired or overworked.

- A. priority      B. session      C. break      D. stop

**Question 6:** Getting enough sleep can help reduce \_\_\_\_\_.

- A. deadline      B. ingredient      C. encouragement      D. anxiety

**Question 7:** A healthy lifestyle requires you to \_\_\_\_\_ your body and mind.

- A. come across      B. look after      C. put on      D. get through

**Question 8:** Seeking \_\_\_\_\_ from a professional can help you improve your mental health.

- A. advice      B. appearance      C. omission      D. ingredient

**Question 9:** Drinking plenty of water can help \_\_\_\_\_ the risk of heart diseases.

- A. gain weight      B. minimize      C. bring about      D. overcome

- Question 10:** Teens should \_\_\_\_ on their studies to succeed in school.  
 A. concentrate      B. encourage      C. require      D. manage
- Question 11:** Planning and \_\_\_\_ your tasks can help you meet deadlines.  
 A. fattening      B. reducing      C. achieving      D. organising
- Question 12:** It's important to \_\_\_\_ with friends and family for emotional support.  
 A. require      B. distract      C. communicate      D. punish
- Question 13:** Junk food can be very \_\_\_\_\_ and should be eaten in moderation.  
 A. optimistic      B. fattening      C. additional      D. urgent
- Question 14:** A positive attitude can help you maintain a(n) \_\_\_\_ outlook on life.  
 A. urgent      B. optimistic      C. anxious      D. stressful
- Question 15:** To \_\_\_\_\_ weight faster, combine exercise with a balanced diet.  
 A. gain      B. accomplish      C. minimize      D. delay
- Question 16:** When you feel stressed, it's important to \_\_\_\_.  
 A. get burnt      B. get away      C. take a break      D. put off
- Question 17:** A well-structured schedule can help you \_\_\_\_\_ your time better.  
 A. punish      B. prioritize      C. fatten      D. manage
- Question 18:** To stay fit, you should avoid \_\_\_\_\_ food.  
 A. optimistic      B. junk      C. healthy      D. additional
- Question 19:** When you are studying for exams, it's important to minimise \_\_\_\_\_.  
 A. distractions      B. deadlines      C. priorities      D. assignments
- Question 20:** Setting goals can help you \_\_\_\_\_ your goals.  
 A. balance      B. add      C. assign      D. achieve
- Question 21:** To lose weight, you need to \_\_\_\_ your calorie intake.  
 A. suffer      B. reduce      C. mind      D. describe
- Question 22:** If you have a(n) \_\_\_\_ throat, you should drink warm tea.  
 A. sore      B. urgent      C. additional      D. ugly
- Question 23:** When you feel \_\_\_\_\_, it's important to talk to someone.  
 A. well-balanced      B. optimistic      C. stressed out      D. appropriate
- Question 24:** A positive \_\_\_\_ can help you deal with challenges better.  
 A. mood      B. addition      C. priority      D. due date
- Question 25:** Setting your \_\_\_\_ can help you manage your time better.  
 A. session      B. break      C. priority      D. assignment
- Question 26:** To meet your \_\_\_\_ for school, start your homework early.  
 A. distraction      B. encouragement      C. anxiety      D. deadline
- Question 27:** To stay healthy, it's important to \_\_\_\_ a balanced diet.  
 A. follow      B. require      C. consult      D. manage
- Question 28:** If you \_\_\_\_\_ fruits, you will feel better.  
 A. eat      B. ate      C. eats      D. will eat
- Question 29:** If she drinks enough water, she \_\_\_\_\_ hydrated.  
 A. would stay      B. stays      C. can stay      D. stay
- Question 30:** If they \_\_\_\_\_ daily, they will stay fit.  
 A. exercises      B. exercise      C. will exercise      D. can exercise
- Question 31:** If we go to bed early, we \_\_\_\_\_ more energetic.

- A. may felt                      B. feel                              C. will feels                      D. might feel
- Question 32:** If he \_\_\_\_\_ breaks while studying, he \_\_\_\_\_ too tired.  
A. takes - won't get              B. takes - will get              C. take - can't get              D. takes - can get
- Question 33:** Unless you \_\_\_\_\_ to best friends, you \_\_\_\_\_ stressed.  
A. talk - won't feel              B. talks - will feel              C. talk - can feel              D. talks - can't feel
- Question 34:** Unless you \_\_\_\_\_ junk food, you \_\_\_\_\_ fat.  
A. avoid - won't get              B. avoid - will get              C. avoid - get              D. will avoid - get
- Question 35:** If she \_\_\_\_\_ her hands often, she will not get sick.  
A. wash                              B. washes                              C. will wash                              D. doesn't wash
- Question 36:** If they spend time with friends, they \_\_\_\_\_ feel happier.  
A. might                              B. will be                              C. cannot                              D. should
- Question 37:** If you \_\_\_\_\_ your day, you will get more things done.  
A. don't plan                              B. doesn't plan                              C. plans                              D. plan
- Question 38:** If he \_\_\_\_\_ a balanced diet, he \_\_\_\_\_ more energy.  
A. doesn't eat - will have              B. eats - has                              C. eats - will have                              D. will eat - will have
- Question 39:** If you \_\_\_\_\_ 8 hours a night, you \_\_\_\_\_ better.  
A. sleep - will feel                              B. sleep - can't feel                              C. can sleep - will felt                              D. will sleep - feel
- Question 40:** If you \_\_\_\_\_ sugary drinks, your teeth will be weaker.  
A. will avoid                              B. avoid                              C. can avoids                              D. don't avoid
- Question 41:** If she practices yoga, she \_\_\_\_\_ more relaxed.  
A. won't feel                              B. will feel                              C. could feel                              D. would feel
- Question 42:** If you \_\_\_\_\_ to music, you \_\_\_\_\_ feel happier.  
A. will listen - may                              B. will listen - should                              C. listen - might                              D. listen - could
- Question 43:** If they \_\_\_\_\_ sports, they \_\_\_\_\_ new friends.  
A. play - will make                              B. play - won't make                              C. doesn't play - make                              D. doesn't play - will make
- Question 44:** If you \_\_\_\_\_ breakfast, you \_\_\_\_\_ more energy.  
A. ate - would have                              B. eat - will have                              C. eat - could have                              D. ate - can have
- Question 45:** If he \_\_\_\_\_ smoking, he will live longer.  
A. doesn't quit                              B. quit                              C. quits                              D. don't quit
- Question 46:** If you \_\_\_\_\_ books, you \_\_\_\_\_ more.  
A. read - can learn                              B. reads - will learn                              C. will read - learn                              D. can read - learn
- Question 47:** If she \_\_\_\_\_ alcohol, she \_\_\_\_\_ healthier.  
A. avoid - will be                              B. doesn't avoid - might be                              C. avoids - can be                              D. don't avoid - should be
- Question 48:** If we \_\_\_\_\_ time outside, we will get more vitamin D.  
A. spends                              B. use                              C. spend                              D. uses
- Question 49:** If you \_\_\_\_\_ at home, you \_\_\_\_\_ healthier food.  
A. don't cook - won't eat                              B. doesn't cook - will eat                              C. cook - will eat                              D. cook - won't eat
- Question 50:** Unless they \_\_\_\_\_ to take the stairs, they \_\_\_\_\_ fit.

A. chose – will stay

C. choose – can stay

B. choose – can't stay

D. chose – won't stay

**Question 51:** If you join a club, you \_\_\_\_\_ new people.

A. meet

B. could meet

C. may met

D. might meet

**Question 52:** Unless she does her homework, she \_\_\_\_\_ bad grades.

A. won't get

B. will get

C. can't get

D. should get

**Question 53:** If you \_\_\_\_\_ your teeth twice a day, you \_\_\_\_\_ a nice smile.

A. brushes - can have

B. can brush – will have

C. brushes – will have

D. brush - will have

**Question 54:** Unless he \_\_\_\_\_ fast food, he \_\_\_\_\_ better.

A. avoids - will feel

B. avoids – won't feel

C. doesn't avoid – will feel

D. avoid - will feel

**Question 55:** If you \_\_\_\_\_ regular check-ups, you \_\_\_\_\_ healthy.

A. get – won't stay

B. get – will stay

C. don't get – stay

D. don't get – will stay

**Question 56:** Unless they \_\_\_\_\_ positive, they \_\_\_\_\_ happier.

A. don't stay – won't feel

B. stay – will feel

C. don't stay – wouldn't feel

D. stay – won't feel



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English