

| Healthy living | Unhealthy living |
|----------------|------------------|
| _____          | _____            |
| _____          | _____            |

**Exercise 4. Complete the sentences with the words/ phrases in the box.**

|          |            |            |               |            |
|----------|------------|------------|---------------|------------|
| physical | priority   | counsellor | mental        | additional |
| delay    | accomplish | anxiety    | well-balanced | fattening  |

- Sharing both positive and negative feelings with friends can be a helpful way to improve your \_\_\_\_\_ health.
- When making financial decisions, it is important to give \_\_\_\_\_ to essential expenses like food and clothes.
- Eating too much \_\_\_\_\_ food can make you gain weight fast.
- The team had to \_\_\_\_\_ the meeting until next week due to an emergency.
- They needed \_\_\_\_\_ time to discuss the situation before making final decisions.
- The therapist gave her some tips to reduce her \_\_\_\_\_ levels.
- Thanks to great planning and hard work, she was able to \_\_\_\_\_ her goals.
- The \_\_\_\_\_ provides support and advice to students who are facing academic difficulties.
- He enjoyed the \_\_\_\_\_ challenge of climbing up the high mountain.
- To maintain a healthy lifestyle, it's important to have a \_\_\_\_\_ diet with a lot of vegetables and fruits.

**Exercise 5. Choose the correct option A, B, C, or D to complete the sentences.**

- If they start saving money from now, they \_\_\_\_\_ afford to go to Ha Long Bay on holiday.  
A. should      B. need      C. can      D. must
- If I get the job offer today, I \_\_\_\_\_ accept it and start working on Monday.  
A. should      B. might      C. need      D. must

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3. If you want to enhance your well-being, you \_\_\_\_\_ stay up too late.  
A. shouldn't      B. may not      C. might not      D. needn't
4. If you don't charge the battery, your device \_\_\_\_\_ function properly.  
A. mustn't      B. can't      C. shouldn't      D. needn't
5. If you want to travel to Australia, you \_\_\_\_\_ have a valid passport.  
A. should      B. may      C. can      D. must
6. If it snows tomorrow, we \_\_\_\_\_ have to cancel our outdoor event.  
A. can      B. may      C. must      D. should
7. If you enroll in our intensive Spanish class, you \_\_\_\_\_ speak this language fluently after two months.  
A. can      B. should      C. must      D. need
8. If you want to pass the driving test, you \_\_\_\_\_ study harder and practise more regularly.  
A. must      B. will      C. may      D. might
9. If it's a private event, you \_\_\_\_\_ attend without an invitation.  
A. shouldn't      B. mustn't      C. may not      D. needn't
10. If you want to sleep well at night, you \_\_\_\_\_ drink too much caffeine after 3 p.m.  
A. shouldn't      B. may not      C. can't      D. won't
11. If you don't have a membership, you \_\_\_\_\_ access this exclusive club.  
A. can't      B. might not      C. shouldn't      D. may not
12. If they want to participate in the competition, they \_\_\_\_\_ violate any of these regulations.  
A. shouldn't      B. mustn't      C. can't      D. might not
13. If you want to avoid traffic, you \_\_\_\_\_ leave early in the morning or consider another route.  
A. will      B. need      C. should      D. must



14. If you want to succeed in their career, you \_\_\_\_\_ consider pursuing further education.  
A. can                      B. might                      C. need                      D. must
15. If the team works effectively, they \_\_\_\_\_ complete the project ahead of schedule.  
A. can                      B. must                      C. can't                      D. mustn't
16. If you want to stay healthy, you \_\_\_\_\_ eat too much junk food.  
A. shouldn't              B. needn't                      C. can't                      D. might not
17. If they want to graduate, they \_\_\_\_\_ complete all the required coursework.  
A. must                      B. should                      C. can                      D. might
18. If we don't book our tickets in advance, we \_\_\_\_\_ guarantee seats for the concert.  
A. shouldn't              B. mustn't                      C. can't                      D. might not
19. If you want to have a productive meeting, you \_\_\_\_\_ carefully make a plan and set clear goals.  
A. can                      B. might                      C. must                      D. may
20. If the traffic is heavy, we \_\_\_\_\_ make it to the movie theater before the show starts.  
A. needn't                      B. shouldn't                      C. might not                      D. mustn't

**Exercise 6. Match the first half of the sentence in column A with the second half in column B.**

| A                                                      |
|--------------------------------------------------------|
| 1. If Rosie wants to learn how to play the guitar,     |
| 2. If Peter wants good grades in the next test,        |
| 3. If Mary can finish all her assignments this Friday, |
| 4. If people keep throwing garbage into rivers,        |

| B                                                            |
|--------------------------------------------------------------|
| a. she can attend the party at the weekend.                  |
| b. he can greatly reduce the risk of developing lung cancer. |
| c. they can accomplish great things.                         |
| d. you may put on weight fast.                               |

|                                                        |
|--------------------------------------------------------|
| 5. If Jack quits smoking,                              |
| 6. If more people choose to use public transportation, |
| 7. If the team focuses on their goals,                 |
| 8. If you consume too many sweets,                     |
| 9. If the weather is beautiful,                        |
| 10. If we leave now,                                   |

|                                                             |
|-------------------------------------------------------------|
| e. they may pollute the water.                              |
| f. we can still catch the last train in time.               |
| g. she could easily find online tutorials to get started.   |
| h. he must revise the lessons carefully.                    |
| i. we can greatly reduce air pollution.                     |
| j. you should take advantage of it and spend time outdoors. |

*Your answers:* 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

**Exercise 7. Choose the underlined part A, B, C or D that needs correcting.**

- To maintain a healthy lifestyle, it is important to have a well-balance approach  
A B C  
to work, rest, and leisure activities.  
D
- Regular exercise like jogging, cycling, and dancing can greatly enhance physic health.  
A B C D
- When managing your tasks, you should make priority to the most urgent and  
A B C  
important ones.  
D
- When feeling stress out, I find it helpful to talk to a close friend or family  
A B C  
member about what's bothering me.  
D



5. As we get older, it's common to start worrying of our health and take steps to  
 A B C  
 stay healthy.  
 D
6. It is important for parents to respond appropriate to their child's emotional needs.  
 A B C D

**Exercise 8. Underline the mistake then rewrite the correct one.**

1. What I should do if I have to choose between two amazing offers?  
 → \_\_\_\_\_
2. If Laura gets enough sleep, she will might feel better tomorrow.  
 → \_\_\_\_\_
3. If you borrow someone's car, you shouldn't return it with a full tank of gas.  
 → \_\_\_\_\_
4. If we have exams coming, what can we do to avoid stressed?  
 → \_\_\_\_\_
5. If it rains tomorrow, the company must have to postpone the competition.  
 → \_\_\_\_\_
6. If my brother follow the instructions carefully, he may solve the puzzle successfully.  
 → \_\_\_\_\_
7. If Tom doesn't cut down on fattening food, he mustn't lose weight.  
 → \_\_\_\_\_
8. If you will update your computer, you might experience interesting new features.  
 → \_\_\_\_\_
9. If I come to Lisa's birthday party, what should I buying her as a present?  
 → \_\_\_\_\_
10. If John will try his best in the final match, he might become the next champion.  
 → \_\_\_\_\_

**Exercise 9. Complete the sentences with the correct form of the words in the box.**

|                      |                    |                     |                 |                   |
|----------------------|--------------------|---------------------|-----------------|-------------------|
| <b>concentrate</b>   | <b>communicate</b> | <b>priority</b>     | <b>routine</b>  | <b>negative</b>   |
| <b>appropriately</b> | <b>manage</b>      | <b>productivity</b> | <b>overcome</b> | <b>accomplish</b> |

1. Despite his physical disability, he \_\_\_\_\_ his limitations and became a professional athlete.
2. If you \_\_\_\_\_ on positive thoughts, you may experience a greater sense of joy in your daily life.
3. Thanks to careful planning, the company \_\_\_\_\_ to host a successful event last month.
4. A regular exercise \_\_\_\_\_ will keep your body strong and energized.
5. By breaking down tasks into smaller steps, you can boost your \_\_\_\_\_.
6. \_\_\_\_\_ openly with your doctor can help create a great detailed plan for a healthier lifestyle.
7. \_\_\_\_\_ your goals requires a lot of factors including determination, patience, and careful planning.
8. Constantly comparing yourself to others can lead to \_\_\_\_\_ feelings of self-doubt.
9. As a student, it's important to give \_\_\_\_\_ to your academic responsibilities and arrange enough time for studying.
10. If you dress \_\_\_\_\_ for a job interview, you may make a good impression.

**Exercise 10. Circle the correct words or phrases to complete the sentences.**

1. Spending too much time sitting and not being physically active can lead to a/an **(healthy / unhealthy)** lifestyle.
2. It's important to stick to a **(schedule / balance)** to stay organized and meet deadlines.
3. **(Worrying / Managing)** too much about what could go wrong can prevent you from accessing great opportunities.
4. Even in difficult times, she remains **(optimistic / regular)** and believes in the power of positive thinking.



5. Consuming a lot of (**fattening** / **nutritious**) food can contribute to weight gain and poor health.
6. Timmy was (**nervous** / **relieved**) about the upcoming job interview and couldn't sleep the night before.
7. A quiet and organized workspace can help reduce (**distractions** / **obstacles**) and improve concentration.
8. If you're experiencing persistent symptoms, it's advisable to (**consult** / **function**) a doctor for a proper diagnosis.
9. People who smoke cigarettes are more likely to (**suffer** / **develop**) from respiratory problems.
10. Nowadays, more and more people struggle with (**mental** / **physical**) health issues such as anxiety, depression, or bipolar disorder.

**Exercise 11. Complete the conversation with the correct word in the box.**

|                 |              |                   |               |                  |
|-----------------|--------------|-------------------|---------------|------------------|
| <b>problems</b> | <b>start</b> | <b>keep</b>       | <b>reduce</b> | <b>junk food</b> |
| <b>take</b>     | <b>diet</b>  | <b>vegetables</b> | <b>focus</b>  | <b>exercise</b>  |

**Linda:** So, what's going on? Why haven't you been able to (1)\_\_\_\_\_ up with your (2)\_\_\_\_\_ routine lately?

**Mary:** I've just been feeling really tired all the time. And my back has been hurting a lot.

**Linda:** Oh no, that doesn't sound good. Have you seen a doctor about it?

**Mary:** Yeah, they said I have some (3)\_\_\_\_\_ with my spine and recommended surgery, but I'm not sure if that's the best option for me right now.

**Linda:** Well, maybe there are other ways to (4)\_\_\_\_\_ care of your health without resorting to surgery immediately.

**Mary:** That's true. I think one of the factors affecting my back is my poor (5)\_\_\_\_\_. I've been eating too much (6)\_\_\_\_\_.

**Linda:** Yeah. Try eating more nutritious foods like fruits and (7)\_\_\_\_\_ in your meals.

**Mary:** That's a good idea. I'll have to (8)\_\_\_\_\_ on making healthier choices from now on.

**Linda:** And don't forget to (9) \_\_\_\_\_ stress in your life as well. Stress can often manifest itself physically through things like back pain.

**Mary:** Yeah, I should probably (10) \_\_\_\_\_ doing yoga again. Thanks for helping me figure this out.

**Linda:** No problem.

**Exercise 12.** Complete the sentences, using “*may / should*” and the verbs from the box in the correct form either positive or negative. Number 0 is an example.

|          |          |         |          |          |
|----------|----------|---------|----------|----------|
| talk     | avoid    | perform | research | choose   |
| complete | discover | forget  | become   | decrease |

0. You should talk openly about your problems if you want to reduce stress. (*positive*)
1. If you don't revise carefully, you \_\_\_\_\_ well on the coming exam. (*negative*)
2. If we recycle and reduce waste, we \_\_\_\_\_ the amount of landfill space needed. (*positive*)
3. If you're going on a long trip, you \_\_\_\_\_ to pack essential items like a first aid kit and extra clothing. (*negative*)
4. If students explore extracurricular activities, they \_\_\_\_\_ new talents and interests. (*positive*)
5. If you want to maintain a healthy relationship, you \_\_\_\_\_ open communications. (*negative*)
6. If you're installing new lights, you \_\_\_\_\_ energy-efficient options to save electricity. (*positive*)
7. If you practise regularly, you \_\_\_\_\_ a skilled musician in the future. (*positive*)
8. If the team doesn't manage their time effectively, they \_\_\_\_\_ the project on time. (*negative*)
9. If you're attending a job interview, you \_\_\_\_\_ the company beforehand. (*positive*)