PASSAGE 3

Tra ID Đề [5749] - Tra ID Video [5750]

Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope (1) _____ a chance in the job market afterwards. It's no wonder that many young people worry about letting down their parents, their peers and themselves. To try to please everyone, they take on too (2) _____ tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people (3) _____ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you (4) _____ and alert. But caffeine is a drug which can become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, because it increases certain chemicals in the brain (5) _____. You have to get (6) _____ stress and to stay healthy and full of energy.

Question 1: A. having B. to have C. to having D. have

Question 2: A. much B. little C. few D. many

Question 3: A. carry B. grow C. suffer D. result

Question 4: A. woke B. awake C. waken D. wake

Question 5: A. which calm you down B. which you calm down
C. who you calm down D. that you calm down

Question 6: A. sleep enough to avoid B. enough sleep to avoid
C. sleep enough for avoiding D. enough sleep for avoiding

LIVEWORKSHEETS