

## TA9. U3. Healthy Living for Teens. Vocabulary. Fill in 1

Complete the sentences with the correct phrase from the list below:

accomplish, additional, anxiety, appropriately, assignment, counsellor, deadline, delay, distraction, due date, fattening, mental, minimise, mood, optimistic, physical, priority, stressed out, well-balanced

1. A healthy diet should be \_\_\_\_\_ to give your body the nutrients it needs.
2. If you're feeling \_\_\_\_\_, try taking a break to relax and clear your mind.
3. It's important to be \_\_\_\_\_ when responding to your teachers' emails.
4. An important way to manage \_\_\_\_\_ is by organizing your tasks and focusing on one at a time.
5. Junk food can be very \_\_\_\_\_, so it's best to eat it in moderation.
6. Regular exercise benefits both your \_\_\_\_\_ and mental health.
7. Don't let \_\_\_\_\_, such as your phone or social media, stop you from finishing your work.
8. Make sure to submit your project before the \_\_\_\_\_ to avoid penalties.
9. Eating well can improve your \_\_\_\_\_, making you feel happier and more energetic.
10. You should meet with the school \_\_\_\_\_ if you need help managing stress.
11. Plan ahead so you don't \_\_\_\_\_ and miss the submission \_\_\_\_\_ for your homework.
12. Staying \_\_\_\_\_ will help you face challenges with a positive attitude.
13. A \_\_\_\_\_ lifestyle includes both exercise and a nutritious diet.
14. My top \_\_\_\_\_ this week is to finish my science project before the \_\_\_\_\_.
15. If you feel overwhelmed, try to \_\_\_\_\_ the number of activities on your schedule.
16. Having too much fast food can be \_\_\_\_\_ and impact your health negatively.
17. An important way to \_\_\_\_\_ your goals is to stay organized and manage your time effectively.
18. Maintaining good \_\_\_\_\_ health is just as important as staying physically fit.
19. You may feel \_\_\_\_\_ when you have too many tasks and not enough time.
20. Extra study time will be \_\_\_\_\_ to prepare you for the upcoming test.