

TA9. U3. Healthy Living for Teens. Vocabulary. MCQ 2

Choose the correct answer for each sentence.

1. Which word means a task that needs to be completed by a certain time?
 - a) Distraction
 - b) Assignment
 - c) Anxiety
 - d) Counsellor
2. The term that refers to feelings of worry or nervousness is:
 - a) Deadline
 - b) Anxiety
 - c) Optimistic
 - d) Additional
3. If you feel calm and not too tired, you are likely feeling:
 - a) Stressed out
 - b) Optimistic
 - c) Well-balanced
 - d) Distraction
4. Which word refers to a person who provides guidance and advice?
 - a) Counsellor
 - b) Assignment
 - c) Distraction
 - d) Deadline
5. Eating too much junk food can be very _____.
 - a) Fattening
 - b) Physical
 - c) Mental
 - d) Well-balanced
6. If you finish your homework before the _____. You avoid stress.
 - a) Due date
 - b) Delay
 - c) Counsellor
 - d) Accomplish
7. Which word means to reduce something, especially problems or stress?
 - a) Fattening
 - b) Minimise
 - c) Delay
 - d) Accomplish
8. If you want to stay healthy, it's important to maintain a _____ diet.
 - a) Optimistic
 - b) Well-balanced
 - c) Mental
 - d) Due date
9. Physical exercise helps to improve both your _____ and mental health.
 - a) Assignment
 - b) Anxiety

- c) Physical
 - d) Stressed out
10. A teacher gives students an _____ to help them practise new skills.
- a) Assignment
 - b) Deadline
 - c) Accomplish
 - d) Well-balanced
11. The teacher extended the _____ because many students needed more time.
- a) Anxiety
 - b) Counsellor
 - c) Due date
 - d) Stressed out
12. If you _____ your project, you will feel a great sense of achievement.
- a) Delay
 - b) Distraction
 - c) Accomplish
 - d) Mood
13. When students have too many _____, they find it hard to concentrate.
- a) Assignments
 - b) Counsellors
 - c) Distractions
 - d) Deadlines
14. Which term refers to how someone feels at a particular time?
- a) Mood
 - b) Delay
 - c) Anxiety
 - d) Priority
15. If someone feels constantly nervous or worried, they are:
- a) Physical
 - b) Optimistic
 - c) Stressed out
 - d) Accomplish
16. You should stay _____ about your future, even when things get tough.
- a) Fattening
 - b) Stressed out
 - c) Optimistic
 - d) Distraction
17. Your top _____ should be to finish your homework before the due date.
- a) Deadline
 - b) Assignment
 - c) Priority
 - d) Mood
18. A _____ meal will give you all the nutrients your body needs.
- a) Fattening
 - b) Due date

c) Well-balanced

d) Physical

19. Exercising regularly helps improve your ____ health.

a) Fattening

b) Additional

c) Mood

d) Mental

20. When you are close to a deadline, try to avoid ____ and stay focused.

a) Counsellor

b) Delay

c) Distraction

d) Mood