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

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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

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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

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