UNIT 3. HEALTHY LIVING FOR TEENS
VOCABULARY

I. Choose the words whose underlined part pronounced differently from the others.

1.	A. <u>h</u>onour	B. <u>h</u>appy	C. <u>h</u>urry	D. a<u>h</u>ead
2.	A. w<u>h</u>ere	B. <u>h</u>onest	C. <u>h</u>omesick	D. c<u>h</u>orus
3.	A. <u>h</u>andshake	B. naug<u>h</u>ty	C. red<u>h</u>ead	D. sea<u>h</u>orse
4.	A. <u>h</u>ow	B. un<u>h</u>appy	C. <u>h</u>our	D. be<u>h</u>ind
5.	A. <u>h</u>onest	B. be<u>h</u>ind	C. <u>h</u>our	D. w<u>h</u>ale
6.	A. <u>r</u>eporter	B. depa<u>r</u>t	C. a<u>r</u>rest	D. <u>r</u>ank
7.	A. after<u>n</u>oon	B. <u>r</u>ing	C. b<u>r</u>ing	D. <u>r</u>ight
8.	A. w<u>r</u>ong	B. wonde<u>r</u>ful	C. so<u>r</u>ry	D. a<u>r</u>range
9.	A. <u>r</u>oad	B. sto<u>r</u>m	C. f<u>r</u>y	D. g<u>r</u>ass
10.	A. <u>r</u>aise	B. c<u>r</u>ack	C. <u>r</u>ich	D. ai<u>r</u>port

II. Choose the word that differs from the other three in the position of primary stress in each of the following questions.

1.	A. advice	B. exam	C. maintain	D. schedule
2.	A. delay	B. habit	C. healthy	D. ready
3.	A. several	B. distraction	C. happiness	D. worrying
4.	A. accomplish	B. assignment	C. counsellor	D. attention
5.	A. anxiety	B. environment	C. additional	D. optimistic

III. Use the words in the box to complete the sentences.

priority *goal* *mental* *physical* *well-balanced* *optimistic*
counsellor *additional* *delay* *accomplish* *anxiety* *fattening*

1. Some teens struggle with stress, pressure and other _____ health problems.
2. _____ people always believe that good things will happen.
3. She gives _____ to study. She always finishes her homework before doing anything else.
4. Doing exercise regularly helps you improve your _____ health.
5. You can't accomplish your _____ of entering the university if you are lazy.
6. Eating too much _____ food can make you gain weight fast.
7. The team had to _____ the meeting until next week due to an emergency.
8. They needed _____ time to discuss the situation before making final decisions.
9. The therapist gave her some tips to reduce her _____ levels.
10. Thanks to great planning and hard work, she was able to _____ her goals.
11. The _____ provides support and advice to students who are facing academic difficulties.
12. To maintain a healthy lifestyle, it's important to have a _____ diet with a lot of vegetables and fruits.

IV. Use the words provided in brackets in their correct forms to complete the sentences.

1. It's necessary for teens to learn time _____ skill. (**manage**)
2. Those with a _____ lifestyle often lead a happier life. (**health**)
3. The counsellor gave the boy advice on how to avoid stress and _____. (**anxious**)
4. Don't hesitate to ask for _____ support from your teacher and friends. (**add**)

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5. You shouldn't study continuously. Instead, take breaks _____ to give your brain a rest. (appropriate)
6. Parents often _____ the needs of their children. (**priority**)
7. Tom finds it hard to study online because there are so many _____. (**distract**)
8. The teacher praised the students for their perfect _____ throughout the semester. (**attend**)
9. The company will close the office this weekend for routine _____of the air conditioning system. (**maintain**)
10. Winning the first prize in the national contest was the greatest _____of her school years. (**achieve**)

V. Choose the correct answer A, B, C, or D to complete the sentences.

1. Lucy met the school _____ to ask for advice on how to manage time better.
   A. parent B. counsellor C. students D. children
2. Tim seems to be _____ out these days. He's very anxious and unable to relax.
   A. stressed B. pressed C. distracted D. worked
3. When is the _____ date for submitting the project report?
   A. recent B. time C. due D. play
4. Mary _____ telling Tom the news. She wanted to wait for the right moment.
   A. cancelled B. continued C. delayed D. kept
5. The school managers give _____ to improving education quality. They consider it more important than anything else.
   A. way B. priority C. help D. support
6. She was not in a good _____ because of the argument with her friend.
   A. temperature B. day C. moment D. mood
7. To manage your time better, you should set a daily _____ and follow it.
   A. time B. work C. deadline D. routine
8. Regular _____ is essential for maintaining good physical and mental health.
   A. distraction B. fast food C. exercise D. delay
9. Eating a _____ helps you stay fit and full of energy.
   A. due date B. fast food C. healthy diet D. praise
10. It's important to _____ your time effectively to balance work and leisure.
    A. delay B. manage C. train D. punish
11. To stay healthy, try to _____ at least three times a week.
    A. work out B. gain weight C. look after D. wait for
12. Regular exercise can help you _____ stress.
    A. reduce B. delay C. invite D. get through
13. It's crucial to _____ a well-balanced life to achieve long-term happiness.
    A. maintain B. punish C. complete D. get burnt
14. An optimistic mindset can help you overcome _____ in life.
    A. distraction B. difficulties C. combination D. delay
15. Being _____ can lead to making healthier decisions.
    A. stressed out B. optimistic C. distracted D. encouraged

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