

1 Choose the correct word or phrase to complete each sentence.

1. You should eat a balanced diet to keep your **mental / physical** health.
2. I need to **manage / delay** my time better because I often finish my homework late.
3. She feels **stressed out / optimistic** before the final exam.
4. Too much social media can be a **distraction / habit** when you are studying.
5. He wants to **accomplish / make** his goal of learning a new language this year.

2 Complete the phrases with the words from the box. Then match them with the pictures.

due date healthy manage habit accomplish

1. _____ time
2. _____ goal
3. _____ food
4. _____ something every day
5. _____ the due date

**3 Complete the sentences with the correct form of the words in brackets.**

1. She tries to stay _____ by eating well and exercising. (**health**)
2. I feel _____ when I have too many tasks. (**stress**)
3. He always studies _____, so he gets good results. (**regular**)
4. My brother wants to _____ his dream of becoming a pilot. (**accomplish**)
5. We need to _____ our time carefully to finish the project on time. (**manage**)

**4 Choose the correct option (A, B or C) to complete the conversation.**

Mai: Hi, Linh! You look tired. What's wrong?

Linh: I have too much homework and I can't (1) _____ my time well.

A. delay B. manage C. make

Mai: You should try to (2) _____ a plan.

A. give B. make C. accomplish

Linh: Good idea! I also want to be (3) _____ and study more regularly.

A. optimistic B. stressed out C. worried

Mai: Don't worry. If you study regularly, you will (4) _____ your goals.

A. make B. delay C. accomplish

5 Read the text and complete it with the words from the box.

habit regularly distractions
healthy due date

Tom is a Grade 9 student. He wants to stay (1) _____, so he eats more fruits and does exercise (2) _____. He always organises his time well and finishes homework before the (3) _____. However, he sometimes has (4) _____, such as social media and games. To be successful, he knows that good study (5) _____ and time management are very important.

6 Choose the correct word or phrase to complete each sentence.

1. You should build **healthy** / **stress** habits if you want to stay fit.
2. If you feel tired, you **should** / **might** go to bed earlier tonight.
3. Too much screen time can become a **distraction** / **due date** when you study.
4. If Lan finishes her homework early, she **can** / **must** watch a film.
5. My brother wants to **manage** / **delay** his time better this school year.



7 Complete the sentences with the words from the box.

healthy

regularly

due date

stressed out

distractions

1. Students should exercise _____ to stay strong.
2. The _____ for our project is next Monday.
3. I feel _____ when I have too many tests in one week.
4. Turn off your phone to avoid _____ while studying.
5. Eating fruit and vegetables helps you stay _____.



8 Match the first half in A with the second half in B.

A

B

- | | |
|-------------------------------------|--|
| 1. If you want to have more energy, | a. he may get good results. |
| 2. If Nam studies hard, | b. you should sleep at least eight hours. |
| 3. If we use a weekly planner, | c. we can manage our time better. |
| 4. If you eat too much fast food, | d. she should talk to her parents or teachers. |
| 5. If she feels stressed out, | e. you might gain weight. |

9 Rewrite the sentences using the prompts.

1. Eat less sugar. You will feel healthier. (if / should)

2. Tom finishes the task early. He can join the football game. (if / can)

3. Mai has too many things to do. She may feel stressed out. (if / may)

4. You want to avoid distractions. Turn off social media notifications. (if / should)

5. We plan our work carefully. We can meet the due date. (if / can)

10 Read and complete the passage with the correct words.

healthy

habits

manage

might

due date

Teenagers need good study and life balance. To stay (1) _____, they should sleep well, eat properly, and exercise. They also need strong study (2) _____, such as doing homework on time. If students learn to (3) _____ their time well, they will feel more confident. If they forget the (4) _____ of an assignment, they (5) _____ have problems later.

