

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

1. You should not _____ doing your homework until the night before the test. (delay / accomplish)
2. Talking to your parents or teachers can give you _____ support. (additional / fattening)
3. Too much worry and fear before an exam can cause _____. (anxiety / habit)
4. To stay healthy, teenagers should exercise _____. (regularly / deadline)
5. If you eat too much junk food, it may be _____. (appropriate / fattening)

**2 Match the words with their meanings.**

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|------------------|---|
| 1. anxiety | a. believing that good things will happen |
| 2. additional | b. in a suitable or right way |
| 3. appropriately | c. the final day something must be finished |
| 4. due date | d. extra or more than what is needed |
| 5. optimistic | e. the feeling of being nervous or worried |

**3 Complete the sentences with the words from the box.**

healthy distractions manage habits support

1. Students need good study _____ to do well at school.
2. Turning off your phone can reduce _____ while studying.
3. Eating fruit and vegetables helps you stay _____.
4. Learning to _____ your time well is very important.
5. Family and friends can give you useful _____ when you feel stressed.

**4 Choose the best modal verb.**

1. If you want to sleep better, you _____ avoid using your phone too late. (should / might)
2. If she finishes all her work, she _____ relax for a while. (can / must)
3. If students study regularly, they _____ get better results. (may / shouldn't)
4. You _____ eat too many sweets if you want to stay fit. (shouldn't / can)
5. If he feels anxious, he _____ talk to a teacher or friend. (should / may not)

**5 Read and complete the passage with the correct words.**

anxiety regularly due date healthy delay

Nam wants to have a balanced life. He eats (1) _____ food and exercises (2) _____. He writes down every project (3) _____ in his notebook so he won't forget it. He tries not to (4) _____ his homework. When he has too many tests, he sometimes feels (5) _____, but he talks to his parents and feels better.



6 Complete the sentences with the correct words and phrases in the box.

stressed out well-balanced priority due date delay

1. A _____ meal gives your body the nutrients it needs.
2. The _____ for our science project is next Tuesday.
3. I feel really _____ when I have too many tests in one week.
4. Good students know how to give _____ to important tasks.
5. Don't _____ doing your homework until late at night.



7 Choose the correct answer A, B, C, or D.

1. A person who exercises and eats good food wants to stay _____.
A. healthy B. health C. unhealthy D. healthily
2. If you finish your work successfully, you _____ it.
A. delay B. accomplish C. distract D. worry
3. Lan is always positive about the future. She is _____.
A. anxious B. optimistic C. tired D. unhealthy
4. Too much noise and phone use can cause _____ while you study.
A. support B. habits C. distractions D. exercise
5. When you plan your time well, you can _____ your tasks better.
A. manage B. forget C. avoid D. gain



8 Complete the sentences with the correct modal verbs in the box. A modal verb can be used more than once.

can must should might

1. If you want to stay healthy, you _____ exercise regularly.
2. If she studies hard, she _____ get a good result.
3. You _____ talk to your parents if you feel worried.
4. Students _____ follow school rules to stay safe.
5. If he finishes early, he _____ join us for football.



9 Circle the most suitable modal verb to complete each sentence.

1. If you want to sleep well, you (should / may / can't) avoid coffee at night.
2. If Mai has a headache, she (should / mustn't / can) take a rest.
3. If students use a planner, they (might / can / shouldn't) manage time better.
4. If you eat too much fast food, you (can / might / should) gain weight.
5. If I finish my homework early, I (can / must / shouldn't) watch TV for a while.



10 Circle the word with a different sound.

1. happy – healthy – really
2. run – rice – habit
3. homework – hurry – ready
4. regularly – rabbit – head
5. hand – hear – road



11 Choose the word with the /h/ sound.

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|----------------|------------|--------------|
| 1. A. head | B. red | C. rice |
| 2. A. run | B. holiday | C. read |
| 3. A. healthy | B. rabbit | C. room |
| 4. A. hand | B. road | C. ready |
| 5. A. homework | B. rice | C. regularly |

