

GRADE 9 - READING

D. READING

I. Choose the correct answers to complete the passage.

The teenage years are a time of exciting growth and new experiences. With so much going on, it can be challenging to keep a balance because students have to manage various aspects of their daily routines as well as ensure that they can (1) _____ their goals without feeling overwhelmed.

Schoolwork is important, but it should not take up your entire life. Try to participate in extracurricular activities, such as sports, music, or clubs, which not only allow you to explore your passions but also boost your mood and reduce (2) _____. While spending hours studying, working hard, and meeting the (3) _____, you should take time for relaxation and self-care. Hence, if you set a personal planner, it can help prioritise tasks and (4) _____ your time more effectively. Additionally, engaging in regular physical activity, eating a (5) _____ diet, and getting enough sleep are essential components of a well-balanced lifestyle. By doing so, teens can minimise the chances of getting stressed out and maintain a healthier mental state.

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| 1. | a. accomplished | b. accomplishing | c. accomplishes | d. accomplish |
| 2. | a. anxiety | b. anger | c. temper | d. happiness |
| 3. | a. requirements | b. standards | c. deadlines | d. expiry dates |
| 4. | a. manage | b. take | c. pass | d. order |
| 5. | a. nutritionally | b. nutritious | c. nutrition | d. nutritionist |