

## UNIT 3: HEALTHY LIVING FOR TEENS

Compiled by Mr. Thanh – Zalo 0369904425

### PART I. V

#### a. Vocabulary

Word	Part of speech	Pronunciation	Meaning
1. accomplish	(v)	/ə'kʌm.plɪʃ/	hoàn thành
2. achieve	(v)	/ə'tʃi:v/	đạt được
3. additional	(adj)	/ə'dɪʃ.ən.əl/	bổ sung
4. advice	(n)	/əd'vaɪs/	lời khuyên
5. advise	(v)	/əd'vaɪz/	khuyến bảo
6. anxiety	(n)	/æŋ'zaɪ.ə.ti/	sự lo lắng
7. appearance	(n)	/ə'piə.rəns/	ngoại hình
8. appropriately	(adv)	/ə'prəʊ.pri.ət.li/	thích hợp
9. assignment	(n)	/ə'sam.mənt/	bài tập
10. connect	(v)	/kə'nekt/	kết nối
11. consult	(v)	/kən'sʌlt/	tham khảo
12. counsellor	(n)	/'kaʊn.səl.ər/	cố vấn
13. distraction	(n)	/dɪ'stræk.ʃən/	sự xao lãng
14. due date = deadline	(n)	/dju: deɪt/ /'ded.laɪn/	hạn chót
15. effectively	(adv)	/ɪ'fek.tɪv.li/	hiệu quả
16. encouragement	(n)	/m'kʌr.ɪdʒ.mənt/	sự khuyến khích
17. fattening	(adj)	/'fæt.ən.ɪŋ/	gây béo phì
18. instruction	(n)	/m'strʌk.ʃən/	hướng dẫn
19. ingredient	(n)	/m'gri:di.ənt/	nguyên liệu
20. manage	(v)	/'mæn.ɪdʒ/	quản lý
21. mental	(adj)	/'men.təl/	tinh thần
22. minimize	(v)	/'mɪn.ɪ.maɪz/	giảm thiểu
23. mood	(n)	/mu:d/	tâm trạng
24. obstacle	(n)	/'ɒb.stə.kəl/	chướng ngại vật
25. omission	(n)	/ə'mɪʃ.ən/	sự bỏ sót
26. optimistic	(adj)	/'ɒp.tɪ'mus.tɪk/	lạc quan
27. organising	(v)	/'ɔ:ɡə.naɪ.zɪŋ/	tổ chức
28. overcome	(v)	/'əʊ.və'kʌm/	vượt qua
29. priority	(n)	/'praɪ'ɒr.ə.ti/	sự ưu tiên
30. punish	(v)	/'pʌn.ɪʃ/	trừng phạt
31. physical health	(n)	/'fɪz.ɪ.kəl helθ/	sức khỏe thể chất
32. reduce	(v)	/'ri:du:s/	giảm
38. suffer	(v)	/'sʌf.ər/	chịu đựng
39. urgent	(adj)	/'ɜ:.dʒənt/	khẩn cấp
40. well- balanced	(adj)	/'wel 'bæl.ənst/	cân đối
36. stressed out	(adj)	/'strest aʊt/	căng thẳng



Collocations/ phrases	Meaning
1. bring about	mang lại
2. concentrate on	tập trung vào
3. dealt with	xử lý
4. gain weight	tăng cân
5. get burnt	bị cháy nắng
6. get through	vượt qua
7. look after	chăm sóc
8. lose weight	giảm cân
9. pay attention	chú ý
10. put on	mặc vào
11. take a break	nghỉ ngơi

## PART II. GRAMMAR

### a. Modal verbs in first conditional sentences

Chỉ sự việc, hành động có thể xảy ra ở hiện tại hoặc trong tương lai.

	If clause	Main clause
First conditional	If + S + V / V (-s/es)	, S + <b>will</b> / shall + V
	If + S + am/is/are	
	If I <u>get</u> (get) the scholarship, I <u>will study</u> (study) in England.	
	If the weather <u>is</u> (be) nice, I <u>will go</u> (go) fishing.	
Notes	If I <u>find</u> (find) her address, I'll <u>send</u> (send) her an invitation.	
	- Ở mệnh đề chính có thể dùng <b>can, may, must</b> thay cho <b>will, shall</b>	
	- Ở mệnh đề chính có thể dùng dạng mệnh lệnh.	
	If you <u>learn</u> (learn) hard, you <u>will pass</u> (pass) any examination	
	Lan <u>can speak</u> (speak) English fluently if she <u>practices</u> (practice) every day	
	<u>Come to visit</u> me if you <u>have</u> (have) spare time.	

- Mệnh đề "If", có thể đứng trước hoặc đứng sau

If I work hard, I'll pass my exam. Compiled by Mr. Thanh – Zalo 0369904425

I'll pass my exam if I work hard.

- Có thể dùng các động từ khuyết thiếu thay cho "will" ở mệnh đề chính tùy tình huống.

- Có thể dùng dạng "Mệnh lệnh: V+ ...! / Don't V...!" ở mệnh đề chính.

Please tell him to come to my office if you see him

- "If" có thể được thay bằng "When"

## PART III. PRACTICE

### LISTENING

**Exercise 1: Listen to the recording and choose the best answer A, B, C, or D for each question below:**

1. What is one of the positive effects of music on teens' health?

A. Enhancing stress levels  
expression

B. Reducing emotional



- C. Improving overall well-being D. Decreasing social connections
2. How does music play a role in shaping adolescents' identity?
- A. By causing uncertainty B. By providing emotional relief
- C. By reducing stress D. By soothing emotions
3. During which life stage do teens tend to attach to music in a unique way?
- A. Childhood B. Adulthood C. Adolescence D. Elderly years
4. What can music therapy help teens navigate?
- A. Physical health issues B. Uncertain feelings C. Academic challenges
- D. Social media usage
5. How can mental health playlists benefit struggling teens?
- A. By invalidating their emotions B. By matching their mood
- C. By avoiding happy songs D. By increasing anxiety

**Exercise 2: Listen to the audio and decide whether those sentences are TRUE (T) or FALSE (F):**

- |                                                                                                                                    | True                     | False                    |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Teens should aim for at least 60 minutes of daily exercise to prioritize their well-being.                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. A balanced diet, including fruits, vegetables, whole grains, and lean proteins, is essential for teens' growth and development. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Drinking water is not important for teens' overall health.                                                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Consuming junk foods like soda and chips is recommended for teens.                                                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Small lifestyle choices made now have no impact on future health.                                                               | <input type="checkbox"/> | <input type="checkbox"/> |

**PHONETIC**

**Exercise 1: Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.**

- |                  |               |               |               |
|------------------|---------------|---------------|---------------|
| 1. A. physical   | B. minimise   | C. priority   | D. deadline   |
| 2. A. carry      | B. garbage    | C. paragraph  | D. attraction |
| 3. A. accomplish | B. additional | C. anxiety    | D. assignment |
| 4. A. head       | B. bread      | C. leave      | D. instead    |
| 5. A. counsellor | B. physical   | C. optimistic | D. submit     |
| 6. A. wash       | B. flat       | C. marinate   | D. cabbage    |
| 7. A. clever     | B. circus     | C. collect    | D. cushion    |
| 8. A. other      | B. colourful  | C. dolphin    | D. wonderful  |
| 9. A. question   | B. mention    | C. production | D. caption    |
| 10. A. visited   | B. showed     | C. wondered   | D. studied    |

**Exercise 2: Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.**

- |                  |               |                |               |
|------------------|---------------|----------------|---------------|
| 1. A. organise   | B. physical   | C. maintaining | D. counsellor |
| 2. A. worried    | B. cognitive  | C. concentrate | D. frustrated |
| 3. A. disappoint | B. badminton  | C. confident   | D. medical    |
| 4. A. advise     | B. delay      | C. mental      | D. awake      |
| 5. A. accomplish | B. assignment | C. distraction | D. minimise   |
| 6. A. politic    | B. historic   | C. electric    | D. specific   |
| 7. A. attend     | B. pretend    | C. content     | D. percent    |
| 8. A. contain    | B. express    | C. carbon      | D. obey       |
| 9. A. provide    | B. product    | C. promote     | D. produce    |
| 10. A. expand    | B. maintain   | C. approach    | D. comment    |

**VOCABULARY & GRAMMAR**

**Exercise 1: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.**

1. Teens should learn to \_\_\_\_\_ conflicts appropriately to maintain healthy relationships.
- A. resolve B. delay C. concentrate D. accomplish
2. Prioritizing sleep is crucial; don't \_\_\_\_\_ bedtime due to distractions.



- A. concentrate      B. accomplish      C. delay      D. resolve
3. Being \_\_\_\_\_ helps teens recognize their emotions and cope with stress.  
A. self-disciplined      B. stressed out      C. self-aware      D. well-balanced
4. A positive \_\_\_\_\_ contributes to overall well-being.  
A. mood      B. independence      C. priority      D. due date
5. Set a \_\_\_\_\_ for completing school projects to avoid last-minute stress.  
A. distraction      B. due date      C. counsellor      D. assignment
6. \_\_\_\_\_ is a critical stage of development when teens transition from childhood to adulthood.  
A. Counsellor      B. Adolescence      C. Distraction      D. Priority
7. Regular exercise is essential for maintaining \_\_\_\_\_ health and preventing obesity.  
A. physical      B. fattening      C. additional      D. stressed out
8. To \_\_\_\_\_ stress, consider talking to a school counselor or seeking professional help.  
A. delay      B. minimize      C. attract      D. accomplish
9. Setting a \_\_\_\_\_ for completing assignments helps manage time effectively.  
A. anxiety      B. mood      C. deadline      D. distraction
10. Avoid \_\_\_\_\_ foods like sugary snacks and opt for nutritious options instead.  
A. appropriate      B. additional      C. optimistic      D. fattening
11. Staying \_\_\_\_\_ means maintaining a healthy mix of physical activity, social interactions, and rest.  
A. well-balanced      B. stressed out      C. self-aware      D. self-disciplined
12. An additional benefit of exercise is improved mood and reduced \_\_\_\_\_.  
A. due date      B. anxiety      C. task      D. assignment
13. A \_\_\_\_\_ can provide guidance on academic and emotional matters.  
A. accomplishment      B. adolescence      C. adulthood      D. counsellor
14. Prioritize tasks to \_\_\_\_\_ them efficiently.  
A. raise      B. accomplish      C. minimize      D. delay
15. A \_\_\_\_\_ approach to eating helps maintain a healthy weight.  
A. self-aware      B. beautiful      C. stressed out      D. self-disciplined
16. Don't let academic pressures leave you feeling \_\_\_\_\_.  
A. fattening      B. stressed out      C. happy      D. optimistic
17. Stay \_\_\_\_\_ even during challenging times; a positive mindset is essential.  
A. frustrated      B. physical      C. optimistic      D. relaxed
18. Avoid \_\_\_\_\_ like excessive screen time when studying.  
A. moods      B. priorities      C. distractions      D. due dates
19. Regular exercise has both physical and \_\_\_\_\_ health benefits.  
A. mental      B. embarrassed      C. optimistic      D. fattening
20. If it snows tomorrow, we \_\_\_\_\_ have to cancel our outdoor event.  
A. can      B. may      C. must      D. should
21. If you enroll in our intensive Spanish class, you \_\_\_\_\_ speak this language fluently after two months.  
A. can      B. should      C. must      D. need
22. If you want to pass the driving test, you \_\_\_\_\_ study harder and practise more regularly.  
A. may      B. will      C. must      D. might
23. If it's a private event, you \_\_\_\_\_ attend without an invitation.  
A. shouldn't      B. mustn't      C. may not      D. needn't
24. If you want to stay healthy, you \_\_\_\_\_ eat too much junk food.  
A. shouldn't      B. needn't      C. can't      D. might not
25. If they start saving money from now, they \_\_\_\_\_ afford to go to Ha Long Bay on holiday.  
A. should      B. need      C. can      D. must
26. If I get the job offer today, I \_\_\_\_\_ accept it and start working on Monday.  
A. should      B. might      C. need      D. must
27. If you want to enhance your well-being, you \_\_\_\_\_ stay up too late.  
A. needn't      B. may not      C. might not      D. shouldn't
28. If you don't charge the battery, your device \_\_\_\_\_ function properly.  
A. mustn't      B. can't      C. shouldn't      D. needn't
29. If you want to travel to Australia, you \_\_\_\_\_ have a valid passport.  
A. should      B. may      C. can      D. must
30. If they want to graduate, they \_\_\_\_\_ complete all the required coursework.  
A. must      B. should      C. can      D. might



31. If we don't book our tickets in advance, we \_\_\_\_\_ guarantee seats for the concert.  
A. shouldn't B. mustn't C. can't D. might not
32. If you want to have a productive meeting, you \_\_\_\_\_ carefully make a plan and set clear goals.  
A. can B. might C. must D. may
33. If the traffic is heavy, we \_\_\_\_\_ make it to the movie theater before the show starts.  
A. needn't B. shouldn't C. might not D. mustn't
34. If you want to sleep well at night, you \_\_\_\_\_ drink too much caffeine after 3 p.m.  
A. shouldn't B. may not C. can't D. won't
35. If you don't have a membership, you \_\_\_\_\_ access this exclusive club.  
A. may not B. might not C. shouldn't D. can't
36. If they want to participate in the competition, they \_\_\_\_\_ violate any of these regulations.  
A. shouldn't B. mustn't C. can't D. might not
37. If you want to avoid traffic, you \_\_\_\_\_ leave early in the morning or consider another route.  
A. will B. need C. should D. must
38. If you want to succeed in their career, you \_\_\_\_\_ consider pursuing further education.  
A. can B. might C. can D. must
39. If the team works effectively, they \_\_\_\_\_ complete the project ahead of schedule.  
A. can B. must C. can't D. mustn't

**Exercise 2: Circle the correct option in brackets.**

1. If it rains tomorrow, the teenagers (**mustn't / must**) wear raincoats to school.
2. They (**might / should**) understand the new concept better if they study together.
3. You'll feel hungry before lunch if you (**won't eat / don't eat**) breakfast.
4. Emily (**can / must**) buy the new phone she wants if she saves money.
5. If Johnny exercises more, he (**must / might**) feel healthier.
6. She will probably fail if she (**doesn't study / studies**) for the test.
7. If the team trains hard, they (**will / should**) have a chance of winning the competition.
8. You (**can / may not**) improve your skills if you practice playing guitar every day.
9. If teenagers don't eat healthy food, they (**should / may**) experience health problems later.
10. Your parents (**aren't / won't be**) happy if you can't finish your chores before playing video games.

**Exercise 3: Supply the correct form of the verbs in the first conditional sentences.**

1. We \_\_\_\_\_ (go) to the beach if the weather \_\_\_\_\_ (be) nice tomorrow.
2. If Susan \_\_\_\_\_ (study) hard for her exam, she \_\_\_\_\_ (pass) with flying colors.
3. If it \_\_\_\_\_ (rain) tomorrow, the teenagers \_\_\_\_\_ (postpone) the picnic.
4. \_\_\_\_\_ (Michael, join) the debate club if his friends \_\_\_\_\_ (encourage) him?
5. He \_\_\_\_\_ (feel) more confident if he \_\_\_\_\_ (practice) his presentation.
6. If the teenagers \_\_\_\_\_ (leave) their room, their parents \_\_\_\_\_ (be) happy.
7. John \_\_\_\_\_ (be) late for school if he \_\_\_\_\_ (not, leave) now.
8. If the teenagers \_\_\_\_\_ (be) respectful to their elders, they \_\_\_\_\_ (earn) their trust and respect.
9. They \_\_\_\_\_ (go) to the party if their parents \_\_\_\_\_ (allow) them.
10. If the school play \_\_\_\_\_ (be) a success, the students \_\_\_\_\_ (celebrate) afterwards.

**Exercise 4: Fill in each blank with one appropriate word or phrase from the box. (There are some extra words or phrases.)**

**mental  
counsellor**

**well-balanced  
fattening**

**accomplish  
priority**

**delay  
anxiety**

1. Thanks to great planning and hard work, she was able to \_\_\_\_\_ her goals.
2. The \_\_\_\_\_ provides support and advice to students who are facing academic difficulties.
3. The therapist gave her some tips to reduce her \_\_\_\_\_ levels.
4. To maintain a healthy lifestyle, it's important to have a \_\_\_\_\_ diet with a lot of vegetables and fruits.
5. Eating too much \_\_\_\_\_ food can make you gain weight fast.

**Exercise 5: Circle the correct word to complete the sentences.**





1. To feel energized throughout the day, it's important to (**give / make**) healthy food choices.
2. Taking breaks from studying and engaging in relaxing activities can help reduce (**mental / physical**) stress.
3. Teens enjoy staying up late to watch videos, but this can (**encourage / discourage**) getting enough sleep.
4. You should find ways to (**take / manage**) stress in a healthy way, like exercise or relaxation techniques.
5. Don't (**delay / accomplish**) spending time with friends and family, even when you're busy with schoolwork.
6. Skipping breakfast is an example of a(n) (**healthy / unhealthy**) way to start your day.
7. Surrounding yourself with (**negative / positive**) people can help you stay motivated and achieve your goals.
8. It's crucial to consider both physical and mental health to achieve a (**well-balanced / badly balanced**) lifestyle.
9. Many teens struggle to get enough sleep. A good (**cause / solution**) to this problem could be setting a regular sleep schedule and sticking to it.
10. Having a healthy lifestyle can make you feel more (**optimistic / pessimistic**) about your future health and well-being.

**Exercise 6: Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

1. Teens who engage in regular physical activity often feel **delighted** and energized.  
A. embarrassed      B. disappointed      C. worried      D. pleased
2. Making health a **priority** ensures that teens allocate time for exercise and nutritious meals.  
A. precedence      B. deadline      C. distraction      D. anxiety
3. Achieving fitness goals, like running a mile or doing yoga, leaves teens feeling **accomplished**.  
A. mental      B. stressed      C. finished      D. optimistic
4. Teens experiencing **anxiety** can benefit from mindfulness practices and seeking professional support.  
A. nervousness      B. counsellor      C. mood      D. priority
5. You may not be able to identify if your teenager is **stressed** or is just being a "teen".  
A. tensed      B. worried      C. depressed      D. terrible

**Exercise 7: Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

1. Managing schoolwork, extracurricular activities, and social life can leave teens feeling **stressed out**.  
A. pleased      B. relaxed      C. frightened      D. tensed
2. You should follow these simple strategies to **overcome** stress.  
A. control      B. get over      C. manage      D. fail
3. Some teens may feel **pessimistic** about their body image, but focusing on positive aspects helps build confidence.  
A. optimistic      B. inexpensive      C. unhealthy      D. unwealthy
4. The team had to **delay** the meeting until next week due to an emergency.  
A. put on      B. take on      C. turn down      D. go on
5. If you practise good posture, you can appear more **confident**.  
A. additional      B. distrustful      C. calm      D. delighted

**Exercise 8: Write the correct form of the word in brackets.**

1. Prioritizing moments of \_\_\_\_\_, like practicing mindfulness or (**relax**) taking breaks, supports mental health.
2. Attempts are being made to \_\_\_\_\_ the problem of security in (**resolved**) schools.
3. Encouraging an \_\_\_\_\_ approach to making nutritious food (**depend**) choices helps teens develop lifelong habits.
4. To improve focus and \_\_\_\_\_, consider creating a quiet study (**concentr**ate) space free from distractions.
5. Teens often feel \_\_\_\_\_ when they achieve their fitness goals or (**delight**) maintain a healthy lifestyle.
6. Regular exercise can enhance self-esteem and \_\_\_\_\_ in (**confident**

teenagers.

7. Your teen can maintain an active lifestyle by \_\_\_\_\_ yoga and \_\_\_\_\_ meditation. (practice)
8. My first \_\_\_\_\_ of smoking was terrible. (impress)
9. Cigarettes contain nicotine, an \_\_\_\_\_ chemical that affects the body and the mind and keeps people hooked. (addict)
10. Learning to self-care is so important to meet their basic needs and be \_\_\_\_\_ and mentally healthy. (physic)
11. \_\_\_\_\_ your teen in physical activities regularly is crucial for their overall health and well-being. (encourag e)
12. \_\_\_\_\_ and teenage years are the best time to develop healthy habits since young people are easier to mold. (child)
13. You should encourage healthy habits in your \_\_\_\_\_. (teen)
14. \_\_\_\_\_ is another physical activity teens can incorporate into their daily routine. (Gym)

## SPEAKING



**Exercise 1: Mark the letter A, B, C or D to indicate the option that best completes each of the following exchanges.**

1. - **Susan:** Hey, How can we stay healthy?  
- **Ally:** "\_\_\_\_\_." It's essential!  
A. I like you to say that.  
B. Yes, of course. It's expensive.  
C. Certainly. Do you like it, too?  
D. Well, we should exercise for at least 60 minutes every day.
2. - **Susan:** "\_\_\_\_\_?"  
- **Ally:** A balanced diet is crucial. Fruits, veggies, whole grains, and lean proteins are great choices. Avoid junk food, like chips and soda.  
A. What should we eat to be healthy  
B. How do you live  
C. What do you earn for a living  
D. What are you working
3. - **Susan:** I'm tired. Should I take a nap?  
- **Ally:** Yes, "\_\_\_\_\_." A short nap can recharge you.  
A. Stay calm. Everything will be alright!  
B. Congratulations!  
C. Proper rest is essential.  
D. I understand how you feel.
4. - **Susan:** How can we manage stress?  
- **Ally:** Try deep breathing or meditation. "\_\_\_\_\_."  
A. I'll certainly come  
B. Congratulations  
C. It helps reduce stress  
D. Good luck
5. - **Susan:** I hate water. What should I drink?  
- **Ally:** "\_\_\_\_\_." It keeps you hydrated. Limit sugary drinks.  
A. Water is the best choice  
B. I have a meeting in 15 minutes.  
C. I don't want to be free.  
D. A minute is a short time.
6. - **Susan:** My skin breaks out. "\_\_\_\_\_?"  
- **Ally:** Wash your face regularly. And don't forget sunscreen!  
A. I'm sorry to hear that.  
B. No, they are not available.  
C. Any tips  
D. You should agree with us.
7. - **Susan:** Ally, I love video games. Is that okay?  
- **Ally:** Moderation, Susan! "\_\_\_\_\_."  
A. Let's watch a movie together some time next week.  
B. I don't think you want to watch films.  
C. Balance screen time with physical activity.  
D. I prefer the one in the shopping mall.
8. - **Susan:** How can we improve posture?  
- **Ally:** "\_\_\_\_\_!" Avoid slouching—it's better for your back.  
A. It is my pleasure  
B. You must be kidding  
C. Sit up straight  
D. Yes, I'd love to




9. - **Susan:** I'm always tired. " \_\_\_\_\_?"  
- **Ally:** Get enough sleep and eat well. It'll boost your energy.  
A. Why dare you say so? B. Oh, what a pity! C. I'm afraid so! D. What can I do?
10. - **Susan:** Any tips for staying positive?  
- **Ally:** " \_\_\_\_\_."  
A. Surround yourself with positive people and focus on gratitude.  
B. Don't apologize. I've just arrived here.  
C. My pleasure. You must arrive soon.  
D. It's doesn't matter. Thank you.
11. **Aria:** "I'm feeling tired lately. Maybe I should sleep more." - **Penelope:** " \_\_\_\_\_"  
A. Don't worry, you'll be fine.  
B. Getting less sleep will boost your energy.  
C. You should stay up late and study more.  
D. That's a great idea! Aim for 8-10 hours each night
12. **Joe:** "Hey, Michael, how do you stay energized throughout the day?" - **Michael:** " \_\_\_\_\_"  
A. I stay up late playing video games.  
B. I sleep through most of my classes.  
C. I eat a healthy breakfast with fruits and whole grains.  
D. I skip breakfast because I'm not hungry.
13. **Nigel:** I feel tired after school. Should I take a nap before studying? - **John:** " \_\_\_\_\_"  
A. Sure, napping for 20-30 minutes can refresh your mind.  
B. Napping for too long can make you feel even sleepier.  
C. You should eat a lot of sugary snacks to get energy.  
D. Naps are a waste of time. You should just study.
14. **Jim:** "What do you usually eat for breakfast, Susan?" - **Susan:** " \_\_\_\_\_"  
A. I usually skip breakfast because I'm not hungry in the morning.  
B. I don't often eat chips and candy because they're unhealthy foods.  
C. I try to have a balanced breakfast with whole grains, fruits, and protein.  
D. I don't eat breakfast at home, but I grab something on the way to school.
15. **Avery:** "Do you want to join me for a run after school?" - **Ella:** " \_\_\_\_\_"  
A. I'd love to! Exercise is important for good health.  
B. Great! I need someone to talk to about my day.  
C. Don't worry, everyone feels tired sometimes.  
D. Maybe I shouldn't watch more TV before bed.
16. **Violet:** "Hey, I'm so tired all the time! I can barely stay awake in class." - **Abigail:** "I can see that. Maybe you should \_\_\_\_\_."  
A. stay up late studying to catch up  
B. go to bed earlier and get a good night's sleep  
C. skip breakfast to save time in the morning  
D. drink lots of sugary drinks for an energy boost

## READING

**Exercise 1: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.**

1.		A. Do not wear sunglasses here. B. Sunglasses are not good for you. C. Keep calm and wear cute glasses. D. Sunglasses are permitted here.
2.		A. Long hair, tie and necklace – not necessary. B. Loose clothing and loose hair prohibited. C. Do not wear valuable things. D. Your appearance – not important.



3.		<p>A. Be careful! Lightning can kill.</p> <p>B. Be careful! Electricity can kill.</p> <p>C. Be careful! Thunderstorm can kill.</p> <p>D. Be careful! Electrical socket can kill.</p>
4.		<p>A. If you jump into the water head first, you may end up in hospital.</p> <p>B. If you jump into the water head first, you won't wake up in hospital.</p> <p>C. This is not the place if you are scared of reptiles.</p> <p>D. It may look shallow, but you can swim in it.</p>
5.		<p>A. People who are under eighteen have to be admitted.</p> <p>B. People who are under eighteen must be admitted</p> <p>C. People who are under eighteen mustn't be admitted.</p> <p>D. People who are under eighteen should be admitted.</p>

**Exercise 2: Read the following advertisement / announcement and mark the letter A, B, C or D to indicate the correct option that best fits each of the numbered blanks**

①

**Get More Energy, Feel Amazing! ✨**

Feeling tired lately? No problem! Our plan will help you feel great again. When you follow our simple advice, you'll have more (1) \_\_\_\_\_ and focus.

Here's the secret:

- Eat plenty (2) \_\_\_\_\_ fruits, vegetables, and good foods.
- Exercise regularly - it's fun and good for you!
- Make sure you get enough sleep every night.

A healthy diet is really (3) \_\_\_\_\_. We'll show you how to eat better and get moving.

To improve your life, try these easy changes today.

Sign up now and discover (4) \_\_\_\_\_ happier, healthier you! ✨

- |                   |                |               |                |
|-------------------|----------------|---------------|----------------|
| 1. A. energy      | B. balance     | C. priority   | D. distraction |
| 2. A. about       | B. to          | C. of         | D. with        |
| 3. A. importances | B. importantly | C. important  | D. importance  |
| 4. A. the         | B. an          | C. no article | D. a           |

②

**Teens! Get Fit and Feel Great! 🏆**

Want to be healthier and have more energy? Our special guide is just for teens! Learn how to (1) \_\_\_\_\_ good choices and feel awesome every day.

**What's Inside:**

1. **Get Moving:** If you **exercise** regularly, you'll get (2) \_\_\_\_\_ and feel better.
2. **Eat Right:** You **should** follow our (3) \_\_\_\_\_ tips to eat healthy foods and avoid junk food.
3. **Feel Happy:** Learn (4) \_\_\_\_\_ to relax and stay positive.

**Bonus:** Get the guide today and start your healthy journey!

- |                  |               |             |             |
|------------------|---------------|-------------|-------------|
| 1. A. make       | B. take       | C. do       | D. look     |
| 2. A. strongly   | B. strengthen | C. strength | D. stronger |
| 3. A. no article | B. a          | C. the      | D. an       |
| 4. A. why        | B. where      | C. what     | D. how      |

**Exercise 3: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.**

① It's important to acknowledge that stress is a normal part of life, (1) \_\_\_\_\_ it's vital to learn healthy ways to manage it. Talking to trusted (2) \_\_\_\_\_, like a parent, teacher, or counselor, can be a great way to receive support and guidance.

Finding healthy outlets for stress is (3) \_\_\_\_\_. Regular exercise, spending time in nature, listening to calming music, or pursuing creative hobbies can all be (4) \_\_\_\_\_ coping mechanisms.

Learning healthy sleep hygiene and maintaining a (5) \_\_\_\_\_ diet can also significantly impact stress levels. Finally, remember to be kind to yourself. Don't be afraid to ask for help and prioritize your well-being.

- |               |              |              |               |
|---------------|--------------|--------------|---------------|
| 1. A. so      | B. but       | C. therefore | D. however    |
| 2. A. adult   | B. men       | C. infant    | D. adolescent |
| 3. A. low     | B. dependent | C. light     | D. crucial    |
| 4. A. helpful | B. helpless  | C. hopeful   | D. hopeless   |
| 5. A. fair    | B. balanced  | C. equalized | D. delicious  |

② It's not easy to manage school and life, but with some good time (1) \_\_\_\_\_ techniques, it's possible to achieve a study-life balance. Here are some tips for secondary-school students. Firstly, (2) \_\_\_\_\_ a schedule. Plan your week in advance, allocating specific times for studying, attending classes, and doing homework. You should also include breaks and time for relaxation or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus (3) \_\_\_\_\_ those first. If necessary, you can delay less urgent activities until you've finished your important tasks. Remember that it's okay to say no sometimes if you feel overwhelmed. Thirdly, take (4) \_\_\_\_\_ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also advisable to get small tasks done during short breaks between classes. Finally, don't be too hard on yourself if you can't do everything perfectly. It's normal to occasionally feel stressed out. In these situations, you can consider (5) \_\_\_\_\_ to a teacher or school counsellor for support.

- |                      |               |               |                 |
|----------------------|---------------|---------------|-----------------|
| 1. A. limitation     | B. period     | C. management | D. awareness    |
| 2. A. give           | B. hold       | C. work       | D. make         |
| 3. A. to             | B. on         | C. with       | D. of           |
| 4. A. responsibility | B. action     | C. advantage  | D. moment       |
| 5. A. talking        | B. to talking | C. talked     | D. to be talked |

③ Teenagers today live in a very competitive world. It is more important than ever to succeed at school if you hope to (1) \_\_\_\_\_ a chance in the job market afterwards. It's no wonder that many young people worry (2) \_\_\_\_\_ letting down their parents, their peers and themselves. To try to please everyone, they take on too many tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people (3) \_\_\_\_\_ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the form of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which (4) \_\_\_\_\_ become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better ways to deal with stress: physical exercise is a good release for stress, (5) \_\_\_\_\_ it increases certain chemicals in the brain which calm you down. You have to get enough sleep to avoid stress and to stay healthy and full of energy.

- |                |            |            |               |
|----------------|------------|------------|---------------|
| 1. A. wonder   | B. have    | C. doing   | D. take on    |
| 2. A. of       | B. at      | C. about   | D. with       |
| 3. A. suffer   | B. please  | C. balance | D. cope with  |
| 4. A. can't    | B. mustn't | C. have to | D. can        |
| 5. A. although | B. unless  | C. because | D. because of |

**Exercise 4: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.**

① Have you ever felt so passionate about something that you couldn't stop thinking about it? That overwhelming feeling of excitement and dedication is what makes following your passions so rewarding. For teenagers, discovering their passions can be a significant step towards a fulfilling future.

Passions can take many forms. It could be a love for music and playing an instrument, a fascination with science and conducting experiments, or a talent for writing and expressing oneself creatively. When teenagers pursue their passions, they often experience a sense of purpose and motivation. They become eager to learn, develop new skills, and overcome challenges.

However, focusing on a passion isn't always easy. There may be times when friends seem more interested in different things, or family expectations can seem at odds with personal aspirations. It's important to remember that pursuing a passion requires commitment and **perseverance**. There will be setbacks and moments of doubt, but the feeling of accomplishment and satisfaction from pursuing something you truly love is worth the effort.

- What can be the best title for the passage?
  - "Teenagers and Their Hobbies"
  - "The Importance of Family Expectations"
  - "Overcoming Challenges in Pursuing Passions"
  - "Discovering and Following Your Passions"
- What is the main benefit of following one's passions, according to the passage?
  - Feeling overwhelmed
  - Developing new skills
  - Facing setbacks
  - Meeting family expectations
- Why might it be challenging to focus on a passion?
  - Friends are not interested
  - Family expectations conflict

- C. Personal aspirations are unclear D. Pursuing passions is effortless
4. According to the passage, why do teenagers experience a sense of purpose when pursuing their passions?
- A. They want to impress their friends B. They need to overcome challenges  
C. They become motivated D. They love music

5. What does the word "**perseverance**" in the passage mostly mean?
- A. laziness B. determination C. indifference D. confusion

② Being a teenager is like navigating a three-ring circus. On one hand, you're **juggling** the demands of school, with exams, homework, and projects testing your academic skills. On the other hand, you're likely involved in extracurricular activities, from sports and clubs to music lessons and volunteering. Add to that the ever-present desire for social interaction with friends and family, and it's no wonder teenagers often feel stretched thin.

This constant balancing act can be challenging. Finding enough time to meet all your commitments can be a struggle, leading to feelings of stress and anxiety. Prioritizing tasks and creating a schedule can help, but unexpected events and changes in plans can throw everything out of whack.

However, navigating this juggling act also offers valuable lessons. It teaches teenagers valuable skills like time management, organization, and prioritization. They learn to be responsible, handle pressure, and adapt to changing situations. Additionally, the diverse experiences gained through academics, activities, and social interactions contribute to personal development and self-discovery.

1. What is the main idea of the passage?
- A. Teenagers struggle with balancing school and extracurricular activities.  
B. The challenges of being a teenager resemble a three-ring circus.  
C. Prioritizing tasks is essential for managing stress.  
D. Social interactions contribute to personal development.
2. The word "**juggling**" in the passage is closest in meaning to \_\_\_\_\_.  
A. balancing B. dropping C. ignoring D. performing tricks
3. What contributes to the feeling of being "stretched thin" for teenagers?
- A. Social interactions with friends and family B. Unexpected events and changes in plans  
C. Academic exams and homework D. Extracurricular activities
4. How do diverse experiences contribute to teenagers' personal development?
- A. By improving time management skills B. By enhancing social interactions  
C. By teaching organization D. By fostering self-discovery
5. According to the passage, which of the following sentences is **TRUE**?
- A. Teenagers should avoid extracurricular activities.  
B. Unexpected events never disrupt teenagers' schedules.  
C. Handling pressure is a valuable skill learned by teenagers.  
D. Social interactions hinder personal development.

③

### WHAT IS IT LIKE BEING A TEENAGER IN BRITAIN?

#### School

British teenagers spend most of their time at school. Students in Britain can leave school at sixteen (grade 11). This is also the age when most students take their first important exams, the GCSE (General Certificate of Secondary Education). Most teens take between 5-10 subjects, which means a lot of studying. They are spending more time on homework than teenagers ever before. Forget watching TV, teenagers in Britain now spend 2-3 hours on homework after school.

#### School uniform

Visit almost any school in Britain and the first thing you'll notice is the school uniform. Although school uniform has its advantages, when they are: 15 or 16 most teenagers are tired of wearing it. When there is more than one school in a town, school uniforms can **highlight** differences between schools. In London there are many cases of bullying and fighting between pupils from different schools.

#### Clothes and looks

In Britain, some teens judge you by the shirt or trainers you are wearing, is 40% of British teenagers believe it's important to wear designer labels. If you want to follow the crowd, you need to wear trendy labels. Teenagers in Britain wear fashionable trainers and the more expensive, the better.

1. Most students in Britain take the GCSE when \_\_\_\_\_  
A. they are 11 years old B. they are 16 years old



① Healthy eating is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. (1) \_\_\_\_\_, having more energy, and improving your health, and boosting your mood.

By using these simple tips, (4) \_\_\_\_\_, varied, and nutritious diet that is as good for your mind as it is for your body.

- ② (1) \_\_\_\_\_. Firstly, it is important to set clear and realistic goals and prioritise tasks accordingly. This means that you must identify what is the most important and urgent and allocate time and resources accordingly. Next, creating a schedule or to-do list can be helpful in staying on track and ensuring that all tasks are completed within the time allotted. Thirdly, (2) \_\_\_\_\_ and time-wasting activities such as checking social media. Instead, you should focus on the task at hand and work efficiently to complete it. Additionally, taking regular breaks and scheduling time for self-care activities can help increase productivity and prevent burnout. Finally, (3) \_\_\_\_\_ that you are making progress towards your goals and accommodating yourself to any working conditions in your life. (4) \_\_\_\_\_, be more productive, and achieve success in all aspects of your life.

- WRITING
- 
- WRITING

1. all night / studied / nervous about / Feeling / the upcoming exam, / Emily /

- Bài tập Tiếng Anh 9 (Global)**

7. shouldn't/ visit/ the/ If/ park, / a/ national/ you/ feed/ you/ wildlife. /  
→ \_\_\_\_\_
8. medical/ you/ you' re/ advice. / consider/ should/ unwell,/ seeking/ If/ feeling/  
→ \_\_\_\_\_
9. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing, / asthma. /  
→ \_\_\_\_\_
10. more/ you/ practise/ posture, / confident. / good/ appear/ If/ you/ can/  
→ \_\_\_\_\_
11. smile. / If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/  
→ \_\_\_\_\_
12. If/ must/ have/ a/ question, / you/ and/ raise/ hand/ ask/ you/ your/ the/ teacher. /  
→ \_\_\_\_\_
13. If/ you/ license. / car,/ you/ have/ drive/ must/ a/ a/ to/ driver ' s/ want/  
→ \_\_\_\_\_
14. you/ have/ shouldn't/ money, / If/ it/ you/ don' t/ spend/ much/ on/ unnecessary/ things. /  
→ \_\_\_\_\_

**Exercise 2: Write the correct sentences using the suggested words. Use first conditional sentences with modal verbs. Number 0 is an example.**

0. Lan / make / delicious / dish / she / follow / recipe. (can)  
→ Lan can make a delicious dish if she follows the recipe.
1. your classmate/ want/ sleep/ early/ he/ make/ schedule. (should)  
→ \_\_\_\_\_
2. you/ want/ take/ part/ contest/ you/ fill/ this form. (must)  
→ \_\_\_\_\_
3. your brother/ get/ tired/ tomorrow/ he/ stay up late/ tonight. (might)  
→ \_\_\_\_\_
4. it/ rain/ tomorrow/ we/ have/ delay/ meeting. (may)  
→ \_\_\_\_\_
5. you/ finish/ test/ you/ hand/ it/ and/ leave/ home/ immediately. (can)  
→ \_\_\_\_\_
6. Linda/ win/ contest/ she/ have/ enough money/ go travelling/ Europe. (might)  
→ \_\_\_\_\_
7. you/ attend/ formal/ event/ you/ dress/ appropriate/ and/ behave/ polite. (should)  
→ \_\_\_\_\_
8. they/ want/ win/ competition/ they/ give/ best/ performance. (must)  
→ \_\_\_\_\_

**Exercise 3: Complete the second sentence in each pair so that it has a similar meaning to the first sentence, using "if".**

1. Unless you want to get sick, you should eat more healthily.  
→ \_\_\_\_\_
2. Read more books and you can broaden your knowledge.  
→ \_\_\_\_\_
3. Save money now and you can reward yourself with a long vacation at the end of the year.  
→ \_\_\_\_\_
4. People who live in a cold country don't like hot weather.  
→ \_\_\_\_\_
5. Teachers have to work very hard.  
→ \_\_\_\_\_
6. Stop telling lies or no one will trust you anymore.  
→ \_\_\_\_\_
7. Pay attention to the teacher or you can't understand the lessons.  
→ \_\_\_\_\_
8. Go to bed early or you will be exhausted the next morning.  
→ \_\_\_\_\_
9. Tuan might fail his English placement test. But he can take it again.  
→ \_\_\_\_\_
10. Don't touch the hot stove or you will burn yourself.  
→ \_\_\_\_\_

**Exercise 4: Combine the sentence using the modals with "if".**





1. You don't want to be late for the meeting. You take a taxi. → _____	(ought to)
2. You enter the stadium. You have a ticket. → _____	(can)
3. You want to be there on time. You leave here now. → _____	(must)
4. You want your health to be better. You go to bed early. → _____	(should)
5. You want to go to England to study. You are good at English. → _____	(must)
6. Your homework is ready. You take a short rest. → _____	(may)
7. You want to go home early. You finish your duty. → _____	(have to)
8. You finish cleaning the floor. You want to go fishing with Tom. → _____	(have to)
9. You have a lot of money. You work harder and harder. → _____	(may)
10. You don't study harder. You fail the examination again. → _____	(will)

**Exercise 5: Choose the correct answer A, B, C, or D to indicate the sentence that is closest in meaning to each of the following questions.**

- Teenagers often find talking to their parents hard.
  - Teenagers find hard to talk with their parents.
  - Teenagers often hardly find talking to their parents.
  - Teenagers often find it difficult to talk to their parents.
  - Teenagers often find it hard talking to their parents.
- If I had more time, I would join the school sports team.
  - I wouldn't join the school sports team unless I had more time.
  - Unless I have more time, I would join the school sports team.
  - I would join the school sports team, unless I have more time.
  - If I have more time, I will join the school sports team.
- Sue spends hours choosing the perfect outfit for school.
  - Sue doesn't care about how she looks at school.
  - Sue often changes her outfit after arriving at school.
  - It takes Sue very little time to find an outfit for school.
  - Sue takes a long time to choose the perfect outfit for school.
- "I've just finished my homework", Tina said.
  - Tina said she just finished her homework.
  - Tina said she had just finished her homework.
  - Tina said that she finished her homework.
  - Tina said that I have just finished her homework.
- The new student who is from Japan loves manga comics.
  - The new student loves manga comics from Japan.
  - The new student loves manga comics, whom is from Japan.
  - The new student who loves manga comics is from Japan.
  - The new student, that loves manga comics, is from Japan.
- She didn't get enough sleep because she stayed up late studying.
  - She didn't get enough sleep, so she stayed up late studying.
  - Since she stayed up late studying, she didn't get enough sleep.
  - She didn't get enough sleep, yet she stayed up late studying.
  - She didn't get enough sleep; therefore, she stayed up late studying.
- "I'll buy you a new bicycle if you stop eating junk food.", said Mary's mother.
  - Mary's mother promised to buy him a new bicycle if he stopped eating junk food.
  - Mary's mother promises to buy him a new bicycle if he stops eating junk food.
  - Mary's mother will promise to buy him a new bicycle if he stops eating junk food.
  - Mary's mother had promised to buy him a new bicycle if he stopped eating junk food.
- I had to lose some weight. I went on a strict diet.

- A. I had to lose some weight after I went on a strict diet.  
B. I went on a strict diet in order to lose some weight.  
C. I had to lose some weight before I went on a strict diet.  
D. I had to lose some weight even when I went on a strict diet.
9. People want to keep fit. Many people take up sports.  
A. Many people take up sports so as to keep fit.  
B. Many people want to keep fit so as to take up sports.  
C. Many people want to keep fit in order to take up sports.  
D. Although people want to keep fit, they take up sports.
10. I want to stay healthy. I try to eat lots of fruit.  
A. Although I try to eat lots of fruit, I stay healthy.  
B. I stay healthy though I eat lots of fruit.  
C. I try to eat lots of fruit in order to stay healthy.  
D. I eat lots of fruit, but I stay healthy.

**Exercise 6: Mark the letter A, B, C or D to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.**

①

- a. Firstly, create a daily schedule by prioritizing tasks. Allocate time for studying, hobbies, and relaxation.  
b. In conclusion, by organizing their time wisely, teenagers can achieve better balance and success in their daily lives.  
c. To manage their time effectively, they can follow these steps.  
d. Teenagers today face busy schedules due to school, extracurricular activities, and social commitments.  
e. Finally, learn to say no when necessary. Overcommitting can cause stress and hinder productivity.  
f. Secondly, avoid multitasking, as it can lead to inefficiency. Focus on one task at a time.

A. d - b - a - f - e - c

B. d - a - b - f - e - c

C. d - c - a - f - e - b

D. d - a - f - a - e - c

②

- a. In addition, stress can make it hard to focus and get a good night's sleep, which leaves us feeling tired and grumpy.  
b. Last but not least, learning to manage stress can help us feel happier and more relaxed.  
c. Managing stress is essential for a healthy lifestyle.  
d. So, finding healthy ways to deal with stress, like exercise or spending time with loved ones, is really important for our overall well-being.  
e. To begin with, when we're stressed, our bodies release hormones that can cause physical problems like headaches and upset stomachs.

A. c - e - a - b - d

B. c - e - a - b - d

C. c - e - a - b - d

D. c - a - e - b - d

- a. Additionally, getting enough sleep helps us feel more alert and focused during the day, making it easier to learn and remember things.  
b. Sleep is very important for our overall health and well-being.  
c. Lastly, a good night's sleep can boost our mood and reduce stress, leading to a happier and healthier life.  
d. To be sure, when we sleep, our bodies repair themselves and our brains process the day's information.  
e. So, making sleep a priority is crucial for feeling our best both physically and mentally.

A. c - b - d - a - e

B. a - e - b - d - c

C. e - b - c - a - d

D. b - d - a - c - e

--- THE END ---

