

Unit 3: Healthy living for teens – GRADE 9 Global Success

A. Vocabulary

Từ vựng	Phiên âm	Loại từ	Định nghĩa	Câu ví dụ
Healthy living	/ˈhelθiˈlɪvɪŋ/	(n)	lối sống lành mạnh	Practicing yoga is an important aspect of healthy living.
Physical health	/ˈfɪz.ɪ.kəl helθ/	(n)	sức khỏe thể chất	Regular sleep is crucial for maintaining good physical health.
Mental health	/ˈmentl helθ/	(n)	sức khỏe tinh thần	Meditation can greatly improve your mental health.
Maintain	/meɪnˈteɪn/	(v)	duy trì	To avoid injury, it's important to maintain proper posture.
Healthy diet	/əˈhelθiˈdaɪət/	(n)	chế độ ăn lành mạnh	A healthy diet helps boost your energy levels.
Do exercise	/duː ekˈsəˌsaɪz/	(v)	tập thể dục	I always do exercise after a long day at work.
Counsellor	/ˈkaʊnsələ(r)/	(n)	người cố vấn	A career counsellor can guide you through your job search.
Reduce stress	/rɪˈdjuːs stres/	(v)	giảm căng thẳng	Spending time in nature helps to reduce stress.
Look after	/lʊk ˈɑːftə(r)/	(phr.v)	chăm sóc	She looks after her younger brother while their parents are at work.
Well-balanced life	/welˈbælənst laɪf/	(n)	cuộc sống cân bằng	Pursuing hobbies and work in equal measure can lead to a well-balanced life.
Balance	/ˈbæləns/	(n)	cân bằng	Finding the right balance between work and leisure is essential.
Priority	/praɪˈɒrəti/	(n)	ưu tiên	Your health should always be a priority.
Give priority	/ɡɪv praɪˈɒrəti/	(v)	ưu tiên, đặt lên hàng đầu	We need to give priority to resolving these issues before moving forward.
Work out	/wɜːk aʊt/	(v)	tập thể dục	They work out at the gym three times a week.
Achieve	/əˈtʃiːv/	(v)	đạt được, hoàn thành	She achieved her dream of becoming a doctor through hard work.
Manage time	/ˈmænɪdʒ taɪm/	(v)	quản lý thời gian	Effective time management can lead to better productivity.
Try	/traɪ/	(v)	cố gắng, thử	Try to arrive early for your appointment to avoid any delays.
Accomplish	/əˈkʌmplɪʃ/	(v)	hoàn thành, đạt	He accomplished his goal of learning

			được	a new language in six months.
Delay	/dɪˈleɪ/	(v)	trì hoãn, hoãn lại	The flight was delayed due to bad weather.
Due date	/djuː deɪt/	(n)	hạn chót, ngày đến hạn	The due date for the assignment is next Tuesday.
Optimistic	/ˌɒptɪˈmɪstɪk/	(adj)	lạc quan	She has an optimistic view of the future.
Stressed out	/strest aʊt/	(adj)	căng thẳng	He felt stressed out about the upcoming exam.
Distraction	/dɪˈstrækʃn/	(n)	sự xao nhãng, sự mất tập trung	Turning off notifications can help minimize distractions.
Intend	/ɪnˈtend/	(v)	có ý định, dự định	I intend to visit Paris next summer.
Wait for	/weɪt fɔːr/	(phr.v)	chờ đợi	We will wait for your decision before proceeding.
Gain weight	/geɪn weɪt/	(v)	tăng cân	Eating high-calorie foods can cause you to gain weight.
Fast food	/fɑːst fuːd/	(n)	đồ ăn nhanh	Avoiding fast food can lead to better overall health.
Stay up late	/steɪ ʌp leɪt/	(phr.v)	ngủ muộn	Staying up late can affect your performance the next day.
Awake	/əˈweɪk/	(adj)	tỉnh táo	Drinking coffee helps me stay awake during long meetings.
Complete	/kəmˈpliːt/	(v)	hoàn thành	Please complete the form and submit it by Friday.
Get burnt	/get bɜːnt/	(v)	bị cháy nắng	Apply sunscreen to avoid getting burnt.
Effectively	/ɪˈfektɪvli/	(adv)	có hiệu quả	You need to study effectively to pass the exams.
Train	/treɪn/	(v)	luyện tập	She trains every day to become a better athlete.
Shoulder pain	/ˈʃəʊldə peɪn/	(n)	đau vai	He experienced shoulder pain after lifting heavy weights.
Punish	/ˈpʌn.ɪʃ/	(v)	trừng phạt	It's important not to punish children in anger.
Get through	/get θruː/	(v)	vượt qua	She managed to get through the difficult times with support.
Lose weight	/luːz weɪt/	(v)	giảm cân	Regular exercise helps to lose weight

				effectively.
Invite	/ɪnˈvaɪt/	(v)	mời	We are planning to invite our friends to a summer barbecue.
Finish	/ˈfɪnɪʃ/	(v)	kết thúc	She finished the book in just two days.
Ingredient	/ɪnˈɡriːdiənt/	(n)	thành phần	The recipe requires several basic ingredients.
Praise	/preɪz/	(v)	tán dương, khen thưởng	The coach praised the team for their hard work.
Encourage	/ɪnˈkʌrɪdʒ/	(v)	khuyến khích	Teachers should encourage students to express their ideas.
Difficulty	/ˈdɪfɪkəlti/	(n)	khó khăn	She faced difficulty understanding the complex instructions.
Thankful	/ˈθæŋkfl/	(adj)	biết ơn	I am thankful for the support of my friends during tough times.
Happiness	/ˈhæpɪnəs/	(n)	sự hạnh phúc	Spending time in nature brings me true happiness.
Instead of	/ɪnˈsted əv/	(phr)	thay vì	Instead of watching TV, you could read a book.
No matter	/noʊ ˈmætər/	(phr)	không quan trọng	No matter the obstacles, he never gave up.
Properly	/ˈprɒpəli/	(adv)	đúng cách	The machine should be operated properly to avoid accidents.
Come up with	/kʌm ʌp wɪð/	(phr.v)	nghĩ ra, đưa ra	We need to come up with new ideas for the project.
Combination	/ˌkɒmbɪˈneɪʃn/	(n)	sự kết hợp	A combination of exercise and a healthy diet is essential.
Differentiate	/ˌdɪfəˈɛnʃieɪt/	(v)	phân biệt	It's important to differentiate between fact and opinion.
Efficiently	/ɪˈfɪʃəntli/	(adv)	hiệu quả	The team worked efficiently to complete the project on time.

B. Grammar

Câu Điều Kiện Loại 1 với Động Từ Khuyết Thiếu

Trong câu điều kiện loại 1, chúng ta thường sử dụng thì hiện tại đơn trong mệnh đề **if** và **will + động từ nguyên thể** trong mệnh đề chính để diễn tả một hành động có thể xảy ra trong tương lai nếu điều kiện được đáp ứng. Tuy nhiên, bạn có thể thay thế **will** bằng các động từ khuyết thiếu để thể hiện các sắc thái khác nhau như khả năng, sự cho phép, sự cần thiết, và lời khuyên.

Cấu Trúc Câu Điều Kiện Loại 1:

- **Mệnh đề if:** Thì hiện tại đơn

- **Mệnh đề chính:** Will + động từ nguyên thể (hoặc các động từ khuyết thiếu)

Ví dụ:

1. Khả năng (Can)

- **Câu chuẩn:** If you study hard, you will pass the exam.
 - (Nếu bạn học chăm chỉ, bạn sẽ vượt qua kỳ thi.)
- **Sử dụng "can":** If you study hard, you can pass the exam.
 - (Nếu bạn học chăm chỉ, bạn có thể vượt qua kỳ thi.)
- **Giải thích:** Ở đây, "can" diễn tả khả năng của việc vượt qua kỳ thi nếu bạn học chăm chỉ.

2. Sự cho phép (Can)

- **Câu chuẩn:** If you finish your homework, you will be allowed to go out.
 - (Nếu bạn hoàn thành bài tập về nhà, bạn sẽ được phép ra ngoài.)
- **Sử dụng "can":** If you finish your homework, you can go out with your friends.
 - (Nếu bạn hoàn thành bài tập về nhà, bạn có thể ra ngoài với bạn bè.)
- **Giải thích:** "Can" ở đây thể hiện quyền hoặc sự cho phép sau khi hoàn thành công việc.

3. Sự cần thiết (Must)

- **Câu chuẩn:** If you want to stay healthy, you will need to eat a balanced diet.
 - (Nếu bạn muốn giữ sức khỏe, bạn sẽ cần phải ăn một chế độ ăn uống cân bằng.)
- **Sử dụng "must":** If you want to stay healthy, you must eat a balanced diet.
 - (Nếu bạn muốn giữ sức khỏe, bạn phải ăn một chế độ ăn uống cân bằng.)
- **Giải thích:** "Must" thể hiện sự cần thiết hoặc yêu cầu để duy trì sức khỏe.

4. Lời khuyên (Should)

- **Câu chuẩn:** If you feel stressed, you will need to take a break.
 - (Nếu bạn cảm thấy căng thẳng, bạn sẽ cần phải nghỉ ngơi.)
- **Sử dụng "should":** If you feel stressed, you should take a break.
 - (Nếu bạn cảm thấy căng thẳng, bạn nên nghỉ ngơi.)
- **Giải thích:** "Should" cung cấp lời khuyên về việc làm gì để giảm bớt căng thẳng.

5. Khả năng xảy ra của sự việc (Might)

- **Câu chuẩn:** If it rains, we will stay indoors.
 - (Nếu trời mưa, chúng tôi sẽ ở trong nhà.)
- **Sử dụng "might":** If it rains, we might stay indoors.
 - (Nếu trời mưa, chúng tôi có thể ở trong nhà.)
- **Giải thích:** "Might" thể hiện khả năng có thể xảy ra nếu trời mưa, không chắc chắn như "will".

6. Sự cho phép (May)

- **Câu chuẩn:** If you complete the project, you will be allowed to leave early.
 - (Nếu bạn hoàn thành dự án, bạn sẽ được phép rời sớm.)
- **Sử dụng "may":** If you complete the project, you may leave early.
 - (Nếu bạn hoàn thành dự án, bạn có thể rời sớm.)
- **Giải thích:** "May" thể hiện sự cho phép có thể được cấp sau khi hoàn thành nhiệm vụ.

7. Sử dụng "unless" trong câu điều kiện loại 1

Form:

- **Unless + S + V1(s/es), S + will + V0**

● **Use:**

- "Unless" có thể thay thế cho "if... not" và vẫn giữ cấu trúc câu điều kiện loại 1.

● **Example:**

- **If you don't work hard, you will fail the exam.**
 - (Nếu bạn không học chăm chỉ, bạn sẽ rớt bài kiểm tra.)
- **Unless you work hard, you will fail the exam.**
 - (Nếu bạn không học chăm chỉ, bạn sẽ rớt bài kiểm tra.)

C. Practice

I. Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation.

Question 1: A. <u>a</u> ccomplish	B. <u>a</u> dditional	C. <u>a</u> nxiety	D. <u>a</u> ssignment
Question 2: A. <u>d</u> eadline	B. <u>m</u> inimise	C. <u>p</u> hysical	D. <u>p</u> riority
Question 3: A. <u>e</u> ducate	B. <u>d</u> eadline	C. <u>d</u> istracti <u>o</u> n	D. <u>s</u> tudy
Question 4: A. coun <u>s</u> ellor	B. <u>p</u> hys <u>i</u> cal	C. opti <u>m</u> istic	D. <u>s</u> ubmit
Question 5: A. <u>h</u> ealthy	B. <u>h</u> appy	C. <u>h</u> omework	D. <u>h</u> onour
Question 6: A. <u>h</u> onour	B. <u>h</u> appy	C. <u>h</u> urry	D. <u>a</u> head
Question 7: A. <u>s</u> ever <u>a</u> l	B. <u>s</u> tart	C. <u>r</u> egular	D. <u>p</u> arent
Question 8: A. <u>w</u> here	B. <u>h</u> onest	C. <u>h</u> omesick	D. <u>c</u> horus
Question 9: A. <u>h</u> andshake	B. <u>n</u> aught <u>y</u>	C. <u>r</u> ed <u>h</u> ead	D. <u>s</u> eah <u>o</u> rse
Question 10: A. <u>h</u> ow	B. <u>u</u> n <u>h</u> appy	C. <u>h</u> our	D. <u>b</u> eh <u>i</u> nd
Question 11: A. <u>h</u> onest	B. <u>b</u> eh <u>i</u> nd	C. <u>h</u> our	D. <u>w</u> hale
Question 12: A. <u>w</u> hen	B. <u>c</u> heetah	C. <u>h</u> it	D. <u>g</u> host
Question 13: A. <u>r</u> ead	B. <u>g</u> ra <u>s</u> s	C. <u>b</u> ri <u>g</u> ht	D. <u>f</u> or <u>b</u> idden
Question 14: A. <u>r</u> eporter	B. <u>d</u> epa <u>r</u> t	C. <u>a</u> rr <u>e</u> st	D. <u>r</u> ank
Question 15: A. <u>a</u> fter <u>n</u> oon	B. <u>r</u> ing	C. <u>b</u> ri <u>g</u> ing	D. <u>r</u> ight
Question 16: A. <u>w</u> rong	B. <u>w</u> onder <u>f</u> ul	C. <u>s</u> or <u>r</u> y	D. <u>a</u> rr <u>a</u> nge
Question 17: A. <u>r</u> oad	B. <u>s</u> to <u>r</u> m	C. <u>f</u> ry	D. <u>g</u> ra <u>s</u> s
Question 18: A. <u>r</u> aise	B. <u>c</u> ra <u>c</u> k	C. <u>r</u> ich	D. <u>a</u> ir <u>p</u> ort
Question 19: A. <u>v</u> er <u>y</u>	B. <u>q</u> uar <u>t</u> er	C. <u>p</u> re <u>t</u> ty	D. <u>p</u> rou <u>d</u>
Question 20: A. <u>r</u> ed	B. <u>h</u> ur <u>t</u>	C. <u>w</u> o <u>r</u> d	D. <u>f</u> o <u>r</u> k

II. Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in following questions.

Question 1: A. accomplish	B. minimize	C. physical	D. liveable
Question 2: A. delay	B. mental	C. deadline	D. balance
Question 3: A. accomplish	B. minimise	C. physical	D. liveable
Question 4: A. additional	B. optimistic	C. priority	D. appropriate
Question 5: A. disappointed	B. preparation	C. adolescence	D. communicate
Question 6: A. pressure	B. convince	C. friendship	D. guidance
Question 7: A. fattening	B. happiness	C. anxiety	D. negative
Question 8: A. anxiety	B. assignment	C. distraction	D. counsellor
Question 9: A. mental	B. delay	C. advise	D. awake
Question 10: A. additional	B. anxiety	C. appropriate	D. optimistic
Question 11: A. adolescence	B. adulthood	C. cognitive	D. concentrate
Question 12: A. confident	B. delighted	C. depressed	D. embarrassed
Question 13: A. emergency	B. frustrated	C. independence	D. decision

- Question 14:** A. accomplish B. assignment C. distraction D. minimise
Question 15: A. counsellor B. physical C. maintaining D. organise
Question 16: A. guidance B. informed C. childhood D. pressure
Question 17: A. adolescence B. disappointed C. independence D. emotional
Question 18: A. cognitive B. abandon C. emotion D. important
Question 19: A. disappointed B. preparation C. adolescence D. communicate
Question 20: A. pressure B. convince C. friendship D. guidance

III. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions. (Vocabulary)

- Question 1:** Regular _____ is essential for maintaining good physical and mental health.
A. distraction B. fast food C. exercise D. delay
- Question 2:** A _____ can help you manage stress and provide guidance in difficult times.
A. counsellor B. distraction C. priority D. punishment
- Question 3:** Eating a _____ helps you stay fit and full of energy.
A. due date B. fast food C. healthy diet D. praise
- Question 4:** It's important to _____ your time effectively to balance work and leisure.
A. delay B. manage C. train D. punish
- Question 5:** To stay healthy, try to _____ at least three times a week.
A. work out B. gain weight C. look after D. wait for
- Question 6:** Avoid eating too much _____ if you want to lose weight.
A. well-balanced life B. fast food C. encouragement D. accomplishment
- Question 7:** Regular exercise can help you _____ stress.
A. reduce B. delay C. invite D. get through
- Question 8:** It's crucial to _____ a well-balanced life to achieve long-term happiness.
A. maintain B. punish C. complete D. get burnt
- Question 9:** Teens should _____ enough sleep and not stay up late too often.
A. intend B. maintain C. prioritize D. give priority
- Question 10:** An optimistic mindset can help you overcome _____ in life.
A. distraction B. difficulties C. combination D. delay
- Question 11:** Make _____ a priority if you want to stay healthy.
A. fast food B. exercise C. stress D. distraction
- Question 12:** A positive outlook on life can reduce feelings of being _____.
A. stressed out B. encouraged C. different D. accomplished
- Question 13:** To stay fit, _____ your workout routine regularly.
A. come up with B. delay C. train D. balance
- Question 14:** It's important to _____ properly before starting your day.
A. finish B. manage time C. awake D. eat
- Question 15:** Being _____ can lead to making healthier decisions.
A. stressed out B. optimistic C. distracted D. encouraged
- Question 16:** Always try to _____ before the due date.
A. finish B. wait C. delay D. complete
- Question 17:** It's important to _____ after your mental health by practicing relaxation techniques.
A. look B. invite C. wait D. gain
- Question 18:** You should _____ to accomplish your goals, no matter how difficult they are.
A. finish B. try C. delay D. distract
- Question 19:** Proper _____ can help you stay organized and reduce stress.
A. time management B. exercise C. delay D. sleep

- Question 20:** A _____ life allows you to balance work, leisure, and health effectively.
A. stressed B. well-balanced C. delayed D. fast
- Question 21:** Teens should avoid _____ late at night to ensure they get enough rest.
A. eating B. accomplishing C. staying up D. balancing
- Question 22:** Regular _____ can help prevent physical health issues like obesity.
A. exercise B. delay C. distraction D. punishment
- Question 23:** If you want to stay fit, _____ fast food and choose healthier options.
A. finish B. avoid C. intend D. maintain
- Question 24:** Feeling _____ is natural, but it's important to manage it effectively.
A. happy B. stressed out C. complete D. encouraged
- Question 25:** Try to _____ with new ideas to make your workout routine more interesting.
A. come up B. balance C. delay D. wait
- Question 26:** When planning your day, make _____ your top priority to stay on track.
A. health B. distractions C. difficulties D. delays
- Question 27:** Eating a _____ can help you maintain a healthy weight.
A. healthy diet B. fast food C. distraction D. punishment
- Question 28:** Regular exercise is a key component of _____ health.
A. physical B. delayed C. fast D. due
- Question 29:** To avoid injury, it's important to _____ before starting a workout.
A. punish B. stretch C. distract D. delay
- Question 30:** Balancing school, exercise, and social life requires good _____ skills.
A. distraction B. time management C. punishment D. due date
- Question 31:** Practicing _____ techniques can help reduce stress and improve mental health.
A. punishment B. distraction C. relaxation D. due date
- Question 32:** Teens should _____ to exercise regularly, even when they're busy.
A. intend B. try C. wait D. punish
- Question 33:** A _____ lifestyle includes eating well, exercising, and getting enough sleep.
A. stressful B. healthy C. fast D. delayed
- Question 34:** If you _____ your assignments, it will lead to unnecessary stress.
A. delay B. manage C. avoid D. maintain
- Question 35:** It's crucial to _____ a balance between schoolwork and social activities.
A. complete B. punish C. maintain D. finish
- Question 36:** Eating _____ too often can cause you to gain weight.
A. fast food B. healthy food C. stress D. encouragement
- Question 37:** When feeling overwhelmed, take a break to _____ and reduce stress.
A. relax B. delay C. punish D. stress out
- Question 38:** It's important to _____ time for exercise in your daily schedule.
A. manage B. balance C. complete D. delay
- Question 39:** Teens should _____ their stress levels by avoiding too much screen time.
A. delay B. manage C. encourage D. finish
- Question 40:** Being _____ can help you stay focused and achieve your goals.
A. distracted B. punished C. optimistic D. stressed out
- Question 41:** Getting enough sleep is crucial for maintaining good _____ health.
A. mental B. delayed C. punished D. stressful
- Question 42:** When setting goals, be sure to _____ tasks in order of importance.
A. finish B. delay C. prioritize D. punish
- Question 43:** To avoid _____, plan your tasks ahead of time and stick to the schedule.
A. stress B. distraction C. punishment D. delay

Question 44: A good night's sleep will leave you feeling _____ and ready to take on the day.

- A. awake B. distracted C. stressed out D. punished

Question 45: It's important to _____ healthy habits early in life to ensure long-term well-being.

- A. delay B. finish C. develop D. punish

Question 46: If you want to _____, focus on a balanced diet and regular exercise.

- A. gain weight B. lose weight C. distract D. punish

Question 47: Regular exercise is essential for both _____ and physical health.

- A. mental B. delayed C. distracted D. stressful

Question 48: To stay healthy, _____ a variety of nutritious foods in your diet.

- A. delay B. avoid C. include D. punish

Question 49: When stressed, it's helpful to talk to a _____ who can offer support.

- A. counsellor B. punisher C. delay D. distraction

Question 50: Teens should _____ staying up late as it can affect their mental health.

- A. delay B. finish C. avoid D. punish

III. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

(Grammar)

Question 1: Unless you _____ enough water, you _____ become dehydrated.

- A. drink – might B. drink – will C. drink – won't D. will drink – might

Question 2: Unless she _____ her sleep schedule, she _____ feel tired.

- A. changes – will B. change – might C. changes – might D. will change – might

Question 3: Unless they _____ regular exercise, they _____ gain weight.

- A. do – might B. do – will C. do – won't D. will do – get

Question 4: Unless you _____ proper nutrition, you _____ struggle with your health.

- A. get – might B. get – will C. get – won't D. will get – might

Question 5: Unless he _____ his study time effectively, he _____ fall behind.

- A. manages – will B. manage – might C. manages – might D. will manage – fall

Question 6: Unless you _____ good posture, you _____ experience back pain.

- A. maintain – might B. maintain – will C. maintain – won't D. will maintain – have

Question 7: Unless they _____ their screen time, they _____ suffer from eye strain.

- A. reduce – might B. reduce – will C. reduce – won't D. will reduce – have

Question 8: Unless she _____ enough fruits, she _____ lack essential vitamins.

- A. eats – might B. eat – will C. eats – will D. will eat – lack

Question 9: Unless you _____ distractions, you _____ have trouble focusing.

- A. eliminate – will B. eliminate – might C. eliminate – won't D. will eliminate – have

Question 10: Unless they _____ a balanced diet, they _____ be at risk of nutritional deficiencies.

- A. follow – might B. follow – will C. follow – won't D. will follow – have

Question 11: If you _____ time for relaxation, you will avoid feeling overwhelmed.

- A. will make B. make C. should make D. must make

Question 12: If they _____ a balanced diet, they might feel more energetic.

- A. will follow B. should follow C. follows D. follow

Question 13: If you _____ physical exercise into your daily routine, your physical health can improve.

- A. incorporate B. should incorporate C. will incorporate D. must incorporate

Question 14: If she _____ positive thinking, she may become more optimistic.

- A. practices B. practice C. should practice D. will practice

Question 15: If you _____ away from negative influences, you might feel happier.

- A. stay B. stays C. should stay D. will stay

Question 16: If they _____ their diet, they can reduce the risk of illness.

- A. will improve B. improves C. improve D. should improve

Question 17: If you _____ distractions, you will focus better on your studies.

- A. eliminate B. will eliminate C. eliminates D. should eliminate

Question 18: If teens _____ healthier snacks, they will have more energy throughout the day.

- A. choose B. chooses C. should choose D. will choose

Question 19: If you _____ good posture, you may avoid back pain in the future.

- A. maintains B. will maintain C. should maintain D. maintain

Question 20: If they _____ active, they can prevent many health issues.

- A. stay B. will stay C. should stay D. stays

Question 21: Unless you follow a healthy diet, you _____ feel tired.

- A. might B. will C. can D. should

Question 22: If he doesn't manage his time well, he _____ miss his deadlines.

- A. will B. should C. can D. might

Question 23: Unless they exercise regularly, they _____ struggle with their fitness goals.

- A. will B. should C. might D. can

Question 24: If you stay up too late, you _____ have trouble waking up in the morning.

- A. might B. should C. will D. can

Question 25: Unless she balances her study and relaxation, she _____ become stressed.

- A. will B. should C. can D. might

IV. Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

- a. Furthermore, if you exercise regularly, you can improve your fitness and well-being.
b. Firstly, regular physical activity is essential for maintaining good health.
c. Moreover, incorporating exercise into your daily routine will help you stay active.
d. In addition, you should find activities that you enjoy to stay motivated.
e. Finally, staying active contributes to both physical and mental health.

- A. a-d-b-c-e B. b-c-d-a-e C. a-b-d-e-c D. b-e-c-d-a

- a. First of all, if you choose nutritious foods, you will support your overall health.

- b. Moreover, healthy eating habits are crucial for teens.

- c. In addition, planning your meals can help you include a variety of nutrients.

- d. Furthermore, eating a balanced diet helps in maintaining energy levels.

- e. Finally, you should avoid sugary and processed foods to stay healthy.

- A. a-d-b-e-c B. b-a-e-c-d C. a-b-c-d-e D. b-d-a-e-c

- a. Moreover, creating a relaxing bedtime routine can help improve sleep quality.

- b. If you follow a regular sleep schedule, you will feel more refreshed.

- c. Additionally, getting enough sleep is vital for your health.

- d. Furthermore, avoiding screens before bed supports better sleep.

- e. Finally, proper rest is important for both physical and mental recovery.

- A. a-b-d-e-c B. c-b-a-d-e C. e-d-c-b-a D. b-a-c-d-e

- a. Firstly, Staying hydrated is important for maintaining health.

- b. Additionally, Aim to drink at least 8 glasses of water each day.

- c. Secondly, Drinking water helps in preventing dehydration and improving energy.

- d. Moreover, If you drink enough water daily, you will support your body's functions.

- e. Finally, Carrying a water bottle can remind you to drink regularly.

- A. c-b-d-a-e B. a-c-b-d-e C. a-c-d-b-e D. c-d-a-b-e

- a. Furthermore, incorporating mindfulness into your routine supports emotional well-being.

- b. Moreover, creating a balanced schedule that includes relaxation can improve mental health.

- c. Firstly, managing stress is essential for a healthy lifestyle.

- d. In addition, regular breaks and leisure activities can help in managing stress.

- e. Finally, if you practice relaxation techniques, you can reduce stress levels.

- A. c-b-d-a-e B. a-e-b-d-c C. e-b-c-a-d D. b-d-a-c-e

- a. Sleep is very important for staying healthy because it helps your brain and emotions work well.

- b. So, if you keep a regular sleep schedule, you will feel better.

- c. This way, you can take better care of your health.
 d. In addition, avoiding late-night activities makes your sleep better.
 e. Also, creating a calm bedtime routine can help you fall asleep.
 A. a-c-d-b-e B. a-b-e-c-d C. a-d-b-e-c D. a-e-b-d-c
- a. Physical activity is beneficial for teens.
 b. Therefore, if you engage in regular exercise, you can enhance your fitness levels.
 c. As a result, regular exercise also helps in managing stress effectively.
 d. Additionally, choosing enjoyable activities increases motivation for exercise.
 e. Moreover, incorporating different types of exercise can benefit overall health.
 A. a-c-b-e-d B. a-d-b-e-c C. a-b-e-c-d D. a-e-b-c-d
- a. Good health requires making the right choices.
 b. First, if you get regular exercise, you might reduce stress.
 c. Secondly, if you follow a healthy diet, you should feel more energetic.
 d. Finally, if you avoid staying up late, you can improve your sleep quality.
 A. a-b-c-d B. a-d-b-c C. a-b-d-c D. a-c-b-d
- a. To live a healthy life, certain habits are essential.
 b. First, if you practice good hygiene, you can prevent many illnesses.
 c. Secondly, if you eat more fruits and vegetables, you should boost your immune system.
 d. Finally, if you take time for relaxation, you might enhance your overall well-being.
 A. a-b-c-d B. a-d-b-c C. a-b-d-c D. a-c-b-d
- a. Adopting healthy habits is key to staying fit.
 b. First, if you incorporate regular exercise into your routine, you will feel stronger.
 c. Secondly, if you get sufficient sleep, you should recover faster.
 d. Finally, if you manage your stress levels, you might feel more focused.
 A. a-b-c-d B. a-c-b-d C. a-b-d-c D. a-d-b-c

V. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

1.
 It's not easy to manage school and life, but with some good time (1) _____ techniques, it's possible to (2) _____ a study-life balance. Here are some tips for secondary-school students. Firstly, (3) _____ 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 (4) _____ or hobbies. Secondly, learn to prioritise. You should identify the most important tasks and focus on those first. If necessary, you can (5) _____ 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 (6) _____ of any free time during the day. For example, you can use long bus journeys to read or review notes. It is also (7) _____ to get small tasks done during short breaks between classes. Finally, don't be too (8) _____ on yourself if you can't do everything perfectly. It's normal to occasionally feel (9) _____ out. In these situations, you can consider talking to a teacher or school (10) _____ for support.

- | | | | |
|---------------------|---------------|-------------------|----------------|
| 1. A. limitation | B. period | C. management | D. awareness |
| 2. A. achieve | B. provide | C. collect | D. contain |
| 3. A. give | B. make | C. work | D. hold |
| 4. A. communication | B. relaxation | C. education | D. application |
| 5. A. create | B. finish | C. delay | D. complete |
| 6. A. advantage | B. action | C. responsibility | D. moment |
| 7. A. advise | B. advice | C. advising | D. advisable |
| 8. A. simple | B. hard | C. strong | D. wise |
| 9. A. stressed | B. nervous | C. anxious | D. negative |
| 10. A. manager | B. counsellor | C. collector | D. developer |

2.

When I was at school, I had to learn how to have a well-balanced life in order to reduce stress and anxiety. Here are some of the typical things I did. Firstly, I managed my time properly. (1) _____ I started to plan my schedule, made a weekly work list and gave priority to some of my work. This helped me concentrate my efforts on my most important tasks. In addition, I communicated with my family, friends, and teachers about my busy schedule and problems, so they would offer me additional (2) _____ support. I also took breaks appropriately because they helped me keep away from stress and anxiety and gave my brain a rest and improved my (3) _____. Finally, I looked after my (4) _____. I got at least eight hours of sleep a day. I played football with my classmates twice a week and went for a walk with my grandparents early every morning. Besides, I also tried to (5) _____ a healthy diet. I ate a lot of fruit and vegetables. I ate little fattening foods and avoided (6) _____ like chips, cookies, pizza, etc.

Question 1: A. however B. therefore C. but D. because

Question 2: A. a B. the C. some D. O

Question 3: A. happy B. happier C. happiness D. happily

Question 4: A. healthy diet B. junk foods C. physical health D. mood

Question 5: A. take part B. healthy diet C. be careful D. make sure

Question 6: A. junk foods B. healthy diet C. physical health D. support

3.

Most people think mental and (1) _____ health issues are not related. However, professionals believe



that having one issue can increase the chances of having another. The connection between mental (2) _____ physical health is often due to stress. If you have problems at work or home, it (3) _____ affect your physical health. (4) _____, a stressed person might eat unhealthy food because they are too tired to cook. Stress can also weaken the immune system and make it harder to fight off

infections. This can happen if people (5) _____ too tired to eat well and take of themselves. Mental and physical health are also connected through (6) _____ and hormone levels, (7) _____ can affect different parts of the body, in brain.



(Adapted from: <https://sageclinic.org>)

Question 1: A. physics B. physical C. physically D. physicist

Question 2: A. to B. from C. and D. but

Question 3: A. won't B. could C. would D. can

Question 4: A. For example B. However C. Because D. Although

Question 5: A. will be B. are C. is D. would be

Question 6: A. priority B. deadline C. mood D. stress

Question 7: A. which B. that C. who D. whom

4.

Healthy Living for Teens

Maintaining a healthy lifestyle is crucial for teenagers as it helps them perform better in school and enjoy their daily activities. (1) _____, it is important for teens to have a balanced diet. Eating a variety of fruits, vegetables, and whole grains provides the essential nutrients needed for growth and energy. Along with a healthy diet, (2) _____ is key. Teens should aim to be active for at least 60 minutes every day, whether it's through sports, biking, or simply walking. Moreover, getting enough sleep is vital. Teens need about (3) _____ of sleep each night to stay focused and alert. Managing stress is also important; teens can do this by practicing relaxation techniques like deep breathing or spending time with friends. By following these simple guidelines, teenagers can lead a healthier and happier life. (4) _____, they will feel more energized and focused.

(5) _____, teens should avoid (6) _____ and limit their intake of sugary snacks and drinks. Eating too many of these can lead to weight gain and poor overall health. Instead, they should prioritize (7) _____, which includes plenty of water and nutritious meals. (8) _____ their time well and make healthy choices, they will likely see improvements in their physical and mental well-being.

Question 1: A. However B. Firstly C. Although D. Because

Question 2: A. some B. regular C. few D. no

Question 3: A. a B. the C. some D. an

Question 4: A. If they follow these guidelines B. If they followed these guidelines
C. Should they follow these guidelines D. Unless they follow these guidelines

Question 5: A. In addition B. Therefore C. But D. However

Question 6: A. junk foods B. exercise C. vitamins D. water

Question 7: A. a healthy diet B. regular exercise C. junk foods D. sugar

Question 8: A. If teens manage B. Should teens manage C. If teens managed D. Unless teens manage

VI. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

1.

Many people will take on as many responsibilities either to make a good impression and showcase their dedication to work or because they just cannot say no. Yet, an overwhelming number of tasks can set a toll on our work efficiency and mindset. Therefore, setting a limit on how much workload we are willing to accept can help us manage our time and concentrate on the most important tasks. In turn, we will be able to focus and be more productive in the most pressing tasks. In addition, we can start by determining how much work is ideal for us and then be sure and confident to decline any offered workload that goes beyond it. If we feel bad about not being able to help, just explain to whoever asked that we do not have the time to do the quality work they expect or that we have other, more important deadlines to meet.

(Adapted from: <https://novoresume.com>)

Question 1: What is the main idea of the passage?

A. Set a limit on the workload.

B. Be more productive in tasks.

C. Meet important deadlines.

D. Learn to say no to work better.

Question 2: According to the passage, setting a limit on how much workload we are willing to accept will help us _____

A. manage our diet.

B. focus on the most crucial tasks

C. concentrate on the problems

D. manage the workload

Question 3: The word "they" in the last paragraph in paragraph 5 refers to _____.

A. people

B. tasks

C. workload

D. works

Question 4: The word "deadlines" in paragraph 5 is closest in meaning to _____.

A. accomplishments

B. distractions

C. due dates

D. assignments

Question 5: According to the passage, which of the following is true?

A. Having too much work affects our efficiency.

B. Limiting workload is unsuitable for managing time.

C. We must determine how much work is ideal.

D. People have much work because they say no.

(an overwhelming number of tasks can set a toll on our work efficiency and mindset)

2.

Portion control is also important when you're trying to lose weight. One problem many overweight teens have is that they underestimate how much they really eat. So, stop super-sizing, and learn what a healthy portion looks like. It may also help to eat more suitably. Six small meals per day appears to be one of the best approaches to eating, especially when you're trying to lose weight. Just remember these mini meals need to be

small. If you feel you are overweight, talk to your primary health care provider or a registered dietitian. There are plenty of medically supervised diets that work well for teens who need to lose more than 10 pounds. Just be sure to include exercise, or you'll find that the weight comes back as easily as **it** left you.

(Adapted from: <https://www.webmd.com>)

Question 1: What can be the best title of the passage?

- A. A tip to lose weight.
- B. How to gain weight?
- C. Trick to control portion.
- D. Eating too much!

Question 2: The word "**suitably**" is closest in meaning to _____.

- A. particularly
- B. additionally
- C. appropriately
- D. mentally

Question 3: What is the issue that many overweight teens have?

- A. overestimate how long they eat
- B. underestimate the food they eat
- C. overestimate the times they eat
- D. underestimate how much they eat

Question 4: What can we infer from the passage?

- A. Overweight teens always underestimate how much they eat.
- B. Eating smaller, more frequent meals can be helpful for weight loss.
- C. Doing exercise is more important than maintaining weight loss.
- D. It's useless to consult a healthcare provider or registered dietitian.

Question 5: The word "**it**" refers to _____.

- A. provider
- B. dietitian
- C. exercise
- D. weight

3.

Balance is key for Mary, a busy teenager. She uses an app to stay **organized** with her assignments and deadlines; the app helps her receive **reminders** to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid **distractions**, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

Question 1. Which title best describes the content of the text?

- A. How to Use Social Media Effectively
- B. Tips for Healthy Eating Habits
- C. Strategies for Managing Time Efficiently
- D. Importance of Exercise in Daily Life

Question 2. What is the main difference between Mary and James's approach to managing their time?

- A. Mary limits her social media use, while James avoids distractions by turning off notifications.
- B. Mary uses a to-do list, while James does not use any planning tools.
- C. Mary works overtime frequently, while James has a flexible work schedule.
- D. Mary spends a lot of time on social media, while James spends little time with his family.

Question 3. Which word is closest in meaning to 'organized'?

- A. Arrange
- B. Ignore
- C. Delay
- D. Confuse

Question 4. Which word is the opposite of 'distractions'?

- A. Interruptions
- B. Focus
- C. Disturbances
- D. Distractions

Question 5. Which word is closest in meaning to 'reminders'?

- A. Alerts
- B. Warnings
- C. Notifications
- D. Announcements

Question 6. Why does Mary limit her social media time?

- A. To avoid wasting time and stay focused
- B. To relax and clear her mind
- C. To focus on volunteer work
- D. To spend more time with her family

Question 7. Which statement is not true based on the text?

- A. James frequently checks social media notifications at work.
- B. Mary uses a daily to-do list to stay focused.
- C. James turns off notifications to avoid distractions.
- D. Mary enjoys volunteering at a local charity.

Circle the correct words or phrases to complete the sentences.

1. Spending too much time sitting and not being physically active can lead to a/an **(healthy / unhealthy)** lifestyle.
2. It's important to stick to a **(schedule / balance)** to stay organized and meet deadlines.
3. **(Worrying / Managing)** too much about what could go wrong can prevent you from accessing great opportunities.
4. Even in difficult times, she remains **(optimistic / regular)** and believes in the power of positive thinking.
5. Consuming a lot of **(fattening / nutritious)** food can contribute to weight gain and poor health.
6. Timmy was **(nervous / relieved)** about the upcoming job interview and couldn't sleep the night before.
7. A quiet and organized workspace can help reduce **(distractions / obstacles)** and improve concentration.
8. If you're experiencing persistent symptoms, it's advisable to **(consult / function)** a doctor for a proper diagnosis.
9. People who smoke cigarettes are more likely to **(suffer / develop)** from respiratory problems.
10. Nowadays, more and more people struggle with **(mental / physical)** health issues such as anxiety, depression, or bipolar disorder.

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)

→ _____

Reorder the words to make a correct sentence.

1. shouldn't/ visit/ the/ If/ park,/ a/ national/ you/ feed/ you/ wildlife./

→ _____

2. medical/ you/ you're/ advice./ consider/ should/ unwell,/ seeking/ If/ feeling/

→ _____

3. have/ due/ it/ trouble/ might/ or/ to/ If/ you/ be/ allergies/ breathing,/ asthma./
→ _____
4. more/ you/ practise/ posture,/ confident./ good/ appear/ If/ you/ can/
→ _____
5. smile./ If/ teeth/ your/ have/ regularly,/ you/ may/ you/ a/ brush/ brighter/
→ _____
6. If/ must/ have/ a/ question,/ you/ and/ raise/ hand/ ask/ you/ your/ the/ teacher./
→ _____
7. If/ you/ license./ car,/ you/ have/ drive/ must/ a/ a/ to/ driver's/ want/
→ _____
8. you/ have/ shouldn't/ money,/ If/ it/ you/ don't/ spend/ much/ on/ unnecessary/ things./
→ _____

Decide whether the following statements are True (T) or False (F).

Balance is key for Mary, a busy teenager. She uses an app to stay organized with her assignments and deadlines; the app helps her receive reminders to ensure she doesn't forget anything. Mary also makes a daily to-do list to help her stay focused and motivated. She's mindful of not spending too much time on online social media, limiting her usage to an hour each day to avoid wasting her time. On weekends, Mary enjoys relaxing and socializing with friends, going to the cinema, shopping, or just hanging out. She also does some volunteer work at a local charity, which provides valuable academic experience and looks great on her CV.

James, an adult working a nine-to-five job, is also aware of the importance of time management. He starts his day by making a to-do list, prioritizing the most urgent or difficult tasks first when he has the most energy. To avoid distractions, James turns off email and social media notifications on his phone and closes his office door, allowing him to concentrate. On the day when he must work overtime, he quickly rearranges his tasks and makes sure everything gets completed on time. When at home, James spends his quality time with his family, playing games or going to the park with his two young children. James and his wife share the housework, taking turns cooking and cleaning, ensuring a great work-life balance. In his free time, James keeps fit by playing football with friends and going to the gym, which helps him relax and clear his mind.

No.	Statements	T or F
1.	Mary has a friend to remind her of the assignments and deadlines.	
2.	Mary often spends excessive time on online social media.	
3.	Mary spends all her free time volunteering at a local charity.	
4.	On the day James works overtime, he can't finish all the tasks on time.	
5.	James and his wife divide their housework.	
6.	Going to the gym helps James keep fit and relax.	

Thông báo:

Dear Students,

Maintaining a healthy lifestyle is crucial for your well-being. Here are some tips to help you stay on track:

Exercise Regularly: Try to engage in physical activities, such as sports or jogging, _____ (1) at least 30 minutes a day.

Eat a Balanced Diet: It's important to include _____ (2) variety of fruits and vegetables in your daily meals to get essential nutrients.

Avoid Unhealthy Foods: Minimize the consumption of _____ (3) foods like chips and candies to maintain good health.

By following these guidelines, you can lead a healthier and more energetic life.

Best regards,

[Huy Trần]

- Question 1.** A. on B. with C. for D. in
Question 2. A. the B. a C. an D. no article
Question 3. A. healthy B. junk C. nutritious D. fresh

Thông báo:

Dear Students,

To improve your overall health, consider the following recommendations:

Stay Hydrated: Drink _____ (1) water throughout the day to keep your body hydrated.

Balanced Meals: Make sure to eat _____ (2) of proteins, carbohydrates, and fats in your meals.

Sleep Well: Aim for _____ (3) hours of sleep each night to help your body recover.

Best regards,

[Nick]

- Question 1.** A. many B. some C. much D. a lot of
Question 2. A. a variety B. the variety C. an amount D. no variety
Question 3. A. ten B. a ten C. the ten D. ten of

Thông báo:

Dear Students,

Here are some tips for maintaining a healthy lifestyle:

Limit Screen Time: Reduce your screen time _____ (1) at least two hours a day to avoid eye strain.

Regular Exercise: Engage in _____ (2) physical activities, like running or dancing, to stay fit.

Healthy Snacks: Choose _____ (3) snacks like fruits or nuts instead of sugary treats.

Best regards,

[Nhi]

- Question 1.** A. to B. for C. with D. of
Question 2. A. the B. a C. an D. no article
Question 3. A. healthy B. unhealthy C. fattening D. delicious

Thông báo:

Dear Students,

For a healthier lifestyle, follow these tips:

Avoid Stress: Practice relaxation techniques _____ (1) you can reduce stress effectively.

Healthy Choices: Include _____ (2) of vegetables in your diet for better health.

Get Enough Sleep: Make sure you get _____ (3) hours of sleep to stay alert during the day.

Best regards,

[Win]

- Question 1.** Because B. but C. so that D. unless
Question 2. A. a serving B. the servings C. some servings D. servings
Question 3. A. at least B. most C. several D. fewer

Thông báo:

Dear Students,

Maintaining good health is important for your well-being. Here are some tips:

1. **Healthy Eating:** Eat _____ (1) whole grains, proteins, and healthy fats every day.
2. **Regular Activity:** Incorporate _____ (2) minutes of physical activity into your daily routine.
3. **Proper Rest:** Ensure you get _____ (3) hours of rest each night to keep your body functioning well.

Best regards,

[Thắng Phan]

- Question 1.** A. no B. all C. a variety of D. the

- Question 1.** A. much B. little C. a few D. several
Question 1. A. a few B. a C. the D. many

☀️ **Boost Your Energy with a Healthy Lifestyle!** ☀️

Are you feeling tired and sluggish? Don't worry! Our program is designed to help you feel your best. **(1)** _____ you follow our tips, you will feel more energetic and focused.

Here's what you need to do:

- **Eat a balanced diet** filled with fruits, vegetables, and whole grains.
- **Engage in regular exercise** to keep your body and mind sharp.
- **Get enough sleep** each night to recharge your energy.

(2) _____ **balanced diet** is essential for your overall health. We will guide you on how to make healthier food choices and stay active.

To (3) _____ **your daily routine, start by incorporating these simple changes into your life.**

Join us today and see the difference in your energy and mood! ☀️💪

- | | | | |
|----------------|-------------|---------------|---------------|
| 1. A. If | B. Unless | C. Although | D. Because |
| 2. A. A | B. An | C. The | D. No article |
| 3. A. Increase | B. Decrease | C. Understand | D. Improve |

📣 **Discover the Ultimate Healthy Living Guide for Teens!** 📣

Are you ready to lead a healthier and more energetic life? Our exclusive guide is designed to help teens like you make positive changes and stay motivated every day! ☀️

Key Benefits:

1. **Stay Active:** If you _____ regularly, you will see a significant improvement in your overall fitness. 🏃♂️
2. **Healthy Eating:** You _____ follow our tips to maintain a balanced diet, or you might struggle with unhealthy snacking. 🍎
3. **Mental Wellness:** Learn how to manage stress and boost your _____ with practical advice. 🌈

Special Offer: Download our guide now and start your journey to a healthier you! ☀️

- | | | | |
|--------------------|--------------|--------------------|--------------------|
| 1. A. exercise | B. exercises | C. exercising | D. exercised |
| 2. A. will have to | B. might | C. should | D. can |
| 3. A. mood | B. junk food | C. physical health | D. mental wellness |

Listening

Listen to Binh, who is giving his presentation about being optimistic at school. Then, decide whether those following sentences are TRUE (T) or FALSE (F). [3.1]

Question 1: It's normal to feel stressed or upset sometimes.

Question 2: Focusing on the good things makes us distracted.

Question 3: We should practice gratitude to feel more optimistic.

Question 4: Binh mentioned taking a shower as the way to take care of our body.

Question 5: Binh mentioned four strategies to stay positive and overcome challenges.

Listen to Minh sharing his experience to overcome stress. Then, mark the letter A, B, C or D on your answer sheet to indicate the option that best completes each of the following questions. [3.2]

Question 1: Minh is currently a _____.

A. university student

B. high school student

C. secondary school student

D. primary school student

Question 2: What is **NOT** mentioned as a thing he will do when he is feeling overwhelmed?

A. going for a short walk

B. listening to lo-fi music

C. taking a few deep breaths

D. reading his favorite comics

Question 3: What physical activity does Minh do?

A. going for a run outside

B. going to the boxing club

C. playing soccer

D. working out at home

Question 4: He tries to talk to his friends and family because _____

A. They can offer support and help him.

B. They can see things in a more positive light.

C. They can talk about his stress positively.

D. They can make it feel more manageable.

Question 5: How many hours does Minh try to sleep each night?

A. No more than 8 hours

B. No less than 8 hours

C. Exactly 8 hours

D. Less than 8 hours