I **Uzupełnij zdania podanymi czasownikami w twierdzącej formie czasu *present perfect*.**

1. Sam and Ted (meet) Roger Federer. They were really surprised.
2. The dog (eat) its dinner.
3. I (do) judo.
4. Spencer and Abi (fly) in planes.
5. We (run) ten kilometres.

II **Zmień zdania z zad. 3 w zdania przeczące.**

1.
2.
3.
4.
5.

III Ułóż wyrazy i wyrażenia we właściwej kolejności, tak aby utworzyły pytania.

1 shopping list / your / have / forgotten / you / again
?

2 has / Dad / cat / fed / the
?

3 I / early / arrived / have
?

4 you or Eric / seen / have / that film
?

5 done / homework / you / your / have
?

Reading

IV **Przeczytaj tekst. Oznacz zdania jako prawdziwe (✓) lub fałszywe (✗**

In the UK there is a saying, 'An apple a day, keeps the doctor away'. Is this true?
Well, it isn't only apples that can keep us healthy. It is important to eat lots of different types of food, especially fruit and vegetables. Drink water not cola, when you can. Our brains need water to work well. What have you drunk today?
Sport and physical activity is really important for health. Try to be active every day for at least an hour and try something new. Have you tried judo, or skateboarding or ballet?
Don't forget: exercise can make you happy, too! Young people also need lots of sleep!
So, make sure you get eight hours of sleep a night.

1. It isn't good to eat the same food every day. ___
2. We need to eat fruit and vegetables every day. ___
3. Water is good for our brains. ___
4. Skateboarding can keep us healthy. ___

5. Sleep isn't important for teenagers. ___