Simple past or present perfect?

Choose the correct answer:

1- I am hungry. I didn't eat / haven't eaten anything.

2- Granma visited /has visited us last weekend.

3- He broke / has broken his arm.

4- I forgot / have forgotten my homework.

5- Mark worked / has worked at this school for five years.

6- Tim was / has been in hospital since Friday.

7- Did you read / Have you read this book yesterday?

8- They lived /have lived here for many years.

9-We didn't clean/ haven't cleaned our room. It's really messy.

10- We sent / have sent a message yesterday.