Grade 12 Advanced MAZE

Kate's journey to health

Kate **1. (has never been , had never been , was never being)** very good at taking care of herself. She was a grade 12 student **2. (whose , who , which)** divided her time between her studies, her friends, and her phone. She loved her phone more than life itself! Her friends and teachers often **3. (commented , comments , commenting)** on the bags under Kate's eyes. She would say that it was from studying late at night, but she knew that, in reality, it was from the never-ending, late-night scrolling, and also from her terrible diet. She very rarely ate dinner with her family, **4. (she prefers , she has preferred , preferring)** to snack late at night on junk food. **5. (Along , Aside , Regardless)** with the exhaustion, her grades were starting to suffer, and Kate **6. (had begun realizing , was beginning to realise , begins to realise)** she had a big, big problem.

7. (Never having care , Having never cared , Never had cared) about her health before, she didn't know where to start. Despite being a smart girl, she **8. (had a good idea , was having some ideas , had no real idea)** about what a healthy diet entailed. She knew that she had **9. (neither the knowledge nor , either the knowledge or , both the knowledge and)** the experience to solve this problem alone, so she decided to enlist the help of a **10. (pharmacist , nutritionist , orthodontist).**

To her surprise, Kate **11. (was told , told , is telling)** that she was in a calorie **12. (defiant , deficit, deceit)** meaning that she was not getting sufficient calories per day. The doctor also told Kate that while some teenage girls attempt to survive on 1,500 calories per day, it **13. (is reported , would be reported , has been reported)** recently that 2,200 is the absolute minimum number of calories that they should get.

Looking back, she knew that this made sense. Of course, the sheer exhaustion she had felt **14. (won't have been , couldn't have been , must have been)** from lack of sleep alone. She truly wished she **15. (had paid , was paid , would pay)** more attention in Health Science class before, but, **16. (to be not able to , being unable , not being able to)** change the past, she focused on the future, "by the end of this year, I **17. (will have changed , would have changed , would be changed)** my diet completely. No more late night Maccy D's!"

The next major obstacle was, of course, Kate's extreme dependency on her phone. If only she **18. (hadn't ignored , had ignored , did ignored)** all of the advice about setting personal screen limits! It's not **19. (as though she had , as if she hadn't , like she didn't)** seen the warnings about excessive phone use. Anyway, she was determined to change for the better. She now knew that only if she stuck to this new health regime, **20. (she would be able to , to be able to she would , would she be able to)** get back on her feet and be as fit as a **21. (fiddle , filler , fox)**!

LIVEWORKSHEETS