

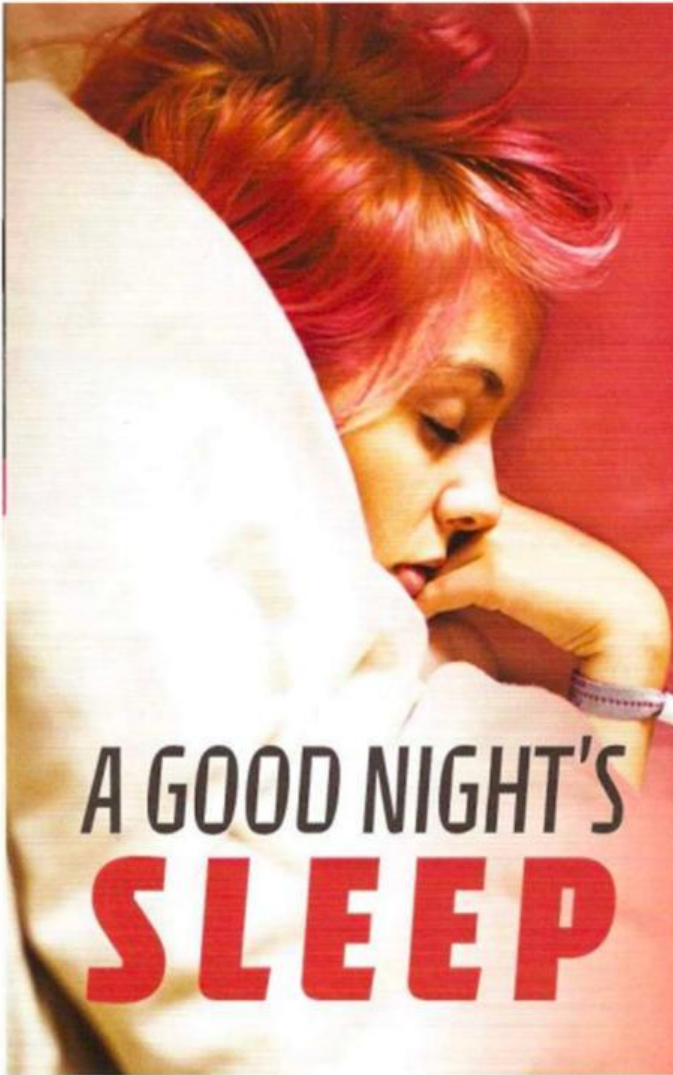
My name is: _____

WORKSHEETDate:.....
FFS

Teacher's feedbacks

Task 1: Read and fill in the gaps

1. We _____ (go) to the supermarket and I bought apples.
2. Carlos _____ (read) when the telephone _____ (ring)
3. My mother _____ (arrive) while I was listening to music
4. My mom _____ (be) _____ (work) now.
5. I _____ (study) since I was 9 years old.
6. I _____ (go) to Bogota last month and visited my parents.
6. Adrian isn't at home at the moment. He _____ (travel)
Around the world.
7. I saw Isabella and Luisa at the party, but I _____ (not/speak) to them.
8. Marlon had a book in his hand but he _____ (not/read) it.
9. _____ you _____ (go) to Venezuela last year?
10. Juan Pablo and Laura _____ (be) classmates for 4 years

Task 2: Read and answer the questions

A GOOD NIGHT'S SLEEP

Life is busy with school, homework, sports and other activities and you really need to catch up on your sleep.

Here are three reasons why you should get more sleep:

YOUR BODY NEEDS SLEEP
As a teenager, you *must* get enough sleep – more sleep than an adult. Your body is still growing and your brain is still developing. Experts say that you should get between eight and nine hours of sleep each night.

SLEEP HELPS YOU DO BETTER AT SCHOOL
When you're tired you can't concentrate in your lessons. It's more difficult to learn.

SLEEP KEEPS YOU HEALTHY
Without enough sleep, your body gets weak, and it's easy for you to catch a cold and other illnesses. When you're tired you often eat food with more sugar in it and that isn't good for you.

Did YOU know?

TEENAGERS WHO GET ENOUGH SLEEP ...

- usually have better skin.
- eat less junk food.
- are less likely to experience depression.

1. Do teenagers have to sleep more than adults?

2. How many hours of sleep do you need a night?

3. What happens if you don't get enough sleep?

4. What are the benefits of teenagers getting enough sleep?

5. Are foods high in sugar good for your health?

Task 3: Read and fill in the gaps

act

on stage
dancingmicrophone
instrumentthe piano
orchestra

1. Have you heard Peter singing? He's got a really powerful voice
2. The _____ is to perform its last ever concert tomorrow night at the Albert Hall.
3. Ellis Pike was chosen to _____ the part of the lawyer in the film.
4. He plays saxophone, trumpet, and several other
5. While my mother was singing, I was playing
6. The show includes singing, _____, and comedy.
7. The audience cheered as the band walked _____
8. Most laptops now come with a built-in webcam and _____ for online chatting.

Task 4: Listen and write.

JOHN LOCKE TRAVEL

Travel to: New York

Name:

16 Mr

Will leave on:

17 December

Will return on:

18 30th

Price:

19 £

Travel to airport by:

20