

1 Complete the texts with the words in the box.

running fresh caffeine junk worrying fizzy
vitamins alcohol relaxing exercise



I'm not as healthy as I would like to be. I work in the city and spend a lot of time ⁴ _____ about my work. I don't eat very well because I don't have much time, but I make sure I get enough ⁵ _____ from fruit and vegetables. I wish I could spend more time ⁶ _____ at home with my family.

I have a healthy life, I think. I buy lots of ¹ _____ fruit and vegetables and use these to cook with. I don't like to eat ² _____ food like hamburgers or crisps and I never drink ³ _____ – not even beer or wine.



Food isn't very important to me, really. Sometimes I don't eat all day. I'm addicted to ⁷ _____ though! I drink about ten cups of coffee a day and have lots of ⁸ _____ drinks, too. What's really important to me is keeping fit. I go to ⁹ _____ classes twice a week and at the weekend I go ¹⁰ _____

GRAMMAR

PRESENT PERFECT + *FOR/SINCE*

2 Complete the conversations with the present perfect form of the verbs in brackets.

1 A: How long has Carlos worked here? (Carlos/work)

B: About four years. He _____ here for four years. (be)

2 A: Did you see that comedy film last night?

B: Yes, it was the funniest film I _____! (ever/watch)

3 A: Do you know where Morris _____? (go)

B: No. I _____ him all day. (not see)

4 A: _____ your homework? (you/finish)

B: No. I _____ it yet. (not start)

5 A: Do you know if my parcel _____? (arrive)

B: Just a minute. I'll have a look for you.

6 A: _____ your watch? (you/find)

B: Yes, it was under the sofa.

7 A: How long _____ Marissa? (you/know)

B: Not very long. We _____ friends for long at all. (not be)

8 A: _____ my news? (you/hear)

B: No. _____ to leave your job? (you/decide)

3 Write sentences using the prompts. Use the present perfect with *for/since*.

1 I / know / Imelda / ages

I've known Imelda for ages.

2 he / work / for that company / six months

3 we / live / Turkey / 2013

4 I / not be / to the cinema / a long time

5 they / be here / two months now

6 I / not clean / the house / last Monday

7 she / not listen to / that music / she was a teenager

8 we / not hear / from him / he left

9 Bob / be a builder / more than forty years

10 the phone / not ring / 10 o'clock

11 I / want / to climb a mountain / I was a child
