

Exercise 3. Complete the sentences with the words in the box.

paper	together	keep	free time	socialize
in shape	activity	drawing	spend	balance

- The _____ between life and work is very important.
- His favourite leisure _____ is DIY.
- She spends two hours folding _____ every day.
- They're content to _____ with a very small circle of people.
- Jenny is keen on _____ the portrait.
- We always _____ in touch together although we are away together.
- They always message about their situation _____.
- Mary often spends her _____ practising origami.
- Their parents _____ their holiday in Ninh Binh resort.
- Nowadays, almost girls want to stay _____.

Exercise 4. Look at the photos and put the correct words/ phrases under them.

playing games	making crafts	watching TV	reading books
playing chess	playing sports	texting	hanging out with friends
			
1.	2.	3.	4.
			
5.	6.	7.	8.

Exercise 5. Put the nouns into the correct columns.

origami	magazines	movies	DIY
computer games	sports	crafts	cakes
the Internet	badminton	waves	books
novels	crafts	TV	sports

do	watch	play	surf	read	make

Exercise 6. Put the words/ phrase into the correct category.

a comedy, a skill, hanging out, going to the gym, aerobics, collecting books, the news, visiting relatives, a book, a language, a poem judo, chatting, making crafts, the newspaper, having meals together, gardening, a musical instrument, skating, a drama, visiting museums, going to a fashion show, doing DIY projects, volleyball, texting, a game show

1. Going to an event/ place	
2. Having hobbies	
3. Learning something	
4. Playing sports	
5. Reading	
6. Socializing with friends	
7. Spending time with family	
8. Watching TV	

Exercise 7. Complete the sentences with the verbs in the box. Remember to put it in the correct form.

rely	socialize	adore	write
hang out	read	detest	surf

- My brother likes _____ the Internet looking for new music.
- I dislike _____ too much on other people. I want to be independent.
- Josh enjoys _____ with his classmates after school.
- My sister and I fancy _____ novels when we have free time.
- He's very artistic. He enjoys _____ poems in his free time.
- James _____ talking with his neighbors because he finds them annoying.
- My uncle loves _____ with other people. He has many friends.
- Ann _____ working with children. She's a teacher.

Exercise 8. Fill in each blank with the appropriate form of the word in brackets.

- The Internet is very _____, it takes up a lot of our time. (addict)
- I enjoy _____ with friends and going out at the weekend. (social)
- Sitting in front of the computer too long can cause _____. (obese)
- Are you _____ about the new Gears of War games? (excite)
- She listens to classical music for _____. (relax)
- The Internet has changed the English language _____. (consider)
- She was _____ with her job and decided to look for a new one. (satisfy)
- Face to face _____ is better than video calls. (communicate)

Exercise 9. Give the correct form of the verbs in brackets.

- My mother likes (cook) _____ when she is free.
- I am a little busy. Would you mind (wait) _____ a little longer?
- I have enjoyed (meet) _____ you. Hope (see) _____ you again soon.
- Linda wants (learn) _____ Vietnamese because she is interested in (visit) _____ Viet Nam.
- Tonight I'd like (go) _____ out, but I have to do my homework.
- My brother enjoys (visit) _____ the zoo.

7. I hate (tell) _____ lies because it's very bad.
8. Mobile games are great, but I don't like (play) _____ them for too long.
9. He started (surf) _____ the net hours ago. Has he stopped (surf) _____ yet?
10. John detests (drink) _____ beer.
11. Do you like (listen) _____ to music?
12. Does Anna fancy (watch) _____ horrible movies?
13. I prefer (make) _____ crafts to (draw) _____ a picture.
14. Kate loves (hang out) _____ with her friends on her birthday.
15. I detest (eat) _____ fish.

Exercise 10. Choose the correct answer among A, B, C, D.

1. Does she fancy _____ a book to the younger children?
A. reads B. reading C. to read D. read
2. They enjoy _____ on Sundays.
A. garden B. gardening C. gardened D. gardens
3. They love _____ with their friends.
A. eating out B. ate out C. having eaten D. to eating out
4. I prefer _____ people.
A. text B. texting C. texted D. texts
5. They detest _____ so early in the morning.
A. getting up B. get up C. to get up D. gets up
6. How much time do you spend _____ TV every day?
A. watch B. to watch C. watching D. in watching
7. I'd hate _____ the exams, so I'm doing my best.
A. failing B. to fail C. fail D. failed
8. I always enjoy _____ to my grandfather. He always tells me great stories.
A. to talk B. to talking C. talking D. talk
9. Could you help me _____ the kitchen? It's a real mess!
A. tidy B. tidied C. tidying D. on tidying
10. Steven dislikes _____, so he usually takes a bus to work.
A. drive B. to be driven C. be driven D. driving
11. Jane prefers _____ an instrument to listening to music.
A. playing B. play C. to play D. played
12. Marlene can't wait _____ to the beach again.
A. to go B. going C. for going D. go
13. I really regret _____ this computer - It's useless.
A. buy B. to buy C. buying D. for buying
14. Your child needs _____ some weight. Tell him _____ less junk food and more exercise.
A. to lose - eat B. to lose - to eat C. losing - to eat D. losing - eat
15. I would love _____ to your party! Thank you for inviting me.
A. come B. coming C. to come D. came
16. Mai enjoys _____ to music, especially pop music in her free time.
A. hearing B. playing C. listening D. talking
17. My grandparents love _____ very much. There are a lot of beautiful flowers and fresh vegetables in their garden.
A. doing garden B. doing gardening

- C. do gardening D. to do garden
18. You should avoid _____ too much TV. It's not good for your eyes.
A. seeing B. looking C. watching D. glancing
19. Nga likes _____ with her close friend on Saturday evenings.
A. window shop B. window to shop C. window shops D. window shopping
20. Lan used to love _____ in front of the computer for hours but now she doesn't. She takes part in a judo club.
A. using B. sitting C. doing D. having

Exercise 11. Choose the underlined part A, B, C or D that needs correcting.

1. Having leisure activities are truly important to the elderly.
A. Having B. are C. to D. elderly
2. Although she wanted to go to the museum, she decided staying at home.
A. Although B. wanted to go C. decided D. staying
3. Parents are concerned that their kids may be spending too many time on screens.
A. concerned B. spending C. too many D. on screens
4. Collecting coins is exciting, but it can also be relaxed.
A. Collecting B. is C. exciting D. relaxed
5. Cloud watching sound weird, but Hang adores it.
A. Cloud watching B. sound C. but D. it
6. For some young people, enjoyment involves sitting in front a computer playing games.
A. For some B. involves C. in front D. playing games
7. His parents are thinking of banning him on using the computer.
A. thinking B. banning C. on D. using
8. When you play games online, be carefully when making friends with strangers.
A. games B. carefully C. making D. with

Exercise 12. Read the following text about jogging and answer the questions.

Jogging

Jogging not only is a popular outdoor leisure activity but also a daily exercise bringing us health benefits. First, jogging is good for your circulatory. Many studies have shown that those who jog regularly have healthier hearts than those who don't. This means they seldom get diseases involved in the heart. Second, jogging is great for those who want to lose weight. When you jog, your body will use a great number of calories for this activity. This means jogging helps to burn fat stored in your body, especially belly fat. Third, jogging is effective to increase the weight on bones, especially on feet and legs. It means it helps strengthen the bones to carry your body weight easily. Jogging also helps muscles stronger. Also, jogging might prevent us from catching a cold often. Some researchers have found that it helps to strengthen the immune system in the body. So, if we invest time in jogging every day, we could easily avoid colds and flu. In short, we should do this activity every day to improve our health.

1. Who have healthier hearts, those who jog regularly or those who don't?

2. How does jogging help you to reduce your weight?

3. What is ideal for increasing the bones' weight?

4. Why might jogging prevent us from catching a cold often?

5. What should we do to improve our health every day?

Exercise 13. Read the text carefully, then do the tasks.

The British spend their free time in different ways. People generally use it to relax, but many people also do voluntary work, especially for charities.

A lot of free time is spent at home, where the most popular leisure activity is watching television, with the average viewing time being 25 hours per week. Reading is also a favorite way of spending leisure time. The British spend a lot of time reading newspapers and magazines. In the summer gardening is popular, and it is often replaced by 'do-it-yourself' in winter when people spend time improving or repairing their homes.

Some leisure activities are mostly or entirely social. Inviting friends for a drink or a meal at home is the most usual one. Sometimes people join friends for a drink in a pub or have dinner in a restaurant.

The extra time available at weekends means that some leisure activities, many of them to do with sport, normally take place only then. Traditional spectator sports include football, cricket, horse racing, motor racing, and motorcycle racing. Popular forms of exercise are swimming, tennis, ice skating or roller-skating, cycling, climbing, and hill or country walking.

Families often have a 'day out' at the weekend, especially in summer, with a visit to a local event such as a festival, fair, or show. Young people especially go to clubs and discos, while people of all ages go to the theatre, the cinema, art exhibitions, and concerts.

A. Decide whether the following sentences are true (T) or false (F).

No.	Statements	T or F
1.	Many British people use their free time to help people in need.	
2.	In the summer, the British prefer indoor activities.	
3.	All free time activities are individual activities.	
4.	Most British people watch or do sports at the weekend.	
5.	Sometimes people go with their friends to a pub or a restaurant.	
6.	British young people don't like going to the movies.	

B. Answer the questions.

1. What's the most popular free time activity in the UK?

2. How many hours a week do the British watch TV?

3. In winter, what do the British often do in their spare time?

4. Which sports do many British people enjoy watching?

Exercise 15a. Each of the sentences below has at least one mistake. Underline the mistakes and rewrite the correct sentences in the spaces.

1. My friends and I are really keen on play computer games.

2. I really like to getting involved in team sports. It is good for building up cooperative skills.

3. Mai especially loving to spend her free time sleeping and being lazy in my room.

4. She enjoys go shopping on weekends and hang out with friends.

5. I am very interested in study English.

Exercise 15b. Put the words in the correct order to make meaningful sentences.

1. When/ games/ be careful/ you/ online/, /when / make friends / strangers I you/ with / play/.

2. We/ that/ can/ Kim/ likes/ see/ the/ piano/ playing/.

3. such as/ hobbies/ or/ making/ things/ crafts/ collecting/ interesting/ are /Some/.

4. health/ Sitting/ problems/ all/ day/ in front of/ the/ can/ computer/ cause/.

5. fancy/ you/ do/ children/ with/ working/ ?/

Exercise 16a. Rewrite the sentences by using gerund or to-infinitive after the verbs of liking and disliking.

1. I prefer reading in bed.

□ I prefer

2. I love to watch cartoons on TV.

□ I love

3. Does Trung hate to do morning exercises?

□ Does

4. They love sunbathing and swimming.

□ They love

5. Does she prefer to watch TV during her meals?

☐ Does she

6. We love to skateboard in the park after school.

☐ We love

Exercise 16b. Rewrite the sentence without changing its meaning.

1. I am interested in learning English.

☐ I like

2. Lan likes using the computer best in her free time.

☐ Lan's favorite

3. I am interested in going camping with my close friends.

☐ I fancy

4. Mr. Pike is a big fan of water polo.

☐ Mr. Pike is fond

5. It is not a problem to me whether I have to pick her up to the cinema or not.

☐ I don't mind