

VOCABULARY

HEALTH

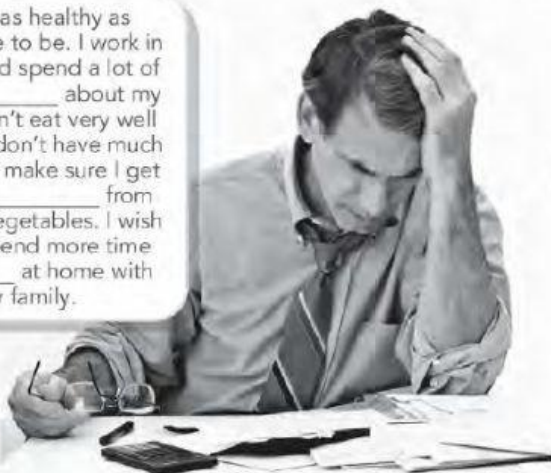
1 Complete the texts with the words in the box.

running fresh caffeine junk worrying fizzy
vitamins alcohol relaxing exercise



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.

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.



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 has been here for four years. (be)
- 2 A: Did you see that comedy film last night?
B: Yes, it was the funniest film I have ever watched! (ever/watch)
- 3 A: Do you know where Morris is? (go)
B: No. I haven't seen him all day. (not see)
- 4 A: Have you finished your homework? (you/finish)
B: No. I haven't started it yet. (not start)
- 5 A: Do you know if my parcel has arrived? (arrive)
B: Just a minute. I'll have a look for you.
- 6 A: Where is your watch? (you/find)
B: Yes, it was under the sofa.
- 7 A: How long has Marissa known you? (you/know)
B: Not very long. We have known friends for long at all. (not be)
- 8 A: Have you heard my news? (you/hear)
B: No. Have you decided 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
He has worked for that company for six months.
- 3 we / live / Turkey / 2013
We have lived in Turkey since 2013.
- 4 I / not be / to the cinema / a long time
I haven't been to the cinema for a long time.
- 5 they / be here / two months now
They have been here for two months now.
- 6 I / not clean / the house / last Monday
I haven't cleaned the house since last Monday.
- 7 she / not listen to / that music / she was a teenager
She hasn't listened to that music since she was a teenager.
- 8 we / not hear / from him / he left
We haven't heard from him since he left.
- 9 Bob / be a builder / more than forty years
Bob has been a builder for more than forty years.
- 10 the phone / not ring / 10 o'clock
The phone hasn't rung since 10 o'clock.
- 11 I / want / to climb a mountain / I was a child
I have wanted to climb a mountain since I was a child.