

I. Complete the sentences with the words or phrases from the box.

street children	volunteers	homeless people
elderly people	sick children	disabled people

1. Sally often spends her free time helping _____ at the hospital.
2. They provide housing and other services to _____.
3. Street Child works to help _____ off the streets and into school.
4. Schools need _____ to help children to read.
5. They help _____ with housework and gardening.
6. The local authority built a new home for severely _____.

II. Underline the correct answers.

1. I saw / have seen that film already.
2. We went / have gone to the movies three times last month.
3. Did you ever do / Have you ever done volunteer work?
4. I had / have had five tests so far this semester.
5. Linus did / has done his homework before he went to sleep.
6. This is my grandparents' house. They lived / have lived here for more than 50 years.
7. She bought / has bought a new mobile phone two days ago.
8. Did you see / Have you seen Peter at the party last night?
9. I read / have read this book twice and I still find it very interesting.
10. They didn't play / haven't played very well yesterday. They lost the match.

III. Put the verbs into the correct tense, past simple or present perfect.

1. (you/ ever/ be) _____ to the United States? - No, but I (be) _____ to England and France.
2. When we were in Canada, we _____ (go) skiing almost every day.
3. When _____ (you/ meet) your wife? - 3 years ago.
4. Peter _____ (not phone) yet. I'm still waiting.
5. I _____ (know) Helen since we were at school together.
6. My uncle _____ (live) in Berlin in 1999.
7. We _____ (not see) Beth at Mike's house yesterday morning.

8. Do you like this picture? My uncle _____ (paint) it.
9. Mr. Dass _____ (leave) for New York late last night.
10. Mr and Mrs Grey _____ (teach) French here for over five years.

IV. Read the text carefully then choose the correct answers.

Maintaining a healthy body is not that easy and not so difficult also. Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. Your diet should contain food which has more nutrients. Try to include vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. Make sure you drink more amount of water daily. Regular exercise will also keep your body in good health. You can go for running, do cycling, walking faster etc. Apart from these always try to manage your stress. By controlling your stress you can maintain a healthy body. Your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

1. To have a healthy body, you should _____.
a. eat junk food b. put on weight c. have a healthy diet d. not consume nutrients
2. Skipping breakfast is _____ for your health.
a. good b. bad c. necessary d. important
3. Which of the followings is not keep your body in good health?
a. smoking b. cycling c. running d. jogging
4. Managing stress can help people _____.
a. have a good body b. live longer c. sleep enough time d. stay healthy
5. Which of the followings is NOT true?
a. It's difficult to maintain a healthy body. c. Getting enough sleep can make you happier.
b. Water is important for your health. d. Eating healthy and exercising are tips to stay healthy.