Unidad Educativa Particular
"SADOWIŃSKI SCHOOL"

AKT – ENGLISH – 2ND QUIMESTER – JANUARY, 2021

Vocabulary

1 Complete the sentences with the personal finances and banking paths vocabulary.

a I'm cutting up all my _____ and _____. They're dangerous! I keep spending money with them.

b I don't know how much money is in my account. I need to _____.

c It's important to have health _____ in case you need medical treatment.

d The _____ is so high these days. Everything is so expensive.

e I would like to buy a new car but I don't have enough money. I'll need to _____.

f I need to cut my monthly _____ if I want to save money.

g When I calculate my salary and add my _____, my _____ is $1,000,000!

h You get a great deal if you _____ with KaneKin bank – they pay a $200 bonus to start.

2. Write the correct mental health and healthy habits words to complete the sentences.

a If you feel good about yourself, have good confidence and _____ _____, it can help you be healthy.

b To encourage good mental health, some people have _____ with a professional therapist.

c Establishing a daily _____ reduces stress as you know what to expect each day.

d You should also _____ regularly, e.g., playing sports and going to the gym, to help with good health.

e Some people stay calm by practicing _____. They sit quietly and try to focus their thoughts.

f Bipolar disorder is a mental health _____ that affects people's mood.

g If you eat too much fried food, you cannot _____ a healthy diet. Balance is important.

h _____ is when a person or group tries to frighten another person or group. It is bad for mental health.

i If you have any mental health issues, it can be really useful to keep a feelings _____.

j Mindfulness is one recent way that many people _____ meditation.

3 Complete the sentences with banking vocabulary.

a When you put money in your bank account, you _____.

b You have various payment options: you can pay with cash, by card or you can _____.

c Never tell anyone your _____. If someone knows it, they could get your money out an ATM.

d If you go into the bank, you can talk to a _____ about your finances.

e When you take money out of your bank account, you _____.

f Getting money out of your bank account is easy if you use the _____.

g If I move money from my account to yours, I _____.

LIVEWORKSHEETS

Grammar

4 Write the correct form of the phrasal verbs to complete the sentences.

run up	save up	get by	cut down on	turn around	put aside
shop around for	follow up on	bail out	take on		

a My Spanish isn't very good but I can _____ when I need to.

b It's really easy to _____ debts if you have a credit card. You spend without realizing it.

c To get a good price when buying something new, it's important to _____ a good deal.

d You need to start _____ when you are young to have money for retirement.

e I am very bad at saying no when offered work. I sometimes _____ too much.

f We had a good meeting today. I'll call them again tomorrow to _____ the action points.

g I'm trying to lose weight, so I want to _____ the amount of snacks I eat.

h My mother always _____ $100 a month to save up for a new car.

i In the 2008 financial crash, governments around the world _____ major banks.

j Arsenal was playing really badly for a while but they got a new coach who _____ their season _____.

5. Complete the blanks in the third conditional sentences. Use *would*, *have* and *had* when necessary.

a I _____ (not go) to bed so late if I _____ (remember) we had a test this morning.

b If you _____ (not be) so disorganized, you _____ (write) the test on your calendar.

c I _____ (have) a better work-life balance before if I _____ (spend) more time with family.

d If I _____ (know) before about how it would affect my eyes, I _____ (limit) my screen time.

e My self-esteem _____ (be) higher as teenager if my grades _____ (be) better.

6 Complete the blanks in the mixed conditional sentences.

a If I exercised more regularly, I _____ (not put on) so much weight last year.

b I _____ (take) meditation more seriously if my teacher wasn't so unreliable.

c If my brother _____ (be) more into sports when we were younger, we might play more now.

d I'm doing well at college now, but I _____ (do) better at school if I was a more serious person.

e If I _____ (start) studying English when I was younger, I would be fluent by now!

LIVEWORKSHEETS

Reading

7 Read the text about different kinds of yoga and choose the correct answer.

If you've ever looked at the flexible bodies and peaceful faces of people in traditional yoga classes and felt yoga is not for you, think again. Yoga has changed dramatically in recent years and there's a class for everyone now. It began 5,000 years ago in India, and many yogis still travel to India today to learn from gurus about yoga and the lifestyle that goes with it. If you cannot get to India, though, but want to practice yoga, do not despair. There are thousands of books, blogs, courses, and – of course – a range of modern classes worldwide to heal both the body and mind.

If you enjoy music while you work out, you might be interested in noise yoga (with experimental music), hip hop yoga, karaoke yoga, or glow flow yoga, which features DJs, party lights and fluorescent body paint! Indeed, whatever music you're into, you will probably find a yoga class somewhere that uses it.

Yoga also provides a way to connect with nature (who doesn't love doing the tree pose in front of a tree?) and some people have taken that to the extreme. Snowga, for example, is a fun way to enjoy winter. If you're going skiing or snowboarding, putting your snow gear on and then doing half an hour of yoga outside on the mountain might seem strange, but it's popular way to start the day with some winter sports enthusiasts.

For people who love water, how about stand up paddle boarding (SUP) yoga? This really challenges your balance and develops core muscles, making it a good choice if these are areas you want to work on. It's less successful if you want to focus on your flexibility, where more traditional yoga is more useful. You can find SUP classes anywhere they practice water sports.

There's also dog yoga, or doga! Dog owners say it helps them to bond with their pets to do exercise together. After starting in the USA, this new exercise craze has spread around the globe. The owners stretch and meditate while holding their pets or with their presumably well-trained dogs on the ground next to them. The focus is on sharing laughter and joy more than physical fitness.

If you're suffering from any kind of stress, yoga is a great way to relax. With all the different classes out there, you're sure to find one for you.

a Is yoga different now from when it started?

( ) no ( ) yes, a little ( ) yes, a lot

b How can you learn about yoga?

( ) by taking classes ( ) by going to India ( ) both

c Are there musical yoga classes for any genre of music?

( ) yes ( ) maybe ( ) no

d When do people do snowga?

( ) after skiing ( ) before skiing ( ) while skiing

e What does SUP yoga really help you with?

( ) strength ( ) flexibility ( ) strength and balance

f Where can you do doga?

( ) India ( ) The United States ( ) worldwide

g What do the dogs do in doga?

( ) stretch ( ) sit ( ) get fit

LIVEWORKSHEETS