

Watch the video



<u>Complete the sentences using the present perfect form of the verb given. (use the video for information).</u>



Martin	unhappy rece	ently. He
(be)	(not / go)
to the gym la	tely. And he	his weight.
	(not /	watch)
He	healthy food eith	ner. He
(not / eat)		(gain)
a lot of weigl	ht, and his blood pres	sure
		(go)
up too.		



Eliza _______to get in shape lately. She ______ (start) (lose)

weight recently. Her blood pressure ______ down.

(go)

She ______ junk food and ______ every

(give up) (exercise)

day for three months.



I	weight recently, so I decided to change my			y
(gain)				
diet and get in	shape. I	_junk fo	od, and I	
	(give up)			
aı	ny unhealthy food rec	ently. I		_
(not / eat)			(start)	
to eat more fro	uits and vegetables. I		to the	
		(go)		
gym four times this week already. I			weight	
		(lose)		
and I	tired in a long tim	e.		
(not fe	el)			41

Look at the pictures. Write questions and answers using the present perfect and the words recently or lately. (use the video for information).

EXAMPLE Omar/see a doctor

Has Omar seen a doctor recently? Yes, he has. No. he hasn't

1a		?
1b	,,	

Oksana / lose weight



2a._____ ? 2b. _____, _____.

Jon / give up junk food



3a. _____ 3b. _____.

Tessa / sleep much



4a. _____ 4b. _____, ______.

Martin/start exercising



5b. _____, _____.

Dolores / take vitamins



6a. _____ ?

Tye and Lea / eat healthy