

## PRACTICE

### Fill in the gaps with “yet, ago, ever, last night, for or since”

1. My father went to Italy five days \_\_\_\_\_.
2. He has known her \_\_\_\_\_ 2001.
3. Have you \_\_\_\_\_ seen an elephant?
4. She hasn't finished her work \_\_\_\_\_.
5. He has lived in Madrid \_\_\_\_\_ ten years.
6. We went to bed at 11 o'clock \_\_\_\_\_.

### Circle the correct item

1. Has Jack gone to school (**then/ yet**)?
2. Tonia has sent twenty invitations (**yesterday/ so far**).
3. Tina took a test (**already/ three days ago**).
4. I sent you an email two days (**already/ ago**) but you haven't replied.
5. Helen has (**already/ yet**) had her breakfast.

### Put the verbs in brackets into the past simple or the present perfect

1. I \_\_\_\_\_ (not/play) football since I was at school but I \_\_\_\_\_ (be) very good at it back then.
2. A: \_\_\_\_\_ you \_\_\_\_\_ (choose) a dress for the party yet?  
B: Yes, I \_\_\_\_\_ (buy) one yesterday.
3. I think our teacher \_\_\_\_\_ (forget) about the test! He \_\_\_\_\_ (not/ say) anything about it in the last season!
4. A: \_\_\_\_\_ (you/ sell) your house yet?  
B: Yes, some people \_\_\_\_\_ (see) it last month and \_\_\_\_\_ (buy) it.
5. They \_\_\_\_\_ (lose) their cat. It \_\_\_\_\_ (run) away last week.
6. \_\_\_\_\_ Helen ever \_\_\_\_\_ (try) sushi?
7. \_\_\_\_\_ you \_\_\_\_\_ (go) to the wedding last night?
8. I \_\_\_\_\_ never \_\_\_\_\_ (be) to Paris

9. This year I \_\_\_\_\_ (travel) to Athens 3 times so far.
10. Paul and Judith \_\_\_\_\_ (be) married since 1998.
11. \_\_\_\_\_ you \_\_\_\_\_ (finish) your homework yet?
12. Last night aunt Betty \_\_\_\_\_ (come) by. She \_\_\_\_\_ (tell) us that this summer they are going to Hawaii.
13. I \_\_\_\_\_ (visit) many different countries so far. Last summer I \_\_\_\_\_ (go) to Italy and 3 years ago I \_\_\_\_\_ (be) in Spain. I \_\_\_\_\_ (not/ visit) Germany yet.
14. When \_\_\_\_\_ you \_\_\_\_\_ (come) to Greece?
15. I \_\_\_\_\_ (come) in 2007.
16. \_\_\_\_\_ you \_\_\_\_\_ (watch) the film E.T. yesterday?
17. They \_\_\_\_\_ already \_\_\_\_\_ (leave) the train station
18. How long \_\_\_\_\_ you \_\_\_\_\_ (know) Jonathan?
19. I \_\_\_\_\_ (meet) him in 2009, so I \_\_\_\_\_ (know) him for 3 years
20. What \_\_\_\_\_ (happen) to Lucy last night?
21. I (see) \_\_\_\_\_ that programme about telepathy last night.
22. He (come) \_\_\_\_\_ back from Uganda a week ago.
23. Last week, he (phone) \_\_\_\_\_ me to inform me about the matter.
24. He (travel) \_\_\_\_\_ a lot recently.
25. Claire (have) \_\_\_\_\_ an appointment at the hairdresser's yesterday.
26. He's the most difficult customer I (have to - ever) \_\_\_\_\_ deal with.
27. Sales (rise) \_\_\_\_\_ in 2001, but then (fall) \_\_\_\_\_ again in 2002.
28. We (sign) \_\_\_\_\_ a binding contract last year which is still valid.
29. I feel really tired. I (finish - just) \_\_\_\_\_ my homework.
30. Look at George ! He (have) \_\_\_\_\_ a haircut.

**Put the verbs in brackets into the past simple or the present perfect**

I (1) \_\_\_\_\_ (be) a ski instructor for many years now. I (2) \_\_\_\_\_ (take up) the sport when I (3) \_\_\_\_\_ (be) at school. I still remember the first time I (4) \_\_\_\_\_ (try) to ski. I (5) \_\_\_\_\_ (slip) on the ice and (6) \_\_\_\_\_ (break) my ankle. Thankfully, I (7)

\_\_\_\_\_ (not/ have) a serious accident since then. Last year, I (8) \_\_\_\_\_ (try) ice-skating for the very first time. I (9) \_\_\_\_\_ (slip) on the ice rink a couple of times since then but I (10) \_\_\_\_\_ (not/ break) anything. Two years ago, I (11) \_\_\_\_\_ (take) snowboarding lessons. I (12) \_\_\_\_\_ (not/ like) it because I (13) \_\_\_\_\_ (find) it a little dangerous. I (14) \_\_\_\_\_ (not/ play) ice - hockey yet. There's a game tomorrow. I can't wait to go!

***Read the following passage 6 and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.***

### **LIVING A HEALTHIER LIFE**

Keeping fit and healthy may seem difficult, but there are few-easy-follow guidelines. Firstly, a balanced diet is absolutely essential. This means selecting food that is (1) \_\_\_\_\_ in salt and sugar.

Experts recommend reducing the amount of fat in your diet as too much can lead to heart problems. They also suggest increasing (2) \_\_\_\_\_ of high fiber food we eat. This comes in the form of fresh fruit, vegetables, whole meal bread and pasta. As well as being packed (3) \_\_\_\_\_ vitamins and minerals, they are delicious, too. Secondly, it's important to fit exercise in to your daily routine. This can be done by simply walking as much as possible and climbing stairs instead of (4) \_\_\_\_\_ the lift. Finally, staying relaxed is important for good health. Too much stress can lead to a variety of illness, from headaches to high blood pressure. (5) \_\_\_\_\_ possible, do things you enjoy and treat yourself occasionally. So the message is simple - enjoy yourself but learn to respect your body too. It's all a question of getting the balance right.

- |                |              |            |          |
|----------------|--------------|------------|----------|
| 1. A. poor     | B. short     | C. small   | D. low   |
| 2. A. amount   | B. figure    | C. number  | D. mass  |
| 3. A. with     | B. by        | C. of      | D. in    |
| 4. A. catching | B. having    | C. taking  | D. going |
| 5. A. Whenever | B. Whichever | C. However | D. How   |

**I. Complete the sentences using the words in the box. You can use each word ONCE only.**

|                 |                     |                |                 |
|-----------------|---------------------|----------------|-----------------|
| <i>Bacteria</i> | <i>disease</i>      | <i>energy</i>  | <i>fitness</i>  |
| <i>Muscles</i>  | <i>tuberculosis</i> | <i>viruses</i> | <i>strength</i> |

1. \_\_\_\_\_ used to kill a lot of people in the past. Now this disease can be cured.
2. My sister likes to do a lot of things and is always full of \_\_\_\_\_.
3. He started a special exercise routine to improve his \_\_\_\_\_ after the operation.
4. Seasonal vaccines are used to protect against different flu \_\_\_\_\_.
5. My leg \_\_\_\_\_ hurt for a week after the run.
6. She has a lung \_\_\_\_\_ and was taken to hospital for treatment.
7. There are many helpful \_\_\_\_\_ living in our body.
8. Swimming is a great way to improve your overall health and \_\_\_\_\_.

## II. Choose the best answer to complete each sentence.

1. *Antibiotics/Vaccines* are used to treat infections caused by bacteria.
2. Having a *balanced/regular* diet is very important for a long and healthy life.
3. If you think you may have food *poison/poisoning*, contact your doctor immediately.
4. Eating a variety of food will provide different *nutrients/treatments* for your body.
5. Doing star *jumps/star* kicks is a good way to build leg muscles/energy.
6. Researchers continue to develop new *treatments/ingredients* for cancer.
7. *Regular/Balanced exercise* is more important for health than diet.
8. Bacteria are living *organisations/organisms*.

## III. Choose the best answers to complete the sentences.

1. You should cut \_\_\_\_\_ the amount of unhealthy fat you take in daily.  
A. on      B. away      C. down on      D. on down
2. Have you been \_\_\_\_\_ by the doctor yet?  
A. fixed      B. examined      C. investigated      D. repaired
3. Life \_\_\_\_\_ for smokers is shorter than for people who don't smoke.  
A. strength      B. expectation      C. expectancy      D. routine
4. I like working \_\_\_\_\_ in the gym.  
A. up      B. on      C. over      D. out
5. Many young people suffer \_\_\_\_\_ mental health problems.

- A. from                      B. of                      C. with                      D. by
6. Scientists are trying to prevent the \_\_\_\_\_ of the disease.  
A. movement                      B. flow                      C. running                      D. spread
7. Chest pain is a sign that your heart is not working \_\_\_\_\_.  
A. physically                      B. regularly                      C. properly                      D. healthily
8. Check the \_\_\_\_\_ of all food products to understand what you are eating.  
A. energy                      B. parts                      C. menus                      D. ingredients

**IV Grammar : 1. Choose the best answers to complete the sentences.**

1. Many of the diseases that can be cured today \_\_\_\_\_ likely to cause death in the past.  
A. are                      B. were                      C. have been                      D. will be
2. My father \_\_\_\_\_ late at work this month. He feels exhausted.  
A. is staying                      B. stayed                      C. has stayed                      D. will stay
3. My father \_\_\_\_\_ late at work last month. He felt exhausted.  
A. stay                      B. stayed                      C. has stayed                      D. will stay
4. The doctors have discussed his treatment \_\_\_\_\_ hours, but haven't made a final decision.  
A. for                      B. in                      C. since                      D. ago
5. Life expectancy \_\_\_\_\_ greatly over the past 200 years.  
A. will increase                      B. increases                      C. increased                      D. has increased
6. I have received treatment for my health problem \_\_\_\_\_.  
A. just                      B. ago                      C. since                      D. recently
7. I haven't heard from him \_\_\_\_\_. Is he getting better?  
A. just                      B. ever                      C. last month                      D. so far
8. How long \_\_\_\_\_ a headache? I think you should see a doctor.  
A. have you had                      B. did you have                      C. will you have                      D. do you have