

1. Choose the letter A, B, C, or D to indicate the most suitable response to complete each of the following exchanges.

1. A: Have you seen the new movie that has just come out?

B: Sorry, could you repeat the question? _____.

A. I didn't catch what you said

B. I quite followed what you asked me

C. I didn't know for sure

D. I didn't think so

2. A: I need some assistance, please.

B: _____

A. Yes, please. I'd love to.

B. Sure. How can I help you?

C. Thanks. That would be great.

D. Don't worry. I'll do it myself.

3. Shop assistant: Can I help you?

Customer: _____.

A. Yes, please, but I think I can manage it

B. No, thank you. I'm just looking

C. Yes, please. I'm just browsing

D. No, thanks. I'd like to buy some pork

4. A: Hi, can you tell me more about the benefits of exercise?

B: _____

A. Pardon my asking you.

B. Excuse me, could you let me through?

C. No problem. I couldn't agree more.

D. I beg your pardon?

5. A: First you should underline the keywords. Then locate them in the reading text.

B: _____

A. Yes, I don't know their meaning.

B. Can you do that again?

C. Can you say that again?

D. I don't know what to do.

2. Choose A - E to complete the conversation between Nick and his counsellor. Then practise it with a friend.

Nick: (1) _____.

Counsellor: That's great that you're interested in making healthy choices! What are some of the changes you've thought about making?

Nick: (2) _____.

Counsellor: Those are great goals! For nutrition, it's important to focus on eating a balanced diet. You can start by making small changes, like swapping out sugary drinks for water or choosing fruits instead of candies.

Nick: (3) _____.

Counsellor: There are plenty of options for exercise. The important thing is to find something you enjoy, so you're more likely to stick with it.

Nick: (4) _____.

Counsellor: It can be tough to make changes. You can start by setting a consistent bedtime and wake-up time and avoiding screens before bed.

Nick: (5) _____.

Counsellor: That's all right. It's important to take care of yourself, and I'm happy to help.

A. That sounds like a good plan. Thanks for the tips!

B. That makes sense. What about sleep? I know I don't get enough sleep, but it's hard to change my habits.

C. Hi! I want to talk to you about healthy living. I've tried to make some changes in my life to be healthier, but I'm not sure where to start.

D. Well, I know I need to eat healthier, but it's hard to know what to eat. And I want to start exercising more, but I don't know how to start.

E. Sounds practicable. What about exercise? I'm not really into sports, so I'm not sure what to do.

3. Work in pairs. Ask and answer about how to manage your time effectively. You can ask each other the following questions:

1. What are the benefits of effective time management?
2. How can you prioritise tasks to manage your time effectively?
3. How can you minimise distractions and stay focused on important tasks?
4. How can you use technology or tools to help manage your time more efficiently?
5. How can you assess and adjust your time management habits to improve productivity?