UTEQ - ENGLISH IN ACTION 5 – UNITS 3 & 4: INTEGRATED SKILLS

NAME: _____

Read and answer the questions below

Finding the Perfect Apartment

Jamie and Alex are best friends who recently moved into different apartments in the same city. Jamie lives in a bright and spacious apartment on the fifth floor of a modern building. She says the natural light in the mornings makes her feel energized, and she enjoys relaxing on her balcony. However, the neighborhood is quite noisy, especially during the evenings. Cars and buses pass constantly, and there's a nightclub nearby that plays loud music on weekends. Despite this, Jamie feels safe and comfortable in her home.

Alex lives two blocks away in an older building. His apartment is modern but a bit cramped and dark. The kitchen is small, and there's only one window in the living room. He says the area is very quiet, which helps him sleep better, but he sometimes feels nervous because of some safety concerns. There have been a few break-ins in his street recently, and the building doesn't have a security guard. Still, he likes his place because it's close to work and public transport.

Both Jamie and Alex agree that finding the perfect place is not easy. While one values brightness and comfort, the other prefers convenience and quiet. They also agree that what truly matters is making a place feel like home.

A. Choose the correct answer.

1. What makes Jamie's mornings pleasant?
   a) Coffee shops nearby
   b) Bright sunlight and a balcony
   c) Her spacious kitchen
   d) Her quiet neighborhood

2. Why does Alex feel unsafe in his apartment?
   a) There are no locks on the door
   b) The neighbors are noisy
   c) There have been break-ins recently

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d) It's on the ground floor

3. What do Jamie and Alex agree on?
   a) Jamie's apartment is better
   b) It's hard to find the perfect home
   c) Modern buildings are safer
   d) They should move again

B. Write True or False.

1. Jamie's apartment is in a noisy neighborhood. _____
2. Alex's building has a security guard. _____
3. Jamie and Alex live in the same building. _____
4. Alex's apartment has lots of windows. _____
5. They both feel happy with their current apartments. _____

C. Complete each sentence with: enough, too, as…as, or a wish statement.

1. Jamie's neighborhood is _____ noisy for her to sleep well.
2. Alex wishes he _____ more sunlight in his apartment.
3. The kitchen in Jamie's apartment is _____ small _____ the one Alex has.
4. Alex doesn't feel safe _____ in his neighborhood when he is walking at night.
5. Jamie wishes her neighborhood were _____ quiet _____ Alex's.

A Healthier Lifestyle

Carlos is a 29-year-old teacher who recently decided to change his lifestyle. For years, he used to skip breakfast, eat fast food every day, and sit for long hours without any exercise. He began feeling tired all the time and noticed he was gaining weight. One day, he looked in the mirror and realized it was time for a change.

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Carlos started by creating a schedule that included exercise, cooking, and time for relaxing. First, he wakes up early and goes jogging in the park. Then, he prepares a healthy breakfast with eggs, fruits, and oats. He avoids fried foods and sugary drinks. Next, he packs a home-cooked lunch and takes it to work. Finally, he eats a light dinner and goes to bed early.

Carlos says he feels better than ever. He has more energy, sleeps better, and his mood has improved. He wishes he had started these habits sooner, but he is proud of his progress. He even inspired his friends and family to follow his example. For him, healthy living is not just about looking better, but about feeling better every day.

D. Choose the correct option

1. What caused Carlos to change his habits?
   a) A doctor told him to
   b) He wanted to look better in photos
   c) He felt tired and noticed weight gain
   d) His family asked him to change
2. What does Carlos do first each morning?
   a) Prepare lunch
   b) Jog in the park
   c) Eat fried food
   d) Sleep late
3. How has Carlos influenced others?
   a) He gives them food
   b) He teaches cooking classes
   c) He inspired his friends and family
   d) He sells exercise plans

E. Write true or false

1. Carlos used to eat healthy meals. _____
2. Now Carlos avoids sugary drinks. _____
3. He still goes to sleep very late. _____

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4. Carlos has a lot more energy now. _____

5. He regrets making these changes. _____

F. Complete each sentence with a wish statement or a sequence adverb (first, next, then, finally).

1. _____, Carlos wakes up early and goes for a jog.

2. _____, he prepares a healthy breakfast.

3. I wish I _____ eat healthier like Carlos.

4. Carlos wishes he _____ started these changes earlier.

5. _____, he eats dinner and goes to bed.

LISTENING TASK 1

A. Listen to three people talk about things they wish they could change. Choose the topic each person is talking about.

1.	☐	Free time	☐	school
2.	☐	skills	☐	hobbies
3.	☐	family	☐	travel

B. Listen again. Write one change each person would like to make.

1. _____

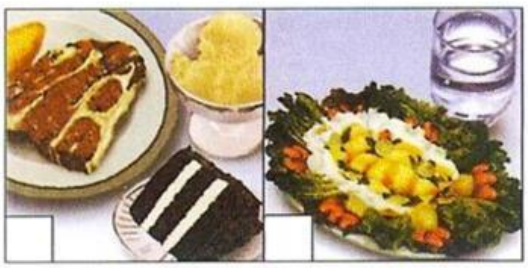
2. _____

3. _____

LISTENING TASK 2

People are talking about their eating habits. What does each person eat now? Listen and check the correct picture.

1.



a. ☐ b. ☐

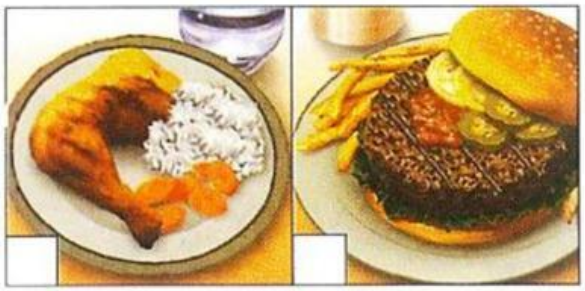
2.



a. ☐ b. ☐

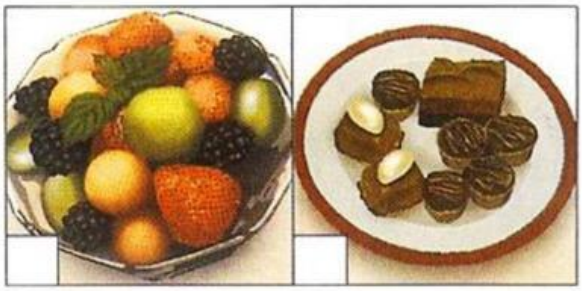
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3.



a. b.

4.



a. b.

WRITING TASK 1: Describe Your Living Space

Write a short paragraph (6-8 sentences) describing your current home or apartment. Use words like **bright**, **modern**, **spacious**, **safe**, **noisy**, **cramped**, and include at least one sentence using **too**, **enough**, or **as…as**.

Example:
I live in a small but cozy apartment. The living room is bright during the day because there is a big window. The kitchen is not big enough to cook large meals, but it works for me. My bedroom is as comfortable as a hotel room. Sometimes, I wish the apartment had a balcony, but overall, it's a great place to live.

WRITING TASK 2: A Healthier You

Write about the healthy changes you have made or would like to make. Use **sequence adverbs** (first, next, then, finally) and **wish** statements to explain what you do or what you want to do to improve your lifestyle. (6–8 sentences)

Example:
First, I decided to stop eating fast food every day. Next, I started preparing my meals at home using more vegetables. Then, I added a short morning walk to my routine. Finally, I drink more water and go to bed earlier. I wish I had started these habits sooner, but I'm happy with my progress. Living healthier makes me feel stronger and more focused.

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