

EXERCISE 3 – PRESENT PERFECT OR PAST SIMPLE

Complete the text with the correct form of the verbs in brackets.



➤ My Journey to Becoming Healthier ◀

A few months ago, I decided to change my lifestyle because I wanted to become healthier. Since the beginning of this year, I (1) _____ (not eat) any fast food, and I already feel much better.

In the past, I often (2) _____ (buy) takeaway meals after school, but now I prepare my own food at home.

I (3) _____ just _____ (join) a local fitness club, and I really enjoy exercising there.

Last year, I (4) _____ (not care) very much about my diet, but everything has changed since then.

Have you ever (5) _____ (try) cooking healthy meals instead of eating out? It is much easier than many people think.

My best friend (6) _____ already _____ (lose) five kilos after changing her eating habits, and she feels much more confident now.

We (7) _____ (meet) at a healthy food festival a few days ago, where we learned many useful cooking tips and recipes.

I (8) _____ never _____ (feel) so energetic before, and I am determined to continue these healthy habits.

This week, our teacher (9) _____ (give) us a project about nutrition, so we have been discussing healthy lifestyles in class.

I (10) _____ (not finish) my food diary yet, but I plan to complete it this evening.

