

Prepositional Phrases

Text 1

How long have you been sitting today? Maybe you sit to eat breakfast, (1) ... your desk, in the classroom, (2) ... the car, (3) ... the bus, and in front of the TV in the evenings. It all adds (4) Sitting time is a health risk with both long and short term impacts. To reduce your risk of health problems, you need to be aware (5) ... how much you sit and try to move more throughout the day.

There are lots of ways for you to be more physically active and less sedentary (6) ... every day. You don't have to do organised or competitive physical activity to benefit. Social physical activity with family and friends, or being active (7) ... yourself, can also be fun and is good (8) ... you too. So, swap social media (9) ... social outdoor activity. Get real! Why not try meeting up with friends (10) ... person instead (11) ... online? Choose activities you enjoy doing, and you will be more likely to continue doing them. Be active every day (12) ... as many ways as you can!

Text 2

Vietnam, one of the world's last communist countries, is a land rich (1) ... natural beauty, delicious cuisine, and friendly locals. They say that the best season to visit Vietnam is (2) ... April and May when the country receives the lowest amount of rainfall and there are fewer tourists. So, (3) ... this spring my parents and I went (4) ... holiday to Vietnam. Although it was my first journey (5) ... air, I wasn't scared (6) ... all as we were very well looked (7) ... by the flight attendants.

Our tour guide collected us from the airport and we headed (8) ... Nha Trang, a coastal city famous (9) ... having some of the freshest seafood in Vietnam. After we checked (10) ... at our hotel somewhere (11) ... the outskirts of Nha Trang, we went (12) ... a swim in the pool. The next day we set (13) ... for Vinpearl Land. This amusement park, located (14) ... Hon Tre Island, is one of Vietnam's most popular playgrounds covering more than 200,000 square metres, including six resorts, a water park, oceanarium and more. It was the holiday (15) ... a lifetime that I will never ever forget.