

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.

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|----------------|--------------|------------|----------|
| 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