

**A**  Listen to a conversation between friends. Match the sentence halves.

1 Gabriella wants to sleep ____.	A before or after midnight.
2 Gabriella usually gets up ____.	B for ten hours.
3 Santi usually goes to bed ____.	C after work on Tuesdays.
4 Santi plays soccer ____.	D at six in the morning.

\_\_\_\_\_ / 8 (2 points each)

**B** Complete the sentences with words from the box.

go out with	in the evening	on the weekend	play soccer	read
runs	study	Thursdays	work	

EXAMPLE: Bill sometimes runs before he goes to school.

- 1 Yoko usually finishes work at 5 p.m., but on \_\_\_\_\_ she finishes at 7 p.m.
- 2 I don't have time at work, but I usually chat with friends on social media \_\_\_\_\_.
- 3 On Friday after work I usually \_\_\_\_\_ my friends.
- 4 My sister likes to \_\_\_\_\_ in the morning before work. She does her homework then.
- 5 Saturday and Sunday are my favorite days because I don't work \_\_\_\_\_.
- 6 My dad doesn't \_\_\_\_\_, but he likes to watch it on TV.
- 7 I love books, but I only have time to \_\_\_\_\_ at night, before bed.
- 8 Diego works really hard, but he doesn't \_\_\_\_\_ on the weekend.

\_\_\_\_\_ / 8 (1 point each)

**C** Match the times in column A with the times in column B.

EXAMPLE: It's 12:00 p.m. |

1 10:00	—	A It's quarter after nine.
2 It's two forty.	—	B It's eight-thirty.
3 4:05	—	C It's twenty to three.
4 It's nine-fifteen.	—	D It's midnight.
5 It's 12:00 a.m.	—	E It's a quarter to seven.
6 5:15	—	F It's ten o'clock.
7 It's six forty-five.	—	G It's five fifteen.
8 8:30	—	H It's four-oh-five.
	—	I It's noon.

\_\_\_\_\_ / 8 (1 point each)

**D** Complete the sentences. Use eight words from the box.

always do don't doesn't drink drinks go goes hardly ever play plays

EXAMPLE: My grandmother drinks coffee for breakfast, but I don't.

1 My mom runs on weekends, because she doesn't have time Monday to Friday.

2 My cousin Ruben works on the weekend, so he has free time.

3 People in Japan often drink green tea for breakfast.

4 My grandparents have a TV, but they never watch it because they don't have time.

5 Liliana often plays soccer with her friends at the park after work.

6 My daughter and her friends usually go out on weekends.

7 My cousins live in another country, so I hardly ever see them.

8 Anatoly loves basketball, but he doesn't play often because he works a lot.

\_\_\_\_\_ / 8 (1 point each)

**E** Match the questions and answers.

EXAMPLE: What time do you start work in the morning? C

1 Where does your sister work? —

A Not every day. Only Monday to Thursday.

2 What do you do on Saturday evenings? —

B Yes, it has some really good ones.

3 Does your brother work every day? —

C At 9 a.m.

4 What do you do on weekends? —

D In a bank on Oak Street.

5 Do you have lunch at work? —

E I usually play soccer on Saturday and see my family on Sunday.

6 What do you do after class? —

F I usually meet friends for dinner.

7 Does your cell phone have good apps? —

G No, I have it at home with my family.

8 Do we have class today? —

H Yes, we do. It starts at 11 a.m.

I I go home.

\_\_\_\_\_ / 8 (1 point each)

**F** Read the poster. Then read the sentences and **circle** the correct answer.

## Have a happy ☺ body clock!

### Meals

- Eat a big breakfast in the morning before you go to work.
- Eat a small dinner in the evening, before 8 p.m.
- Don't eat cookies between meals.
- Don't drink coffee or tea in the late afternoon or in the evening.

### Sleep

- Go to bed early when you can, and sleep eight hours a night.
- It is important to have a nice bedroom. It's OK if it's big or small! Use an interesting lamp, a nice rug or have cool photos on the wall.
- Don't play video games on your laptop late at night because you need to relax.
- Don't watch movies or use your cell phone when you are in bed.

### Sports

- Sports aren't boring. Sports are fun! Play sports often.
- Run or walk before work or after work.
- It's good to rest after you play basketball or soccer.

### Relax

- Work is important and studies are important. But free time is also important.
- Have fun with your friends and with your family. Talk to your friends and have meals with your family, every day if possible.
- When you are tired, don't work or play sports. Listen to your body clock!

1 Eat a big meal \_\_\_\_\_.

- A in the morning
- B in the afternoon
- C in the evening

4 It is good to run \_\_\_\_\_.

- A before work
- B after work
- C before and after work

2 The ideal bedroom is \_\_\_\_\_.

- A small
- B big
- C any size

5 When you are tired \_\_\_\_\_.

- A play sports
- B listen to your friends
- C listen to your body clock

3 Use technology \_\_\_\_\_.

- A before 10 o'clock at night
- B after 10 o'clock at night
- C before 10 o'clock in the morning

\_\_\_\_\_ / 10 (2 points each)