

NAME: _____

DATE: _____

SCORE: _____ /50

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.

- Yoko usually finishes work at 5 p.m., but on _____ she finishes at 7 p.m.
- I don't have time at work, but I usually chat with friends on social media _____.
- On Friday after work I usually _____ my friends.
- My sister likes to _____ in the morning before work. She does her homework then.
- Saturday and Sunday are my favorite days because I don't work _____.
- My dad doesn't _____, but he likes to watch it on TV.
- I love books, but I only have time to _____ at night, before bed.
- 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. | <u>I</u> | A It's quarter after nine. |
| 1 10:00 | _____ | B It's eight-thirty. |
| 2 It's two forty. | _____ | C It's twenty to three. |
| 3 4:05 | _____ | D It's midnight. |
| 4 It's nine-fifteen. | _____ | E It's a quarter to seven. |
| 5 It's 12:00 a.m. | _____ | F It's ten o'clock. |
| 6 5:15 | _____ | G It's five fifteen. |
| 7 It's six forty-five. | _____ | H It's four-oh-five. |
| 8 8:30 | _____ | 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 _____ have free time.
- 3 People in Japan often _____ green tea for breakfast.
- 4 My grandparents have a TV, but they _____ watch it because they don't have time.
- 5 Liliana often _____ soccer with her friends at the park after work.
- 6 My daughter and her friends usually _____ out on weekends.
- 7 My cousins live in in another country, so I _____ see them.
- 8 Anatoly loves basketball, but he doesn't _____ 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? _____
- 2 What do you do on Saturday evenings? _____
- 3 Does your brother work every day? _____
- 4 What do you do on weekends? _____
- 5 Do you have lunch at work? _____
- 6 What do you do after class? _____
- 7 Does your cell phone have good apps? _____
- 8 Do we have class today? _____

- A Not every day. Only Monday to Thursday.
- B Yes, it has some really good ones.
- C At 9 a.m.
- D In a bank on Oak Street.
- E I usually play soccer on Saturday and see my family on Sunday.
- F I usually meet friends for dinner.
- G No, I have it at home with my family.
- 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

2 The ideal bedroom is _____.

- A small
- B big
- C any size

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

4 It is good to run _____.

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

5 When you are tired _____.

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

_____ / 10 (2 points each)