

TALLER REPOSICIÓN

Read the text. Then, answer the questions.

The daily routines of a sportswoman

Janet is an athlete, and she wakes up at 4:30 am every weekday morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am Janet checks her email for only 30 minutes and then goes for her first run of the day. She runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast for her family, which is usually cereal and fruit. However, she occasionally has a less healthy breakfast.

She usually finishes breakfast at around 8 am. If it is a weekday, she always leaves the house at 8:20 and goes to training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes lunch, she has a nap for one hour.

After her nap, she likes to go for a walk with her son around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets with friends or goes to the cinema with her husband Mike and her son Sean.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet. She always makes sure her alarm is set and is almost always asleep by 10:15 pm.

Taken and adapted from <https://test-english.com/>

A. Based on the text, choose the correct answer.

1. What time does Janet wake up on weekdays?
 - a. 4:30 am
 - b. 5:15 am
 - c. 8:00 am
 - d. 4:00 am

2. How long does Janet spend reading and meditating in the morning?
 - a. 15 minutes
 - b. 30 minutes
 - c. 1 hour
 - d. 45 minutes

3. What does Janet do after checking her email?
 - a. Takes a nap.
 - b. Goes for a run.
 - c. Watches television
 - d. Prepares breakfast for her family.

4. How long does Janet run in the morning?
 - a. 30 minutes
 - b. 1 hour
 - c. 1 hour and 30 minutes
 - d. 3 hours

5. How often does she meditate?

- a. Once a day
- b. Twice a week
- c. Hardly ever
- d. Once or twice a day

B. Write True (T) or False (F)

6. Janet goes to training if it is a weekday.

7. Janet always has a healthy breakfast.

8. Janet has a nap for two hours.

9. Janet sometimes reads or meditates at the lake in the evening.

10. Janet usually watches television or reads on her tablet before bed.

Pete is stuck in an unknown city. Listen carefully and answer the questions below.

1. What's the problem?

- a. There are no trains because it is a holiday.
- b. There are no trains because of the weather.
- c. There are no trains because it is late.

2. When is it possible to get a train?

- a. Maybe tomorrow.
- b. Maybe tonight.
- c. Maybe now.

3. Which places can you find in the station?

- a. Hotel and cash machine.
- b. Restroom and payphone.
- c. Payphone and snack bar.

4. How many hotels are there in the station?

- a. There's one.
- b. There aren't any.
- c. There are two.

5. How much is Ridgemount Hotel?

- a. 18 pounds.
- b. 250 pounds.
- c. 80 pounds.

B. Write True (T) or False (F).

6. The weather is terrible in Paris.

7. Pete is calling the woman from a payphone.

8. The internet café is in the station.

9. The snack bar is out of the station.

10. The first hotel is expensive.

Write a description of your favorite place in the city. Use three paragraphs (100-110 words). Include:

Paragraph 1: Name, location and description of the place.

Paragraph 2: Activities to do there, the frequency you go to that place.
Paragraph 3: Reasons to be your favorite place.

Use: Present simple, adverbs of frequency, time expressions. DON'T use translate.