

# 1 Complete the texts with the words in the box.

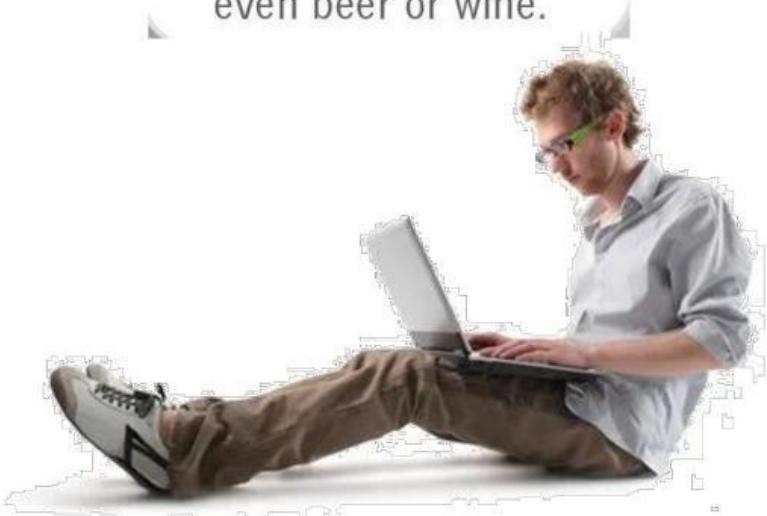
running fresh caffeine junk worrying fizzy  
vitamins alcohol relaxing exercise



I'm not as healthy as I would like to be. I work in the city and spend a lot of time <sup>4</sup> \_\_\_\_\_ about my work. I don't eat very well because I don't have much time, but I make sure I get enough <sup>5</sup> \_\_\_\_\_ from fruit and vegetables. I wish I could spend more time <sup>6</sup> \_\_\_\_\_ at home with my family.



I have a healthy life, I think. I buy lots of <sup>1</sup> \_\_\_\_\_ fruit and vegetables and use these to cook with. I don't like to eat <sup>2</sup> \_\_\_\_\_ food like hamburgers or crisps and I never drink <sup>3</sup> \_\_\_\_\_ – not even beer or wine.



Food isn't very important to me, really. Sometimes I don't eat all day. I'm addicted to <sup>7</sup> \_\_\_\_\_ though! I drink about ten cups of coffee a day and have lots of <sup>8</sup> \_\_\_\_\_ drinks, too. What's really important to me is keeping fit. I go to <sup>9</sup> \_\_\_\_\_ classes twice a week and at the weekend I go <sup>10</sup> \_\_\_\_\_.

# GRAMMAR

## PRESENT PERFECT + FOR/SINCE

**2** Complete the conversations with the present perfect form of the verbs in brackets.

**1** **A:** How long has Carlos worked here? (Carlos/work)

**B:** About four years. He has been here for four years. (be)

**2** **A:** Did you see that comedy film last night?

**B:** Yes, it was the funniest film I

have ever watched! (ever/watch)

**3** **A:** Do you know where Morris

has gone? (go)

**B:** No. I haven't seen him all day. (not see)

**4** **A:** Have you finished your homework? (you/finish)

**B:** No. I haven't started it yet. (not start)

**5** **A:** Do you know if my parcel has arrived? (arrive)

**B:** Just a minute. I'll have a look for you.

**6** **A:** Have you found your watch? (you/find)

**B:** Yes, it was under the sofa.

**7** **A:** How long have you known Marissa? (you/know)

**B:** Not very long. We haven't been friends for long at all. (not be)

**8** **A:** Have you heard my news? (you/hear)

**B:** No. haven't you decided to leave your job? (you/decide)

**3** Write sentences using the prompts. Use the present perfect with *for/since*.

**1** I / know / Imelda / ages

I've known Imelda for ages.

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**2** he / work / for that company / six months

**3** we / live / Turkey / 2013

**4** I / not be / to the cinema / a long time

**5** they / be here / two months now

**6** I / not clean / the house / last Monday

**7** she / not listen to / that music / she was a teenager

**8** we / not hear / from him / he left

**9** Bob / be a builder / more than forty years

**10** the phone / not ring / 10 o'clock

**11** I / want / to climb a mountain / I was a child