

Complete the missing words in the sentences. The first and last letters are given.

If you want to lose weight, you need to stop eating so much chocolate.

- 1 Sergio came off the rugby p_____h covered in thick wet mud.
- 2 This dust s_____m is making it difficult to see anything.
- 3 If you want to reduce a_____y, you need to learn how to relax.
- 4 I'd like to be healthier, so I'm going to make better life c_____s – starting with what I eat!
- 5 Running around the park once a day is a great way to keep f_____t.

Complete the sentence with the Past Simple or Past Perfect forms of the verbs in brackets.

Connor had forgotten (forgot) to wash his hands before he sat down for dinner.

- 1 Andrea _____ (be) stressed because she hadn't revised for the test.
- 2 When Neil arrived at the gym, everyone _____ (already/begin) the fitness class.
- 3 By the time Jill _____ (get) home, she had started to feel unwell.
- 4 Linda felt much better after she _____ (speak) to her best friend about the problem.
- 5 I had just left Jeanette's house when I _____ (realise) I didn't have my sports bag.

Complete each pair of sentences with the same answer A–C.

We are going to ___ the new James Bond film tonight.
I don't need a ___ because I've got the time on my phone.

A see B clock C watch

- 1 Jenny told ___ she was going to go on a diet.
Hey! Those skates belong to _____. You can't just use my things.

A me B I C that

- 2 The teacher said the student was ___ well and sent him home.
I didn't recognise the trainer because I had ___ seen him before.

A definitely B not C never

- 3 Two cyclists ___ they had used drugs to improve their performance.

Grandma ___ she took vitamin tablets each day to keep her healthy.

A spoke B told C said

- 4 The boxer ___ never lost a professional fight before last night.

The racing driver said he ___ driven faster than ever yesterday.

A has B had C have

- 5 The basketball ___ in our school are fantastic!
There are some tennis ___ next to my house.

A balls B courts C tracks