

PRACTICE

- 4** Complete the text based on the conversation in Task 1. Use the correct forms of the verbs in brackets.

In the past, Nam (1. eat) ate fast food and often stayed up late. But he (2. start) has started eating healthy food and (3. give) (has) given up bad habits. He has changed his lifestyle since he (4. visit) visited his grandfather, who (5. just celebrate) has just celebrated his 90th birthday.