

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) _____ fast food and often stayed up late. But he (2. start) _____ eating healthy food and (3. give) _____ up bad habits. He has changed his lifestyle since he (4. visit) _____ his grandfather, who (5. just celebrate) _____ his 90th birthday.