

EXERCISE 1 - LISTENING AND READING COMPREHENSION,

Healthy Life for Teens

Teenagers need a healthy life every day. Good habits help the body and mind. Small actions create big results. Eating healthy food is very important. Fruits and vegetables give energy. Junk food is not good for the body.

Drinking water is essential. Water helps your brain work better. It also keeps your body strong. Exercise is necessary for teenagers. You can run, walk, or play sports. Exercise makes you feel happy.

Sleeping well is very important. Teenagers need 7–9 hours of sleep. Sleep helps you focus in school. Studying is part of a healthy life. Learning new things builds your future. Education opens many opportunities.

Avoid bad habits like smoking or drinking alcohol. These habits damage your health. Choose positive activities. Finally, believe in yourself. You can grow, learn, and succeed. A healthy life creates a strong future

READING COMPREHENSION - Choose the correct option

What is important for energy?

- a) Junk food b) Fruits and vegetables c) Soda

What does water help?

- a) Sleep b) Brain c) Homework

How many hours should teens sleep?

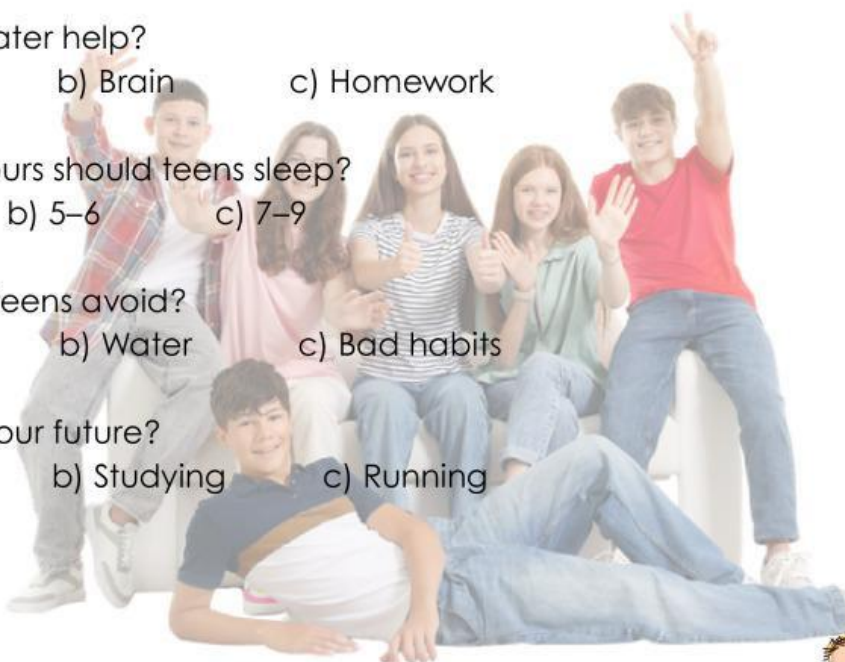
- a) 3–4 b) 5–6 c) 7–9

What should teens avoid?

- a) Exercise b) Water c) Bad habits

What builds your future?

- a) Sleeping b) Studying c) Running





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EXERCISE 2: COMPLETE THE SENTENCE

Complete with the correct adverb of frequency.

Completa con el adverbio de frecuencia correcto.

1. I _____ (100%) wake up at 6:00 am.
2. She _____ (0%) eats junk food.
3. We _____ (70%) play soccer after school.
4. He _____ (50%) studies at night.
5. They _____ (20%) watch TV.
6. I _____ (90%) do my homework.
7. She _____ (70%) drinks water.
8. We _____ (50%) go to the park.
9. He _____ (20%) eats vegetables.
10. I _____ (0%) smoke.

EXERCISE 3: ORDER THE SENTENCE

Order the words to form correct sentences.

Ordena las palabras para formar oraciones correctas.

1. always / I / breakfast / eat
2. she / never / late / is
3. play / often / we / soccer
4. sometimes / he / reads / books
5. they / usually / exercise / do
6. rarely / I / TV / watch
7. drinks / she / always / water
8. we / go / often / park / the / to
9. eats / he / never / junk food
10. sometimes / I / run / morning / the / in

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EXERCISE 4: LISTENING 1

Listen to the audio and fill in the blanks

Escucha el audio y rellena los espacios en blanco.

1. I _____ exercise.
2. She _____ soda.
3. We _____ to school early.
4. He _____ vegetables.
5. They _____ video games.
6. I _____ late.
7. She _____ English.
8. We _____ water.
9. He _____ in the morning.
10. They _____ breakfast.

EXERCISE 5: FIND THE ERROR

Identify the mistake and rewrite correctly.

Identifica el error y escribe la oración correctamente.

1. I always am happy.
2. She eat always vegetables.
3. He never go to school.
4. We plays often soccer.
5. They does homework usually.
6. I drink always water.
7. She don't never eat fruit.
8. He always study at night.
9. We goes sometimes to the gym.
10. They never eats breakfast.

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EXERCISE 6 Match the verb with its translation, and the translation with the definition of the verb in English.

Une el verbo con su traducción y la traducción con la definición del verbo en inglés.

- | | | |
|----------|----------------------|-------------------------------------|
| • Become | ◦ perder | • To move in the air |
| • Build | ◦ sentir | • To construct something |
| • Drive | ◦ conducir | • To change into something |
| • Feel | ◦ dar | • To move a car |
| • Find | ◦ prestar | • To experience emotion |
| • Fly | ◦ tener | • To discover something |
| • Get | ◦ poner | • To receive something |
| • Give | ◦ volar | • To give something to someone |
| • Have | ◦ encontrar | • To possess something |
| • Keep | ◦ convertirse | • To continue having something |
| • Know | ◦ .saber / conocer | • To understand or have information |
| • Leave | ◦ obtener | • To go away from a place |
| • Lend | ◦ construir | • To give something temporarily |
| • Lose | ◦ salir / dejar | • To not have something anymore |
| • Put | ◦ guardar / mantener | • To place something somewhere |

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