EVOLVE 1

Name _____ Class _____ Date _____

Listening

A. Listen to a conversation between friends. Match the sentence halves.

(2 points each)

1. __ Gabriella wants to sleep	a. at six in the morning.
2. __ Gabriella usually gets up	b. after work on Tuesdays.
3. __ Santi usually goes to bed	c. for ten hours.
4. __ Santi plays soccer	d. before or after midnight.

Vocabulary

B. Complete the sentences with the words below.

app | games | smartwatch | earphones | camera |cell phone | laptop

EXAMPLE: I read emails and watch movies on my **tablet**.

1. My new _____ is cool! I can tell the time and send messages!

2. My _____ number is 555-123-6789.

3. My _____ is really old. I need a new one for work.

C. Circle the correct answer.

1. Every day I send _____ to my friends.

a) text messages b) calls

2. I write _____ on my laptop.

a) emails b) videos

3. I don't watch TV. I buy _____ online.

a) voice messages b) music and movies

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D. Complete the sentences with the words below.

Thursdays | in the evening | go out with | study | on the weekend | play soccer | read | work

EXAMPLE: Bill sometimes **runs** before he goes to school.

1. Yoko usually finishes work at 5 p.m., but on _____ she finishes at 7 p.m.

2. On Friday after work I usually _____ my friends.

3. I love books, but I only have time to _____ at night, before bed.

E. Match the times in column A with the times in column B.

1. __ 10:00	a. It's twenty to three.
2. __ It's two forty.	b. It's five fifteen.
3. __ 5:15	c. It's ten o'clock.

Grammar

F. Write affirmative (+) and negative (-) statements and questions.

(1 point each)

1. I / listen / to music.

_____

2. I / not read / emails / on my tablet.

_____

3. you / chat / with your friends / ?

_____

4. you / have / a smartwatch / ?

_____

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5. We / not play / computer games.

_____

6. We / call / our friends and family.

_____

7. you / post / good photos / ?

_____

G. Complete the sentences with *a, an* or - (nothing).

(1 point each)

1. We post _____ photos on social media.

2. I don't use _____ apps on my cell phone.

3. Do you have _____ computer?

4. I don't have _____ smartwatch.

5. Do you have _____ tablet?

H. Complete the sentences with the words below.

always | do | don't | doesn't | drink | go | goes | hardly ever | play | plays

EXAMPLE: My grandmother **drinks** coffee for breakfast, but I don't.

1. My mom _____ runs on weekends, because she doesn't have time Monday to Friday.

2. People in Japan often _____ green tea for breakfast.

3. My daughter and her friends usually _____ out on weekends.

Reading

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EVOLVE 1

Name _____ Class _____ Date _____

I. Read the poster. Then read the sentences and circle the correct answer.

Have a happy ☺ body clock!

Meals

• Eat a big breakfast in the morning before you go to work.
• Eat a small dinner in the evening, before 8 p.m.
• Don't eat cookies between meals.
• Don't drink coffee or tea in the late afternoon or in the evening.

Sleep

• Go to bed early when you can, and sleep eight hours a night.
• It is important to have a nice bedroom. It's OK if it's big or small! Use an interesting lamp, a nice rug or have cool photos on the wall.
• Don't play video games on your laptop late at night because you need to relax.
• Don't watch movies or use your cell phone when you are in bed.

Sports

• Sports aren't boring. Sports are fun! Play sports often.
• Run or walk before work or after work.
• It's good to rest after you play basketball or soccer.

Relax

• Work is important and studies are important. But free time is also important.
• Have fun with your friends and with your family. Talk to your friends and have meals with your family, every day if possible.
• When you are tired, don't work or play sports. Listen to your body clock!

1. Eat a big meal _____.
a) in the morning b) in the afternoon c) in the evening

2. The ideal bedroom is _____.
a) small b) big c) any size

3. Use technology _____.
a) before 10 o'clock at night b) after 10 o'clock at night c) before 10 o'clock in the morning

4. It is good to run _____.
a) before work b) after work c) before and after work

5. When you are tired _____.

a) play sports b) listen to your friends c) listen to your body clock

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LIVEWORKSHEETS