



Exercise 1 : Listening and Reading.

A Healthier Digital Life

Last semester, Mia and her classmates had a big science project to complete. They wanted to create a presentation about renewable energy, but they were struggling to organize their ideas. Mia suggested using an artificial intelligence tool to help them research the topic. However, their teacher reminded them that technology should support learning, not replace their own thinking.

For several weeks, the students had been collecting information from books and reliable websites before they decided how to organize their presentation. They divided the work according to their strengths. Mia designed the slides, Leo checked the scientific facts, and Sara prepared the speech. They also used a shared online document to exchange ideas and correct mistakes.

By the time they presented their project, they had been practicing their speech for several days. At first, some students felt nervous because they were afraid of making mistakes in front of their classmates. Instead of giving up, they practiced together after school and gave each other helpful feedback. Their confidence gradually improved.

Today, Mia has been using digital tools more carefully. She checks information before accepting it and never copies an answer without understanding it. Her team received a very good grade, but Mia believes their greatest achievement was learning to cooperate. She has realized that technology is most useful when students combine it with curiosity, critical thinking, and teamwork.

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Exercise 2 : Reading Comprehension.

Instructions: Answer each question in complete English sentences using information from the reading.

1. 1. What was Mia's science project about?
 - A) Renewable energy. B) Online video games. C) Social media safety.
2. Why did the teacher remind the students to use technology carefully?
 - A) Because technology should replace all classroom activities.
 - B) Because technology should support learning rather than replace their thinking.
 - C) Because students were not allowed to use books.
3. What had the students been doing before they organized their presentation?
 - A) Collecting information from books and reliable websites.
 - B) Practicing a musical performance.
 - C) Designing a new computer game.
4. How did the students improve their confidence before the presentation?
 - A) They asked another class to do the project for them.
 - B) They stopped practicing when they felt nervous.
 - C) They practiced together and gave each other feedback.
5. According to Mia, when is technology most useful?
 - A) When students copy information quickly.
 - B) When students combine technology with curiosity, critical thinking, and teamwork.
 - C) When students work without communicating with anyone.
6. What problem did Mia and her classmates have at the beginning of the project?
 -
7. How did the students divide their responsibilities?
 -
8. Why were some students nervous before the presentation?
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Exercise 3 : Find and correct the mistake

Instructions: Read each sentence, identify the grammatical error, and write the sentence correctly. All of the sentences contain at least one error.

1. They has been studying English for two hours.

• -----

2. She have been practicing the piano since Monday.

• -----

3. Have you been play video games all afternoon?

• -----

4. We have been waiting for the bus since three hours.

• -----

5. He has not been finished his science project yet.

• -----

6. By the time the coach arrived, the players have been training for an hour.

• -----

7. Had she been practiced before the competition started?

• -----

8. They had been play basketball for thirty minutes before it started to rain.

• -----

9. I had not studying long when the electricity went out.

• -----

10. Had you been waiting since two hours when the teacher called you?

• -----





Exercise 4 : Order the words.

Instructions: Order the words or phrases to form grammatically correct sentences

1. for two hours / has / Emma / been / studying / .

• -----

2. since Monday / have / We / been / working / on the project / .

• -----

3. been / Has / practicing / she / the guitar / ?

• -----

4. not / They / have / been / sleeping / well / lately / .

• -----

5. been / Had / you / waiting / for long / when the bus arrived / ?

• -----

6. had / He / been / running / for thirty minutes / before he stopped / .

• -----

7. been / Why / had / they / arguing / before the teacher arrived / ?

• -----

8. had / We / not / been / using / the computer / before it crashed / .

• -----

9. not / Had / been / studying / before the exam began / ? / she

• -----

10. have / your friends / learning / English / ? / been / How long

• -----





Exercise 5 : Rewrite the sentences as indicated..

1. 1. She has been practicing the piano for an hour.(N. sentence)

• -----

2. They had been playing football for forty minutes before it rained.(N. sentence)

• -----

3. You have been using the school computer since 9 a.m.(A. questions)

• -----

4. He had been studying for two hours before his friend arrived.(A. questions)

• -----

5. Has Daniel been learning Japanese for six months? (N. sentence)

• -----

6. Had the students been working on the project before the teacher arrived? (N.S)

• -----

7. Have you been practicing your English every day? (A.A)

• -----

8. Had Laura been sleeping when the alarm rang? (A.A)

• -----

9. Have you been practicing your English every day?(N.A)

• -----





Exercise 6 : Fill in the blanks with the correct verb tense.

Instructions: Complete each sentence with the correct form of the verb in parentheses. Decide whether to use the present perfect continuous or the past perfect continuous based on the context.

1. Maya _____ (practice) the guitar for two hours, and she is still practicing.
2. My friends _____ (not / use) social media much recently because they are preparing for their exams.
3. _____ your brother _____ (play) basketball since he joined the school team?
4. By the time the teacher arrived, we _____ (work) on the science project for an hour.
5. Daniel was exhausted because he _____ (run) for forty minutes before the race was stopped.
6. How long _____ you _____ (learn) English? You have made a lot of progress.
7. The students _____ (not / finish) their online activity when the internet stopped working.
8. _____ the children _____ (watch) the video for long before the teacher turned off the screen?

