

1 Match 1–6 and a–f to make phrases.

Be healthy
– **DOs and DON'Ts**

- try to keep _____
- find a way to reduce _____
- stretch your _____
- don't eat too much junk _____
- don't stay up _____
- don't eat food which is high in _____

a late
b food
c fit
d sugar
e muscles
f stress

2 Maria leads a healthy lifestyle. Complete the notes with the correct present simple forms of the verbs in brackets.

Things Maria does:

- She _____ (go) to the gym.
- She _____ (eat) healthy food.
- She _____ (walk) to school every day.

Things Maria doesn't do:

- She _____ (not eat) much meat.
- She _____ (not use) her phone very often.
- She _____ (not take) the bus to school.

3 Complete the phone conversation between Maria and her friend Lisa with the correct present continuous forms of the verbs in brackets.

Lisa Hi, Maria. How are you?

Maria Not too bad. You?

Lisa Yeah, I'm fine. Are you outside?

Maria Yes, ¹ _____ (I / walk) in the park. It's a beautiful day, and it's healthy to be outside.

Lisa You really care about your health!

Maria I do. At the moment, ² _____ (I / read) a book about yoga, and ³ _____ (I / also / try) to learn some healthy recipes. Hey, Lisa – what ⁴ _____ (you / do) today?Lisa ⁵ _____ (I / not do) anything. Why?

Maria Do you want to come to dinner?

⁶ _____ (I / think) of making sushi. I've never tried it before. Do you want to help me?

Lisa OK, that sounds fun. See you later.

4 Use the words in brackets to make questions and answers. Use the present perfect simple.

It's now 4 pm.
Maria and Lisa
have been very busy,
but they haven't
finished yet.



1 Has Maria cooked sushi before?
(Maria / cook / sushi / before / ?)

No, she hasn't. (X)

2 _____
(she / find / a good recipe / ?)

_____ (✓)

3 _____
(they / buy / everything they need / ?)

_____ (✓)

4 _____
(they / cook / the rice / ?)

_____ (✓)

5 _____
(they / invite / any friends round for dinner / ?)

_____ (✓)

6 _____
(the friends / arrive / yet / ?)

_____ (X)

5 Complete the text with the correct forms of the words from the box. Use the present simple, present continuous or present perfect simple.

finish just learn listen not know play relax
talk want wash

It's 7 pm. Maria and her friends ¹ _____ their meal. They ² _____ all the dishes and cleaned the kitchen. Now, they ³ _____ in the living room. Maria and Emilia ⁴ _____ to music. Emilia loves music. She ⁵ _____ the guitar in a band, and she's got a new CD which she wants Maria to listen to. Lisa ⁶ _____ to her parents on the phone. 'What time are you coming home?' asks her mum. Lisa ⁷ _____ exactly. 'Nine, ten – not later than ten o'clock,' she promises. Their other friend, Nathalie, is bored. She ⁸ _____ to play a game. 'Let's play cards,' she says, 'I ⁹ _____ a new game. I can teach you how to play.'

1 Complete the dialogue with one word in each gap. The first and last letters are given.

X: Will you book the holiday online?
 Y: No, through a travel ¹a_____y.
 X: How will you know what the hotel looks like?
 Y: There are photos in the ²b_____e.
 X: What sort of ³a_____n will you look for?
 Y: A modern hotel with a swimming pool.
 X: What kind of holiday are you interested in?
 Y: A ⁴p_____e holiday with everything included.
 X: How will you get there?
 Y: By ⁵p_____e – I love flying.
 X: What sort of activities will you do?
 Y: I want to go ⁶h_____g in the ⁷d_____t.
 I want to walk up sand dunes and see an oasis.
 With a tour ⁸g_____e, of course. I don't want to get lost!

2 Complete the advert for a space holiday of the future with the words from the box.

atmosphere book destinations explore
 Moon planet sightseeing spaceship

HAVE A HOLIDAY OF A LIFETIME!

We fly to more ¹_____ than anyone else.
 For a budget holiday, try one of our five-star resorts on the ²_____. Our new luxury ³_____ takes just three days to get there. And remember, there may not be any ⁴_____ outside, but inside the resorts it's party time every day.
 For the more adventurous, you can now fly to Mars, the only other ⁵_____ with tourist facilities on it. ⁶_____ the red desert and go ⁷_____ in the first city ever built in space.
 Places are very limited, so ⁸_____ your holiday today!

3 Decide whether the prediction in each sentence is based on a personal opinion (PO) or on evidence, i.e. something we know or can see (E). Then complete the sentences with the correct forms (will or be going to) of the words in brackets.

- _____ (we / not have) a chance of holidaying in space in our lifetimes. **PO / E**
- _____ (the package holiday / be) very relaxing. Everything is organised for us. **PO / E**
- Don't worry. I'm sure _____ (everything / be) alright. **PO / E**
- The weather is terrible. _____ (it / be) an uncomfortable ferry trip. **PO / E**
- There's a list of all the events they have organised on their website. Look, on the first evening, _____ (there / be) a buffet and a disco. **PO / E**

4 Complete the dialogues with will for decisions made at the time of speaking and be going to for plans. Use the verbs from the box.

collect do get go look send

- Linda Right, the holiday starts next week. Do you both know what you have to do? Dave, you're responsible for getting euros.
 Dave Me? Oh, OK. ¹_____ them tomorrow ... or maybe on Wednesday.
 Linda Well, don't forget. Have you got the guidebook?
 Dave Is that my job, too? ²_____ for something on the Internet.
 Linda We haven't got time to get something online.
 Dave Well, ³_____ to the bookshop in the town centre, then.
 Linda Oliver, I hope you are more organised.
 Oliver Yes, ⁴_____ everything on Thursday. I've already taken the day off work. First, ⁵_____ the train tickets to get to the airport – I've already paid for them. Then ⁶_____ everyone details of where and when to meet.
 Linda Great. Thanks.

5 Correct the mistakes in the sentences. One verb form in each sentence is wrong.

- If ~~we'll~~ ^{we're} be late, we'll miss the plane.
- When we get home, I invite our friends round for some Spanish food.
- It'll be dark when we'll arrive.
- How will we get to the hotel if the last bus will go before we land?
- What do you eat on the day we arrive in Istanbul?
- If the travel agency will be closed, I'll book the holiday online.

6 Answer the questions.

- What subject do you think you'll do well in this year at school? Why?

- What are you going to try to improve? How?

