

A Read and choose.

- 1 He looks so tired!
a. He's been working too hard. b. He's been work too hard.
- 2 She's going to pass all her exams.
a. She studying every day. b. She's been studying every day.
- 3 We need to buy more local produce.
a. We've been buy too much processed food. b. We've been buying too much processed food.
- 4 You eat a lot of whole grains, don't you?
a. Yes, I've been eating a high-fiber diet for a while now. b. Yes, I've eat a high-fiber diet for a while now.
- 5 He doesn't drink enough water.
a. He's been drinking a lot of soda, which is high in salt and sugar. b. He's drink a lot of soda, which is high in salt and sugar.
- 6 Do they have a lot of red meat in their diet?
a. No, they be having more white meat and vegetables this year. b. No, they've been having more white meat and vegetables this year.

B Read and complete.

Emma: Hi, Dan. How 1 have you been feeling (you / feel)?

Dan: Honestly? 2 I' _____ (feel tired), Aunt Emma.

Emma: 3 _____ (you / eat) healthily?

Dan: Not really. Mom's so busy, 4 _____ (we / eat) a lot of convenience food.

Emma: Hmm. So 5 _____ (she / not buy) local produce, then? You can get it at the local market—and it's cheaper than processed food. I think it's more delicious, too.

Dan: Really? Okay, I'll tell her. Thanks!

Emma: 6 _____ (you / work out), Dan?

Dan: No, 7 _____ (I / study) a lot recently.

Emma: You'll feel less tired if you work out more.

Dan: You know, 8 _____ (Mom and I / thinking) about changing our lifestyle. Thanks so much for your advice!

