

English



Summer Homework

Summer 2026

2nd of ESO

Past simple: regular and irregular verbs

1 Write the past simple forms.

- 1 spend spent
- 2 happen _____
- 3 make _____
- 4 create _____
- 5 become _____
- 6 hide _____
- 7 exist _____
- 8 see _____

2 Complete the email with the past simple form of the verbs in brackets.

⏪ ⏩

Hi Gemma

How is school? We ¹ studied (study) the 1960s in our history class yesterday and the lives of teenagers then. It was interesting because I ² _____ (not know) much about young people at that time.

Later, I ³ _____ (speak) to my grandfather and he ⁴ _____ (tell) me about his life in the 1960s.

He liked pop music, but he ⁵ _____ (not have) any money to buy records. So he ⁶ _____ (go) to his best friend's house every weekend and they ⁷ _____ (listen) to the radio for hours and hours, then they ⁸ _____ (try) to play some of the songs on an old guitar. Sounds fun!

See you next week,
Alexia

↩ Reply

3 Write questions using the past simple.

- 1 computers / exist / in the 1960s
Did computers exist in the 1960s ?
- 2 young people / have radios / at that time
_____ ?
- 3 your grandfather / play / a musical instrument
_____ ?
- 4 young people / have / a lot of money back then
_____ ?
- 5 what / you / learn / about teenagers in the past
_____ ?
- 6 how / teenagers / communicate / before mobile phones
_____ ?

Past simple: (there) was / were

4 Complete the sentences with *was*, *wasn't*, *were* or *weren't* using the information in the table.

	Saturday	Sunday
Adrian	library	theme park
Miguel and Jorge	sports centre	cinema
Lina	stadium	museum

- 1 Adrian wasn't at the museum on Saturday. He was at the library.
- 2 Miguel and Jorge _____ at the library on Saturday. They _____ at the sports centre.
- 3 Lina _____ at the stadium on Saturday. She _____ at the cinema.
- 4 Adrian _____ at the sports centre on Sunday. He _____ at the theme park.
- 5 Miguel and Jorge _____ at the cinema on Sunday. They _____ at the library.
- 6 Lina _____ at the stadium on Sunday. She _____ at the museum.

5 Complete the sentences with the phrases below.

There was There wasn't ~~There were~~
There weren't Was there Were there

- 1 There were a lot of fans at the football match.
- 2 _____ a good film on TV last night?
- 3 _____ a new student in our class on Tuesday.
- 4 _____ many children in the park.
- 5 _____ any good books in the library?
- 6 _____ a modern shopping centre in our town in 1920.

Past time expressions

6 Correct the grammatical error in each sentence. Write - if no word is needed.

- 1 My grandmother came to this town ~~on~~ the 1980s.
in
- 2 I finished that history homework past week.

- 3 Did you see Tom at Monday evening?

- 4 What did you do across the summer holidays?

- 5 Ava went to that new café two days past.

- 6 They went to the big market on yesterday.

For me, these exercises were ... easy OK difficult

Verbs and their opposites

1 Write the opposites.

- | | | | |
|-------------|-------------------|------------|-------|
| 1 connect | <u>disconnect</u> | 5 save | _____ |
| 2 disappear | _____ | 6 send | _____ |
| 3 lend | _____ | 7 disagree | _____ |
| 4 sell | _____ | 8 lose | _____ |

2 Rewrite the sentences using the opposite verbs.

- I agree with your ideas about the future.
I disagree with your ideas about the future
- Our football team wins every match.

- Eva sent a lot of messages yesterday.

- I disconnected my laptop just now.

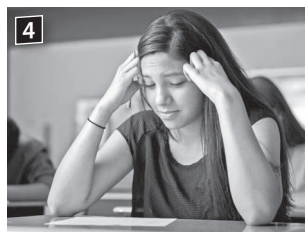
- Hugo often buys clothes online.

- We saved a lot of money last month.

- Our dog appeared again this morning.

Adjectives for feelings

3 Look at the photos. Complete the words.



- Sacha is feeling a bit **e m b a r r a s s e d**.
- Adam is very **b**_____ at the moment.
- Anna is **u**_____ today.

- Ella is feeling really **w**_____.
- Jordan is **s**_____.
- Carla is looking **a**_____.

4 Complete the adjectives in the sentences.

- Look! There's a shark in the sea. I'm **s c a r e d**_____!
- We're very **e**_____. We're going on holiday to Florida tomorrow.
- Clara played tennis for three hours today. She's **t**_____.
- We saw a famous actor in a café near our house today. We were very **s**_____!
- I'm sitting by the swimming pool. I feel very **r**_____.
- My brother fell over in front of his friends. He felt **e**_____.

Extra: Time capsules

5 Complete the text with the words below. There is one word that you do not need to use.

close container cupboard hide include
inside items ~~outside~~ safe

HOME ABOUT ARTICLES ARCHIVE

Uncovering history

This month we look at how to create the perfect time capsule.

Where's the best place to put a time capsule?

People often put them ¹ outside; for example, under the ground in their garden. But some people also ² _____ them in a ³ _____ place ⁴ _____ their house – perhaps in a ⁵ _____.

What type of ⁶ _____ do you need for a time capsule?

A strong metal box is best.

What is a good number of ⁷ _____ for a time capsule?

Ten or twelve things. Always ⁸ _____ different types of things, like photos, books or technology.

For me, these exercises were ... easy OK difficult

1 Read the articles. Complete the sentences below with the names *Dennis, Camille, Dwayne* or *Norman*.

Messages found!

Forty-nine years at sea

In 2012, a man called Norman Stanton found a glass jar on a beach in New Jersey, USA. Inside, there was a message with the date 16 August 1963. The message said that it was a scientific experiment by Dennis Komsa, aged 12, from Paterson, New Jersey. The message included some questions; for example, 'Where, when and how did you find the jar?' Mr Komsa was 61 years old when Mr Stanton contacted him. He was very surprised! It was also interesting that after almost 50 years, Mr Stanton found the jar only about 400 metres away from the place where Dennis threw it into the ocean.

An unexpected friend

In 2014, Dwayne Bowen was riding his motorbike on a beach in Queensland, Australia, when he found a bottle. Inside, there was a piece of paper. It was a letter written in French from a six-year-old girl called Camille from French Polynesia, 7,000 kilometres away. She was looking for a friend to write letters to. After the story was in the news, the girl's family contacted Dwayne and his family. Camille was nine years old and she was living on the island of Réunion in the Indian Ocean.

- 1 Dennis is from Paterson, New Jersey.
- 2 _____ found the message in Australia.
- 3 _____ wrote the message in French.
- 4 _____ found the message in New Jersey.
- 5 _____ wrote the message in 1963.

2 ★★☆☆ Complete the sentences with words from the articles. You may need to change the word form.

- 1 **New** _____ **Jersey** _____ is a state in the USA by the Atlantic Ocean.
- 2 Can you tell me the best way to **c** _____ her? Is it better to send an email or to call her?
- 3 Be careful! That bottle is **g** _____, not plastic.
- 4 I bought three **j** _____ of strawberry jam by mistake.
- 5 I love reading **l** _____ that famous people wrote to their families or to someone they were in love with.
- 6 **Q** _____ is the second largest state in Australia.
- 7 Joe isn't answering his phone so I'll leave a **m** _____ on his voicemail.

- 8 Students usually bring their own water **b** _____ to school.
- 9 My brother and his wife are going to Tahiti, an island in **F** _____ **P** _____.
- 10 I need a piece of **p** _____ to write down what I need to buy.

3 ★★☆☆ Read the articles again. Are the sentences True, False or Not Given?

- 1 Norman Stanton found the message in 2014. T F NG
- 2 Dennis Komsa put his message in a jar. T F NG
- 3 Dennis's message travelled to another country. T F NG
- 4 There were ten questions in Dennis's message. T F NG
- 5 Norman Stanton didn't know how to contact Dennis Komsa after almost 50 years. T F NG
- 6 Dwayne Bowen was snorkelling when he found Camille's letter. T F NG
- 7 Dwayne couldn't understand the letter because it was in French. T F NG
- 8 Camille is from France. T F NG
- 9 Dwayne heard from Camille's family after they watched the news. T F NG
- 10 Dwayne found the letter a year after Camille wrote it. T F NG

4 Read the articles again and answer the questions. Write complete sentences.

- 1 Do you know any other real stories about people finding messages in bottles?
When I was younger, my friend told me a story about her neighbour. He found a message in a bottle on the beach.
- 2 Did you write a message and put it in a bottle when you were younger? If yes, what was in the message? What did you do with the bottle? If not, would you like to do it now? Why? What would you write?

- 3 Which story did you like more? Why?

For me, these exercises were ... easy OK difficult

Past continuous

1 Put the words in the correct order to make sentences and questions.

- were / in / painting / our / We / pictures / colourful / class / art / morning / this
We were painting colourful pictures in our art class this morning.
- teacher / Our / walking / the / around / room / was
Our teacher was walking around the room.
- concentrating / Everybody / hard / was
Everybody was concentrating hard.
- wasn't / talking / friend / my / to / I
I wasn't talking to my friend.
- noise / weren't / any / making / They
They weren't making any noise.
- painting / you / picture / a / Were / of / sister / your
Were you painting a picture of your sister?
- next / sitting / to / Was / Nerea / you
Were you sitting next to Nerea?

2 Write questions with the past continuous. Then write answers that are true for you.

- you / study / late last night
Were you studying late last night?
No, I wasn't.
- you / watch a film / at eight o'clock / yesterday evening
Were you watching a film at eight o'clock yesterday evening?
Yes, I was.
- your friend / message you / after school yesterday
Was your friend messaging you after school yesterday?
Yes, he was.
- it / rain / early this morning
Was it raining early this morning?
Yes, it was.
- your friends / wear jeans / today
Were your friends wearing jeans today?
Yes, they were.
- you / have breakfast / at half past seven / this morning
Were you having breakfast at half past seven this morning?
Yes, I was.

Past continuous and past simple

3 Complete the sentences with the past continuous or the past simple form of the verbs in brackets.

- We saw (see) a beautiful bird while we were sitting (sit) in the park.
- I wasn't feeling (not feel) well when I woke up (wake up) this morning.

- Maya was losing (lose) her new phone while she was running (run) to school.
- When we were taking (take) that photo, you weren't looking (not look) at the camera.
- Where was I going (your friends / go) when you met (meet) them in the street?
- Was Dad working (Dad / work) when I phoned (phone) earlier?

4 Choose the correct words to complete the text.

Student finds old painting in sofa

One day, a young German student ¹ was visiting a market in Berlin. The people at the market were very busy that day – they ² were selling a lot of old furniture. While the student ³ was looking at this furniture, she ⁴ found a nice sofa-bed and she ⁵ bought it for 150 euros. At home, while she ⁶ was opening the sofa-bed, she suddenly ⁷ saw a very small Italian painting inside. It came from the 17th century. She later ⁸ was selling the painting for 19,200 euros!

- a were visiting **b** was visiting c wasn't visiting
- a were selling b was selling c weren't selling
- a looked b were looking c was looking
- a found b was finding c were finding
- a were buying b bought c was buying
- a were opening b opened c was opening
- a saw b was seeing c were seeing
- a was selling b were selling c sold

5 Write sentences using *as* and the past continuous.

- I / read my book / I / listen to music
As I was reading my book, I was listening to music.
- we / play basketball / we / laugh
As we were playing basketball, we were laughing.
- my dad / make dinner / he / talk to me
As my dad was making dinner, he was talking to me.
- they / take a selfie / they / smile
As they were taking a selfie, they were smiling.
- Sofia / have lunch / she / look at her phone
As Sofia was having lunch, she was looking at her phone.
- I / brush my teeth / I / look in the mirror
As I was brushing my teeth, I was looking in the mirror.
- you / walk to school / it / rain
As you were walking to school, it was raining.

For me, these exercises were ... easy OK difficult

Adjectives and synonyms

1 Complete the definitions with the adjectives below.

attractive awful bright brilliant colourful
enormous huge incredible pretty **strange**
terrible **unusual**

- 1 Different or surprising: strange unusual
- 2 Very big: _____
- 3 Excellent and wonderful: _____
- 4 Nice to look at: _____
- 5 With strong colour or a lot of colour: _____
- 6 Very bad: _____

2 Complete the synonyms for the **underlined** words in the dialogue.

Dad Hi Mia! You're home late. How was your trip to the Tate Modern art gallery in London?

Mia The journey home was awful ¹terrible, but I thought that the art gallery was brilliant ²i_____!

Dad Did you have time to see everything?

Mia No, it's really huge ³e_____ so we only saw two of the exhibitions. They were really good – but one or two of the pictures were a bit unusual ⁴s_____!

Dad Did you go to any other places?

Mia Yes, we walked to St James's Park. There was some street art near there – it was really pretty ⁵a_____. I took a lot of photos of that and also the bright ⁶c_____ flowers inside the park. I'll show you later.

Materials

3 Look at the photos and complete the sentences with the materials below.

cardboard cotton glass glass leather
metal paper plastic ~~plastic~~ wool
wood wood

1



2



3

4



5

6



- 1 This shopping bag isn't made of plastic – it's made of _____.
- 2 The jacket is made of _____ and _____.
- 3 My online shopping arrived in a _____ box with _____ inside.
- 4 Our door is made of _____ and _____.
- 5 These bottles aren't made of _____ – they're made of _____.
- 6 Those gloves are made of _____ and they're on a table made of _____.

4 Match the two parts to make complete sentences.

- | | |
|--------------------------------------------|---------------------|
| 1 <u>d</u> Winter hats are usually made of | a cardboard. |
| 2 _____ Shoes and bags are often made of | b paper. |
| 3 _____ The pages of a book are made of | c leather. |
| 4 _____ Classical guitars are made of | d wool . |
| 5 _____ Car windows are made of | e wood. |
| 6 _____ Cereal boxes are always made of | f glass. |

Extra: Art and artists

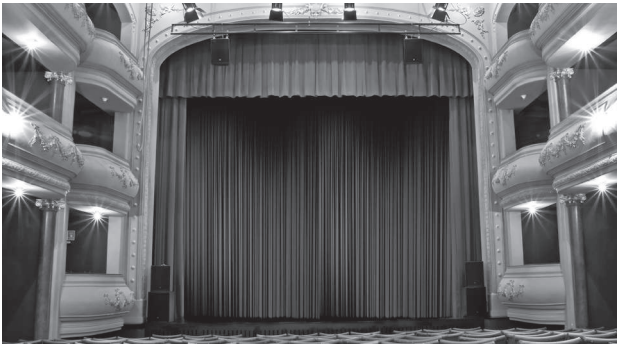
5 Complete the sentences.

- 1 Dan is a very good dancer. He knows a lot about dance.
- 2 Carmen often plays music. She's a _____.
- 3 Emma does a lot of photography. She's a _____.
- 4 My cousin Javi is a street artist. He does a lot of _____.
- 5 Our art teacher is a sculptor. He knows a lot about _____.
- 6 My aunt Maria is good at design. She's a _____.
- 7 Their neighbour is a painter. He's very interested in _____.

For me, these exercises were ... easy OK difficult

1 Read the blog. Choose the best title – a, b or c.

HOME BLOG ABOUT LOG IN



I used to be in a drama club and when I was nine, I was in a show at our local theatre. I was very excited because the show was *The Lion King* and that used to be my favourite film.

On the night of our performance, there was a big crowd outside the theatre. I was very surprised to see so many people! At first I was a bit nervous, but when the music started and I went out onto the stage, I felt relaxed and really enjoyed the experience.

I was a giraffe and I loved my costume. My friends and family were in the audience and they all had a great time. After the show, we all went to my favourite restaurant. It was a fantastic night!

Lucy, Newcastle

REPLY COMMENT SHARE

- a A scary experience
- b A special event
- c My favourite film

2 ★★☆☆ Complete the sentences with one word from the blog.

- 1 When I was little, I often went to the **t**_____
with my parents to see different shows.
- 2 My friend Joe was in a **p**_____ of *Peter Pan*.
He played the part of Captain Hook.
- 3 Actors often feel **n**_____ before the show
starts.
- 4 There was a **c**_____ of people waiting at the
airport.
- 5 Jason looks **r**_____, but I'm sure he's
worried about the test.
- 6 The actors who play the animals in the show *The Lion
King* all have to wear a **c**_____.
- 7 At the end of the show, when all the actors came onto
the **s**_____, we all stood up and clapped.
- 8 When my band gave their first concert, my family and
friends were in the **a**_____. They all wanted
to hear us play.

3 ★★☆☆ Read the blog again. Choose the correct way to complete the sentences.

- 1 Lucy was in the show *The Lion King* ...
 - a before she joined the drama club.
 - b** when she was nine years old.
 - c that her school organized.
- 2 Lucy ...
 - a didn't enjoy the film *The Lion King*.
 - b** wanted to see the film *The Lion King* before taking
part in a show.
 - c really liked the film *The Lion King*.
- 3 On the night of the performance, there were ...
 - a many people waiting to go inside the theatre.
 - b** a few people that didn't buy tickets.
 - c a lot of people who watched the performance
outside the theatre.
- 4 Lucy felt nervous ...
 - a when she was on stage.
 - b** before the show started.
 - c when she saw her family and friends in the
audience.
- 5 Lucy loved ...
 - a what she was wearing in the play.
 - b** the music from the show.
 - c the costumes the other actors were wearing.
- 6 After the show, Lucy ...
 - a had a party at her house for her family and friends.
 - b** didn't talk to her family and friends.
 - c had a meal in a restaurant with her family and
friends.

4 Read the blog again and answer the questions. Write complete sentences.

- 1 How old was Lucy when she was in the show?
Lucy was nine when she was in the show.
- 2 Where is Lucy from?

- 3 How did Lucy feel when she went onto the stage?

- 4 Did you see the film or the show *The Lion King* when
you were younger? Did you like it?

- 5 What's your favourite film or show? Why do you like it?

- 6 Do you sometimes take part in school shows? If yes,
how did you feel before the last one?

For me, these exercises were ... easy OK difficult

will / won't for predictions

1 Put the words in the correct order to make sentences or questions.

- you / Will / another / move / country / to
Will you move to another country _____?
- this / won't / You / enjoy / movie
_____.
- one / visit / I'll / Canada / day
_____.
- in / He'll / famous / become / future / the
_____.
- Laura / will / study / What / year / next
_____?
- team / win / league / the / Our / won't
_____.

2 Complete the sentences with *will* or *won't* and the verbs below. Use contractions where necessary.

arrive drive not leave ~~not lose~~ not sit
not spend save stand walk ~~win~~

- You're good at tennis. You won't lose the match on Saturday, you 'll win!
- Jaime _____ all his money this week, he _____ some for his next holiday.
- I think the bus _____ at the bus stop at 5 p.m, but it probably _____ until 5.20 p.m.
- We _____ on the ground at the music festival, we _____.
- In the future, _____ people _____ everywhere in cars – or _____ they _____ or cycle?

First conditional

3 Tick (✓) the correct sentences. Correct the wrong ones.

- If you're late, I ~~wait~~ for you.
'll wait _____
- If it's sunny this afternoon, we'll go swimming.

- They'll watch a movie if they'll feel bored.

- She doesn't go to the skatepark if she's busy.

- What will we do if the bus is late?

- If I call you later, do you explain the homework?

- I won't come to the outdoor gym if the weather is bad.

4 Choose the correct words to complete the text messages.

←
→

Billie

I'm excited about doing the fun run at the sports centre on Saturday with you and Zach! I'm not very fit at the moment, but if I ¹ ___ jogging every day this week, I ² ___ ready for Saturday. 😊 I've got one question – how will we get there?

Finn

My dad can drive us there. If Zach ³ ___ by car too, we ⁴ ___ him in the car park. What are you planning to wear?

Billie

Good question! If it ⁵ ___ very hot, I ⁶ ___ my tracksuit – I'll wear shorts and a T-shirt. See you on Saturday!

REPLY
SEND

- a goes **b** go c 'll go
- a 'm b be c 'll be
- a 'll come b comes c come
- a 'll meet b meet c meets
- a be b 'll be c 's
- a won't wear b don't wear c doesn't wear

5 Complete the sentences with the correct form of the verbs in brackets. Use contractions where possible.

- If you _____ get _____ (get) dressed quickly, you _____ won't be (not be) late for school.
- Matteo _____ (not come) to the basketball club if he _____ (be) tired this evening.
- If I _____ (take) some nice photos, I _____ (send) them to you.
- Ana _____ (lose) the board game if she _____ (not concentrate).
- If we _____ (lend) you some money, _____ (you / give) it back?
- _____ (your brother / feel) scared if we _____ (visit) that creepy castle?

For me, these exercises were ... easy OK difficult

Outdoor leisure activities

1 Complete the comments with the activities below. There are two activities that you do not need to use.

cycling drone flying free running
Frisbee throwing jogging microscooting
rowing ~~working out~~

HOME	BLOG	ABOUT	LOG IN
------	------	-------	--------

Adam's blog

I wrote yesterday about my latest hobby –
1 working out at the gym. What are you doing in your free time this spring?

I bought an old mountain bike at the market and now I go 2 _____ every evening. It's good after a long day at school. I also love running so I often go 3 _____ on the beach.
Jack 21

I'm interested in technology and I'm into 4 _____. I spend a lot of time looking up in the sky! I also borrow my dad's little boat sometimes and I go 5 _____ on the river with my friend.
Dani

I watched a video online and saw these people jumping over walls in the city. I learned later that it was 6 _____. Now it's my favourite sport and I practise it every day at the park with my friends!
JJ

REPLY COMMENT SHARE

2 Choose the correct outdoor activities.

- 1 The new track in our park and is very good for ...
a drone flying b rowing **c cycling**
- 2 You need windy weather and a big open space for ...
a working out b kite-flying c free running
- 3 If you can't run and catch things, you won't be good at ...
a Frisbee throwing b jogging
c in-line skating
- 4 It's important to have strong arms for ...
a cycling b in-line skating c rowing
- 5 You need to be careful because you can go very fast on two wheels when you are ...
a microscooting b drone flying c working out
- 6 It's easy to fall over when you do ...
a rowing b in-line skating c drone flying

Outdoor events

3 The outdoor events in bold are in the wrong sentences. Correct the mistakes. One sentence is correct.

- 1 Our favourite musician is playing at a **car show** next week. concert
- 2 It's the **concert** today! There's music and a lot of people on the streets of the town. _____
- 3 The students are playing against the teachers in the **music festival**. _____
- 4 My mum loves driving. She'd like to go to the **carnival**. _____
- 5 I saw the new *Spider-Man* film at the **outdoor cinema** yesterday. _____
- 6 Which singers and bands are at the **charity football match**? _____

4 Match the two parts to make complete sentences. There are two letters that you do not need to use.

- 1 f If you like exciting rides,
 - 2 _____ If you love watching sport,
 - 3 _____ If you enjoy jogging,
 - 4 _____ If you want to go shopping,
 - 5 _____ If you're a fan of Hollywood films,
 - 6 _____ If you're feeling really hungry,
- a you'll want to go to the food (truck) festival.
b you'll like doing the fun run.
c you'll be interested in the charity football match.
d you'll enjoy the car show.
e you'll want to watch the carnival.
f ~~you'll enjoy the funfair.~~
g you'll like the arts and crafts market.
h you'll love the outdoor cinema.

Extra: Features of parks

5 Complete the sentences.

- 1 We often go in-line skating at the **skatepark**.
- 2 The **o** _____ **g** _____ is the best place to do exercise and get fit.
- 3 You can buy food at the **c** _____, or you can eat your own food in the **p** _____ **a** _____.
- 4 If you enjoy being near the water, you can sit next to the small **d** _____ **p** _____ or the big **l** _____.
- 5 To get to the car park, walk along this **p** _____ and go over that **b** _____.
- 6 You can sometimes watch famous actors at the **o** _____ **t** _____.
- 7 We always take our little cousin to the **p** _____. He loves playing there.

For me, these exercises were ... easy OK difficult

1 Read the blog. Choose the best title – a, b or c.

HOME BLOG ABOUT LOG IN

Posted by Ali: 12 June

Imagine that you have a picnic in the park. You have a really great picnic, but at the end of it, you have a lot of rubbish. What should you do with your empty food and drink containers? Most people want to be eco-friendly and use less plastic, but it isn't always easy when you aren't at home. Now there's an innovative solution to this problem: food and drink containers that you can eat. It's a clever idea, isn't it?

Lots of companies around the world are designing bags, plates, cups and other objects made of food and biodegradable materials which don't harm the environment. For example, a company in Poland makes plates from cereal, a French company creates food bags from potatoes and a company in the USA develops cups from plants.

They're creative ideas, but how practical are they? Will these containers be too fragile? Will they be expensive to make? How will we keep them clean? Will they be tasty? And will they be as attractive as plastic containers? Designers are working to try and solve these problems, so I'm sure that we'll see these containers in shops and restaurants very soon.

REPLY COMMENT SHARE

- a Creative ideas for cheap meals
- b Fast food from around the world
- c An interesting new way to help the environment

2 ★★☆☆ Complete the definitions with words from the blog.

- 1 When something is **e**empty____, it has nothing inside it.
- 2 We think a plan or solution is **i**_____ when it uses new ideas.
- 3 When something is **p**_____, it is connected with doing things, not just with ideas.
- 4 To **s**_____ a problem means to find a way of dealing with it.
- 5 A **t**_____ meal is one that is good to eat.
- 6 A solution which is good for the environment is called **e**_____.
- 7 A **c**_____ is a thing like a box or a bottle that you can put other things in.
- 8 A **p**_____ is a flat dish that you put food on.
- 9 When something is **f**_____, it is easy to break or damage.

3 ★★☆☆ Read the blog again. Match the questions with the answers.

- 1 d What worries Ali about picnics?
 - 2 _____ What does Ali think about using less plastic?
 - 3 _____ What can people do after they finish using a new type of container?
 - 4 _____ What does a Polish company use to make plates?
 - 5 _____ What does a company in France use to make food bags?
 - 6 _____ What does an American company use to make cups?
 - 7 _____ What, in Ali's opinion, is important when you have creative food containers?
 - 8 _____ Where, in Ali's opinion, will people soon start using biodegradable food containers?
- a They can eat it.
 - b They need to be practical.
 - c Cereal.
 - d ~~They create a lot of rubbish.~~
 - e It can be difficult when we aren't at home.
 - f Plants.
 - g In shops and restaurants.
 - h Potatoes.

4 Read the blog again and answer the questions. Write complete sentences.

- 1 Do you like the idea of biodegradable food containers? Why? / Why not?
Yes, I do. They don't harm the environment, which is great.
- 2 What materials do the companies use to make the biodegradable food containers?

- 3 Would you pay more for food in biodegradable containers? Why / Why not?

- 4 Ali mentions that the containers need to be cheap, clean, tasty and attractive. What else, in your opinion, is necessary so that they become popular?

- 5 What other things do you think should be made from biodegradable materials?

For me, these exercises were ... easy OK difficult

be going to for future plans and intentions

1 Put the words in the correct order to make sentences and questions.

- organize / going / We're / show / art / an / to
We're going to organize an art show
- to / is / teacher / us / help / going / Our

- not / I'm / to / going / my / finish / picture

- Lucia / What / going / is / paint / to
 _____?
- going / to / Are / take / you / photos / some
 _____?
- come / My / to / friends / aren't / going

2 Write questions and short answers using the information in the table.

	Friday afternoon	Saturday morning
Jordi	watch sport on TV	visit the new art gallery
Carlos and Paula	play a video game	volunteer at the library
Inés	listen to music	have a guitar lesson

- Is Jordi going to volunteer at the library on Friday afternoon? No, he isn't.
- _____ Jordi _____ the new art gallery on Saturday morning? _____.
- _____ Carlos and Paula _____ a video game on Friday afternoon? _____.
- _____ Carlos and Paula _____ to music on Saturday morning? _____.
- _____ Inés _____ sport on TV on Friday afternoon? _____.
- _____ Inés _____ a guitar lesson on Saturday morning? _____.

3 Complete the email with *be going to* and the correct form of the verbs below.

be begin come do meet
not play take

Hey David,
 Sorry I can't come to your barbecue on Saturday but I 'm going to do _____ a charity walk with a group of friends from school.

I 2 _____ everyone at the station at 7 a.m. It's a bit early for me! Mr Gomez 3 _____ with us – and Mr Walker too.

At 7.30 a.m., we 4 _____ the train to the coast, and then at 8 a.m., we 5 _____ our long walk back here! It's 6 _____ difficult – it's about 25 km. That's a long way!

Have you got plans for Sunday? What 7 _____ you _____ in the morning? I'm free because I 8 _____ tennis with Lara this week.

Amelia

be going to and will for predictions

4 Complete the dialogues with the correct form of *be going to* or *will* and the verbs in brackets.

- 'Let's go to the science museum one day.'
 'Good idea. I'm sure we 'll enjoy _____ (enjoy) it.'
- 'Is Angela ill?'
 'Yes, she is. But I think she _____ (be) better tomorrow.'
- 'The temperature is going to be 35 degrees today.'
 'We _____ (get) hot at school.'
- 'Is that old movie good?'
 'No, it isn't. It's boring. You _____ (not be) interested in it.'
- 'That runner has stopped – I think he's hurt his leg.'
 'He _____ (not finish) the race now.'
- 'Mum and Dad are cooking – it smells great.'
 'It _____ (be) delicious.'

5 Write sentences with *will* or *be going to*.

- that tree / fall
 Careful! That tree is going to fall _____.
- in 2075 / everybody / drive / electric cars
 _____.
- he / not be / late / today
 Tom is always early. _____.
- that ball / hit / you
 Watch out! _____!
- she / not / finish / this song
 Look! Her guitar is broken. _____.
- you / definitely be / a famous actor / one day
 You're good at acting. _____.

For me, these exercises were ... easy OK difficult

Personality adjectives

1 Match the two parts to make complete sentences. There are two letters that you do not need to use.

- 1 c My friends want to do everything at once –
- 2 ____ Our grandparents often buy us presents –
- 3 ____ The girls sang well in front of everyone –
- 4 ____ Your neighbours often look after your cat –
- 5 ____ My brother and sister don't help at home –
- 6 ____ Your classmates aren't very polite –
- 7 ____ Many Chinese students study more than ten hours a day –

- a they're very hard-working.
- b they're very confident.
- c ~~they're very impatient.~~
- d they're shy.
- e they're very generous people.
- f they're patient.
- g they're really helpful.
- h they're a bit lazy.
- i they're a bit rude.

2 Complete the dialogues with the correct personality adjective.

- 1 'Do you think Betty and Liam would be good volunteers at the library?'
'Not really. They can be **unhelpful** _____ at times.'
- 2 'That was kind of Ivan to buy Grandma flowers.'
'He's nice to others. He's never **u** _____.'
- 3 'I'm feeling lazy. I haven't done any homework.'
'Really? You're usually so **h** _____.'
- 4 'Come on! We need to go now.'
'Don't be so **i** _____!'
- 5 'I'm going to say thank you to our teacher.'
'That's a good idea. It's a **p** _____ thing to do.'
- 6 'They never spend any money on others.'
'Yes, you're right. I think they're **m** _____.'
- 7 'My friend Becky is going to help me with my art project.'
'That's really **k** _____ of her.'
- 8 'When I was paying for my book, the shop assistant didn't even say hello or look at me.'
'The shop assistants are always **r** _____ in that bookshop.'

Phrasal verbs

3 Correct the grammatical error in each sentence.

- 1 Can you look ~~off~~ my plant?
after _____
- 2 I want to find up more about the homeless charity.

- 3 We need volunteers to pick away all those bottles.

- 4 It's dark. How do you turn over the light in here?

- 5 I'd like to look on that poster over there.

- 6 Do you want to take part off the fun run?

- 7 Can you help me work in this science problem, please?

- 8 Stay here, don't go at.

4 Complete the dialogue with the correct form of the phrasal verbs below.

go away ~~look at~~ take part in talk over
turn off work out

- Ben** Mum, could you ¹ look at this maths question with me? I can't ² _____ the answer.
- Mum** Of course. Wait a minute. I need to ³ _____ the TV.
- Ben** Thanks. Adam started to look at the question with me, but then he ⁴ _____ because his friend came to the front door.
- Mum** Well, I'm happy to help. It's good to ⁵ _____ difficult questions.
- Ben** I agree. It's really helpful.
- Mum** You know, I liked maths at school. I ⁶ _____ a maths competition once and I won it.
- Ben** Really? You never told me. That's brilliant! Now, let's look at that question ...

Extra: Good deeds

5 Complete the verbs in the sentences and questions.

- 1 Do your parents sometimes **d o n a t e** money to charity?
- 2 I'm going to **o** _____ my seat to the woman with the baby.
- 3 Mr Baxter really helped our football team this year. Let's **w** _____ him a thank you message.
- 4 We always **p** _____ our litter in the bin next to the playground.
- 5 When did your brother start to **v** _____ at the animal shelter?
- 6 Are you OK? Can I **h** _____ you across this busy road?

For me, these exercises were ... easy OK difficult

1 Read the leaflet. Choose the correct answer to the question below.



The plastic pollution problem

Plastic in our oceans is a huge problem. Plastic from bottles, bags and other rubbish is very dangerous for wildlife – not only for fish, but also for other marine animals and seabirds. Experts predict that by 2050, 95% of all seabirds will have plastic inside their stomachs.

At the moment, people throw about 12.7 billion kilograms of plastic into the oceans every year. That’s a lorry-full of plastic every minute. If the world’s population continues to increase, the production of plastic will probably increase too.

So, what can we do? First, we can all reduce the amount of plastic that we use. If everyone buys less plastic, there will be less rubbish. Second, we can recycle the plastic containers that we use. If we all do these things, it will make a big difference to our planet.

What is the main topic of this leaflet?

- a Plastic pollution in the oceans
- b How to use less plastic
- c How to recycle plastic

2 ★★☆☆ The words in **bold** from the leaflet are in the wrong sentences. Write them next to the correct sentences. You may need to change the word form.

- 1 **Rubbish** can often both fly and swim. Seabirds
- 2 You can see a lot of **seabirds** living by this lake. There are different insects, birds, snakes and frogs.

- 3 Our town is quite small. It has a **production** of 35,000.

- 4 Scientists **increase** that this summer will be the hottest in the last ten years. _____
- 5 **Lorry** animals live in the ocean or the sea.

- 6 This company will soon start **wildlife** of electric cars.

- 7 We recycle paper, plastic and glass, but there’s still too much **population** that we throw away.

- 8 My neighbour is a **marine** driver. He starts his job early because he needs to deliver goods to grocery shops. _____
- 9 The number of students in our school **predicted** this year. There are 450 students now and there were 380 at the beginning of the school year. _____

3 ★★☆☆ Read the leaflet again. Match the two parts to make complete sentences. There are two letters that you do not need to use.

- | | |
|-----------------------------------------------------------------------|-----------------------------------------------|
| 1 <u>e</u> Plastic pollution | a be plastic inside almost all seabirds. |
| 2 _____ By 2050, there will probably | b the production of plastic will increase. |
| 3 _____ Every minute, people throw as much plastic into the oceans as | c a lorry can hold. |
| 4 _____ There will be more plastic when | d plastic containers. |
| 5 _____ We can all try to | e is a serious problem. |
| 6 _____ It’s a good idea to recycle | f continue to increase. |
| 7 _____ It will help the planet if we | g all reduce and recycle plastic. |
| | h use less plastic. |
| | i there are more people living on the planet. |

4 Read the leaflet again and answer the questions. Write complete sentences.

- 1 Which animals suffer from plastic in the oceans?
Plastic in the oceans is dangerous for fish, seabirds and other marine animals.
- 2 What examples of plastic rubbish does the leaflet give?

- 3 How much plastic do people throw into the oceans every year?

- 4 What two things can we do to help the planet?

- 5 Give examples of products that you use every day that have plastic packaging.

- 6 How do you reduce the amount of plastic you use?

For me, these exercises were ... easy OK difficult

can / can't, could / couldn't

1 Write questions with *can* or *could*. Write answers that are true for you.

- you / play / an instrument / ?
Can you play an instrument?
Yes, I can.
- you / sometimes beat / your friends / at video games / ?

- you / play / card games / at the age of five / ?

- you / have / bubblegum / at your school / ?

- your best friend / speak English / five years ago / ?

- your parents / walk to school alone / at the age of eight or nine / ?

2 Choose the correct words to complete the profile.

Top footballers: Christiane Endler

Christiane Endler is an international goalkeeper from Chile who plays for Paris Saint-Germain in France. As a child, she was very good at different sports. She ¹ ___ play tennis, hockey and football, and she could swim well, too.

Her mother is Chilean and her father is German, so from a young age she ² ___ speak Spanish and German, and she learned English, too. But she ³ ___ speak English well until she went to play football and study at university in the USA. Endler is an excellent goalkeeper because she ⁴ ___ move fast and she ⁵ ___ catch the ball very quickly. Most other goalkeepers ⁶ ___ jump as high as Endler, who is 1.83 metres tall.

- | | | |
|--------------|----------------|------------|
| 1 a can | b could | c couldn't |
| 2 a can't | b couldn't | c could |
| 3 a couldn't | b can't | c could |
| 4 a could | b can | c couldn't |
| 5 a can | b could | c can't |
| 6 a could | b can | c can't |

3 Tick (✓) the correct sentences. Correct the wrong ones.

- My cousin ~~couldn't~~ ride a bike; he's only two.
can't
- Could you play golf when you were younger?

- Adrian can play the trumpet?

- We can't use our phones in class.

- He can't read when he was three.

- Look! They could swim very well now.

- Children could eat sweets at school in the past?

- I can play rugby and basketball.

Comparative and superlative adverbs

4 Put the words in the correct order to make sentences.

- than / I / slowly / friends / run / more / my
I run more slowly than my friends.
- swim / fastest / Lucia / the / can

- harder / works / She / than / else / everyone

- table tennis / better / play / We / Carlos / than

- sing / out of / loudest / the / all / my / I / friends

- healthily / eat / You / most / the / everyone / out of

5 Complete the sentences with comparative and superlative adverbs.

- They danced more beautifully (beautiful) than the professional dancers.
- You studied _____ (hard) out of everyone.
- Did you work out the maths problem _____ (quickly) than the others?
- My team did _____ (worse) in the league this year.
- Marta drew her picture _____ (careful) than the others.
- I picked up the litter _____ (fast) out of all the volunteers.

For me, these exercises were ... easy OK difficult

Senses

1 Match the two parts to make complete sentences.

- 1 d If you have good hearing,
 - 2 ____ If you touch something,
 - 3 ____ If you stare at something,
 - 4 ____ If you taste something,
 - 5 ____ If soup is smooth,
 - 6 ____ If food is sweet,
 - 7 ____ If bread is soft,
- a it doesn't have large pieces in it.
 - b you look at it for a long time.
 - c you put your hand or part of your body on it.
 - d ~~you can hear things well.~~
 - e you have the flavour of it in your mouth.
 - f it is easy to eat because it isn't hard.
 - g it has sugar in it.

2 Complete the words in the text.

Extraordinary animals!

- A wild cat called the serval has the biggest ¹**e a r s** of any cat. It is also famous for the beautiful ²**p** _____ on its coat.
- The proboscis monkey has one of the longest ³**n** _____ in the animal kingdom. It's around 17 centimetres long! But they can't ⁴**s** _____ as well as humans.
- The hippopotamus has the largest ⁵**m** _____ out of all the land animals. It can open to 180 degrees!
- The chameleon has the longest ⁶**t** _____. It's good for catching insects. It's 3 to 4 metres long.
- The baleen whale has the loudest ⁷**v** _____.
- Eagles have very good ⁸**s** _____. They use this to see and catch small animals.

Gaming verbs

3 Complete the sentences.

- 1 We stopped playing the video game for lunch, but then we decided to **continue** again.
- 2 I love adventure games, but I **dis** _____ driving games.
- 3 Can you **sol** _____ problems easily when you're gaming?
- 4 You **col** _____ different objects in this game.
- 5 Do you think I'll ever **be** _____ Alejandro at that game?
- 6 It's best to **av** _____ playing for too long.

4 Choose the correct words to complete the text.

I'm a huge fan of adventure games but I'm not really into games where you ¹**(hurt) / recognize / dislike** people – I don't enjoy violent games. I play for an hour-and-a-half after school and I often ²**solve / collect / compete** against my friends.

Like all parents, my mum and dad ³**worry / balance / avoid** that I spend too much time on my laptop, but I can definitely ⁴**dislike / control / beat** how much I play! I can ⁵**continue / dislike / recognize** that it's important to ⁶**collect / balance / solve** my time between gaming, studying and all the sport that I do.

Extra: Games

5 Complete the sentences with the words below.

board games card games experience
quiz game role-playing game speed **thought**
word game

- 1 You can't play that vocabulary game quickly. It needs careful _____ **thought** _____.
- 2 Do you want to play this new _____? You need to answer ten questions in two minutes.
- 3 We did a _____. It was great fun. Everyone was a character in a detective story.
- 4 My dad likes playing 'Chinchón' – he really enjoys all _____.
- 5 You need to play this game faster! _____ is important.
- 6 We can't use a dictionary when we play this _____. It's against the rules.
- 7 I'm not very good at _____ like Cluedo. I need to play them more often and get some more _____.

6 Complete each sentence or question so that it means the same as the first. Use the words in bold to help you.

- 1 She can **remember** things easily.
She's got an excellent _____ **memory** _____.
- 2 Is he always very **patient**?
Does he always have a lot of _____?
- 3 You can **imagine** things well.
You've got a good _____.
- 4 Are they usually **lucky**?
Do they often have a lot of _____?
- 5 You **know** a lot of different things.
You have good _____.
- 6 I'm not very **strategic**.
I'm not very good at _____.

For me, these exercises were ... easy OK difficult

1 Read the article. Complete the sentences below with Kim or Gregory.

Young talent

Everyone has different abilities at different ages, but some people's talents appear very early. At the age of six, Lionel Messi could already do football tricks easily. Kim Ung-yong and Gregory Smith probably aren't as famous as Messi, but they also showed their talents as children.

Kim Ung-yong is from South Korea. He was born in 1963. He could talk when he was six months old. At the age of four, he could read in Japanese, Korean, German and English. When he was five, he could write poems in different languages, including Korean and Chinese! He later got a job at NASA and worked as a professor in a university.

Gregory Smith is from the USA. He was born in 1990. He could read when he was two years old. At the age of ten, he started university. While he was studying for his degree, he started an organization called International Youth Advocates, which promotes peace between young people. When Gregory was 12, he received a nomination for the Nobel Peace Prize. He received three more nominations when he was a teenager!

- 1 Gregory started university when he was ten years old.
- 2 _____ could understand different languages when he was a young child.
- 3 _____ started a peace organization.
- 4 _____ taught at a university.
- 5 _____ received nominations for the Nobel Peace Prize.

2 ★★☆☆ Complete the dialogues with the correct form of words from the article.

- 1 'Are you reading a new book in class this week?'
'No, we're reading poems this week.'
- 2 'Is there a conflict between these two countries at the moment?'
'No, right now they live in peace.'
- 3 'Did Ian send you an email about his party?'
'No, I didn't receive any emails yesterday.'
- 4 'Is your sister still studying at university?'
'No, she got her degree two months ago.'
- 5 'Who won the photo competition last year?'
'I think Daniel got the first prize.'

- 6 'We have a school club that promotes a healthy lifestyle.'
'That's great. We don't have any clubs at our school that help students to become healthier.'
- 7 'I didn't see these posters last week.'
'That's because they appeared yesterday.'
- 8 'After the accident, my brother Mike lost the ability to walk for almost three months.'
'Oh no! But it's great that he can walk again!'
- 9 'Mia is going to show me a few card tricks tomorrow.'
'She's really good at them! She can make a card disappear.'

3 ★★☆☆ Read the article again and correct the information in the sentences.

- 1 Lionel Messi started playing football when he was a teenager. child
- 2 Kim Ung-yong and Gregory Smith are probably less talented than Messi. _____
- 3 Kim Ung-yong started walking when he was six months old. _____
- 4 Kim could write in English when he was four years old. _____
- 5 Kim wrote stories in Chinese when he was five years old. _____
- 6 Gregory Smith was born in 1960. _____
- 7 Gregory started secondary school when he was ten years old. _____
- 8 When Gregory was an adult, he got three nominations for the Nobel Peace Prize. _____

4 Read the article again and answer the questions. Write complete sentences.

- 1 What is the 'Young talent' article about?
It's about people who showed talent at a young age.
- 2 Where did Kim work?

- 3 What does Gregory's organization do?

- 4 Do you know about any other people who were talented at a young age? What were they good at?

For me, these exercises were ... easy OK difficult

Present perfect

1 Complete the email with the present perfect form of the verbs below.

do not beat not come not see not show tell

Hey Billie,
I think I ¹ve told _____ you all about my little cousin Mason and the funny things that he ²_____. But I ³_____ you a photo of him before, so here's a picture of him! He's very happy because he won a prize for the first time. He ⁴_____ first in anything before and he ⁵_____ other players in a competition until now. My uncle and aunt ⁶_____ him looking so pleased before!
Speak tomorrow,
Hannah ☺

2 Complete the sentences with the present perfect form of the verbs in brackets.

- We ^{'ve}made _____ (make) a lot of new friends at the sports club.
- _____ (you / learn) how to use the running machine?
- Our neighbour Diego is good at basketball, but he _____ (not play) for a team.
- _____ (Anna / join) the athletics club? She's very good at running.
- There _____ (be) some very exciting events at this stadium over the years.
- We _____ (not eat) in that beach café before. Is it good?

3 Tick (✓) the correct sentences. Correct the wrong ones.

- ~~Has~~ you tried this new deodorant?
Have _____
- We've heard of that new type of exercise.

- Has Alesha used this fitness website?

- I hasn't done the Zumba class at the beach.

- We aren't late – the yoga lesson hasn't started.

- Have Tom and Sam exercise in their garden a lot?

Present perfect with ever and never

4 Write sentences and questions using the present perfect and ever or never.

- Jack / never / do / free running
Jack has never done free running. _____

- they / ever / swim / in the river / ?

- it / never / snow / in that town

- you / ever / meet / a famous sportsperson / ?

- Amelia / ever / run / in the park / ?

- we / never / watch / a charity football match

5 Write present perfect questions and short answers using ever and the information in the table.

	Amy	Leo and Noah
try rowing	X	✓
walk 25 km	✓	X
write a blog	X	✓

- Has Amy ever tried rowing?
No, she hasn't.
- _____ Amy _____ 25 km?

- _____ Amy _____ a blog?

- _____ Leo and Noah _____ rowing?

- _____ Leo and Noah _____ 25 km?

- _____ Leo and Noah _____ a blog?

6 Write questions and short answers using the present perfect. Use the words in brackets to help you.

- Jamal** I'm thinking of doing an exercise class at the new sports centre. ¹ Have you ever done _____ (you / ever / do) a class there?
- Sara** No, I ²_____.
³_____ (I / never / be) there. I always go to my local gym. But ⁴_____ (my / brother / do) some different fitness classes there.
- Jamal** ⁵_____ (he / ever / try) the tai chi class? I'm very interested in that.
- Sara** Yes, he ⁶_____. But ⁷_____ (he / never / talk) about it to me. The exercise class that he loves is CrossFit. ⁸_____ (he / enjoy) that a lot!
- Jamal** Really? Maybe I could try that.

For me, these exercises were ... easy OK difficult

Exercise and the body

1 Complete the factfile with the words below.

bones brain heart injury lungs muscle

Did you know ... ?

- Your body has 206 ¹ bones and the smallest one is in your ear.
- The longest ² _____ in your body is called the 'sartorius'. It's in the top part of your leg.
- A typical human ³ _____ weighs about 1.5 kg. Most of it is water.
- There are around 300 million small air sacs in your ⁴ _____. These help the body to take in oxygen.
- Your ⁵ _____ beats over 100,000 times every day to move blood around your body.
- The human body starts to repair any ⁶ _____ immediately after it happens.

2 Match the two parts to make complete sentences.

There is one letter that you do not need to use.

- d Before you take part in a sports match,
 - _____ If you want to get fit or be good at sport,
 - _____ When you go for a long run,
 - _____ If you have a bad pain during sport,
 - _____ If you want to lose weight,
 - _____ Before you do any exercise,
- a you need to train two or three times a week.
 b you need to stop at once and rest.
 c it's best to eat more healthily and avoid fast food.
 d it's a good idea to warm up first.
 e you burn a lot of calories.
 f it's a good idea to stretch your muscles first.
 g you need to eat a lot of fast food.

Personal hygiene

3 Look at the photos. Complete the words.



- Washing your hands with soap can help to preven t i l l i n e s s.
- I g to the h _____ every month.
- I always u _____ a lot of s _____ when I wash my hair.
- It's important to c _____ your s _____.
- You need to c _____ your f _____ regularly.
- I always b _____ my t _____ twice a day.

4 Complete the sentences with the correct form of the verbs below.

brush change ~~cut~~ cut go prevent prevent use

- I cut my own hair last week, but it didn't look very good!
- How can I _____ spots? Have you got any ideas?
- 'It's time to go out!'
'Wait a minute. I'm going to _____ my hair.'
- It was very hot on my holiday, so I _____ a lot of antiperspirant.
- I _____ to the dentist last week. She said my teeth were fine.
- I _____ my toenails yesterday – they were a bit long.
- You can _____ smelly feet if you change your socks regularly.
- I _____ my toothbrush last week.

Extra: Morning routines

5 Complete the words in the sentences.

- Exercise is part of a healthy lifestyle _____.
- I have problems waking up, so I use an a _____. Then, I can g _____ u _____ on time.
- Alba was tired and couldn't concentrate on her homework. She was half a _____.
- I'm having an a _____ day. I'm doing a lot of sport.
- You look very f _____ and healthy, and full of e _____ today. Are you going out for a run?
- I have a shower and brush my teeth every morning so I'm fresh. P _____ h _____ is important!

For me, these exercises were ... easy OK difficult

1 Read the article. Choose the correct words to complete the descriptions of the paragraphs below.



Did the COVID-19 pandemic make our immune systems weaker?

1 When you eat a tortilla chip at a party, around 10,000 bacteria could go into your mouth. Is that bad for your health? Actually, many scientists believe that coming into contact with microbes such as bacteria helps your immune system to develop. In 1989, an epidemiologist called David Strachan started the 'hygiene hypothesis'. According to Strachan, living in an environment that is too clean can lead to allergies or to diseases such as asthma.

2 In 2020 and 2021, most of us stayed at home, frequently washed our hands and stayed away from other people. As a result, we didn't come into contact with many microbes. So did our immune systems become weaker? According to Graham Rook, a microbiologist, our immune systems learn from the first day of our lives which microbes harm us and how to fight them. Even if we spend a whole year without coming into contact with many bacteria, our bodies remember how to deal with them.

3 However, research shows that our immune systems can become weaker when we feel lonely or stressed. During lockdowns, many of us didn't see our friends and we worried about our health and our family's health. There are several simple things that you can do to help your immune system: relax, get in touch with friends, sleep more, eat a healthy diet and do some sports!

- 1 Our immune systems ... microbes.
a need b don't like c avoid
- 2 Our bodies ... to deal with microbes.
a don't know how b remember how
c find it difficult
- 3 Be ... and have fun with friends.
a healthy b worried c careful

2 ★★☆☆ Complete the definitions with words from the article.

- 1 very small living things that can be good or bad for people: **m**icrobes _____
- 2 when you feel unhappy because you have no friends or people to talk to: **l** _____
- 3 the smallest and most simple forms of life; these live everywhere - in the air, in water and even in our own bodies: **b** _____
- 4 when you come into contact with microbes, this stops you from getting ill: **i** _____ **s** _____
- 5 a kind of illness: **d** _____
- 6 when one thing causes another to happen: **l** _____ **t** _____
- 7 when something hurts us or damages our bodies: **h** _____
- 8 to take action to solve a problem: **d** _____ **w** _____

3 ★★☆☆ Read the article again. Complete the sentences with one word.

- 1 When you're at a party and you eat a tortilla chip, a lot of bacteria could go into your **m**outh _____.
- 2 According to David Strachan, if your house is too **c** _____, you can become ill.
- 3 The article says that in 2020 and 2021, people kept their hands very clean and didn't come into contact with many **m** _____.
- 4 Graham Rook thinks that a human's **i** _____ system knows which microbes are bad because it came into contact with them before.
- 5 Having nobody to talk to can make our immune systems **w** _____.
- 6 It's important to **w** _____ less to stay healthy and help your immune system.
- 7 Sleeping for longer than usual is **g** _____ for your immune system.

4 Answer the questions. Write complete sentences.

- 1 Is it important for you to stay healthy? Why?
Yes, it is. I want to stay healthy to live longer.
- 2 What do you do to stay healthy?

- 3 Whose idea, David Strachan's or Graham Rook's, would you like to find out more about? Why?

- 4 How did you deal with the COVID-19 pandemic? What was the easiest and the most difficult thing for you?

For me, these exercises were ... easy OK difficult

Modals: *should / shouldn't, must / mustn't*

1 Complete the sentences with *should, shouldn't, must or mustn't*.

- You should study somewhere quiet if you can.
- The sea is very dangerous today. You _____ swim.
- There's an interesting film at the outdoor cinema. Perhaps we _____ go and see it.
- You _____ arrive at the airport by 10.30 a.m. at the latest or you'll miss the plane.
- You _____ show your train ticket when someone asks. That's the rule.
- You _____ buy that book. It isn't very interesting.
- I'd like your advice. _____ I study French or German next year? What do you think?
- This plate is very hot. You _____ touch it.

2 Choose the correct words to complete the information about school rules.

Information about Southway School

- Students ¹ ___ run in the school. It's against the rules.
- You ² ___ eat bubblegum in class.
- You ³ ___ try to study for two hours every evening if possible.
- You ⁴ ___ arrive at school by 8.25 a.m. This is very important.
- You ⁵ ___ bring unhealthy food for your lunch. It's best to bring healthy food.
- You ⁶ ___ always wear black or brown strong shoes. You can't wear trainers.

- a shouldn't **b) mustn't** c must
- a must b should c mustn't
- a should b shouldn't c mustn't
- a must b mustn't c shouldn't
- a must b shouldn't c should
- a shouldn't b mustn't c must

have (got) to + infinitive without to

3 Write sentences and questions with *have to* or *have got to*. Use contractions where necessary.

- Marina / have to / take the bus to school
Marina has to take the bus to school.
- he / have got to / study hard this year

- they / not have to / eat those sandwiches

4 I / have got to / do a lot of homework later

5 we / have to / wait here for the bus / ?

6 that singer / not have to / think about money

7 how often / you / have to / practise the guitar / ?

4 Correct the grammatical error in each sentence.

- We ~~doesn't~~ have to do any homework tonight.
_____ don't _____.
- Francesca have to speak to the teacher later.

- Do I has to pay for this magazine?

- 'Does they got to work a lot?'
'Yes, they have.'

- He hasn't to go home early today.

- Jack and Ellie have got go now – they're late.

5 Complete the notes for a talk with *have to* and the correct form of the verbs in brackets.

Hello everybody, I'm Ms Waites. I want to talk about the school library and media centre. First, you
 ¹ _____ have to leave _____ (leave) your jackets near the door. Second,
 remember that this is a place for study - you ² _____
 (not be) quiet all the time, but please don't talk a lot!
 We haven't got many computers. If the library is busy, you
 ³ _____ (share) them. The library closes at 5.30 p.m. - please leave then. Our assistant, Mr Carlton, ⁴ _____
 (turn off) the computers quickly,
 because he ⁵ _____ (catch) his train. Finally, please don't
 leave any litter. We must make sure that our cleaner
 ⁶ _____ (not pick up) a lot of paper from the desks.
 Thank you, everybody.

For me, these exercises were ... easy OK difficult

Verbs and nouns related to learning

1 Complete the table with the noun form of the verbs below.

achieve decide learn move solve train		
Nouns ending in -ing	Nouns ending in -ment	Nouns ending in -ion
¹ learning	³ _____	⁵ _____
² _____	⁴ _____	⁶ _____

2 Complete the dialogues with the correct verb or noun.

- 'There's too much plastic in the sea today. What can people do about this?'
'I'm not sure. I don't know how we can s o l v e the problem.'
- 'Scientists say there is definitely water on Mars.'
'Yes, our k _____ of the planets is improving all the time.'
- 'Did you know that babies show a response to faces soon after they are born?'
'No, I didn't know that they r _____ to faces so early.'
- 'Some birds can learn to speak. One grey parrot could say more than one hundred words!'
'That's incredible that birds can develop s _____.'
- 'My aunt studies animal behaviour.'
'That's interesting. I'd love to learn how animals b _____.'
- 'Which part of the brain do we use to make decisions?'
'We use different parts of the brain when we d _____ something.'

Verbs

3 Complete the sentences with the correct form of the verbs below.

consider discover expect experience offer provide

- My grandmother sometimes offers to help with my maths or science homework.
- It's my grandfather's birthday next week. I _____ he'll have a small party.
- I _____ a lot of new things when I visited my cousins in Los Angeles last year.
- We _____ some interesting things about our great grandparents recently. They came from France.
- Rafa _____ his family to be very important.

6 Our grandparents _____ an important link to our family history.

4 Choose the correct words to complete the text.

HOME	BLOG	ABOUT	LOG IN
------	------	-------	--------

My grandad is cool. He was a musician and a music teacher, so he's got a lot of different skills. I ¹ _____ with him by text and see him every week. He helps and ² _____ me with my homework, and he ³ _____ me about different things.

Last month, he ⁴ _____ that I have guitar lessons and he ⁵ _____ to teach me. We now have a lesson every week. I was nervous at first and I often make a terrible noise! But Grandad is an excellent teacher and I ⁶ _____ the lessons to be very helpful.

REPLY COMMENT SHARE

- | | | |
|----------------|----------------------|----------------|
| 1 a expect | b communicate | c consider |
| 2 a supports | b discovers | c suggests |
| 3 a offers | b experiences | c educates |
| 4 a suggested | b considered | c supported |
| 5 a provided | b offered | c communicated |
| 6 a experience | b provide | c consider |

Extra: Online learning

5 Complete the sentences with the words below. There is one word that you do not need to use.

answers check distract find focused engine research others search resources use

- Jordi talks about things in online discussion groups. It's good to learn from others.
- I try to stay _____ on the internet, but videos and adverts often _____ me from what I'm doing.
- We always use the same search _____ when we want to _____ out about something.
- I _____ for information and write it down before I start an essay.
- Ava always uses a reliable website to _____ a fact and find _____ to questions.
- We use different online _____ when we _____ a subject for homework.

For me, these exercises were ... easy OK difficult

1 Read the article. Write A, B, C, D or E next to the topics (1–5) from the article.


X

HOME
ABOUT
ARTICLES
ARCHIVE

FOOD
CARE
THINGS YOU NEED
TIPS

Looking after your dog

Having a dog is a big responsibility and you must learn how to look after it. Here are a few tips.



A Spend time with your dog. Dogs are sociable and need company. They love playing with people and other dogs. If they're bored, they can become miserable.

B If you're going on a long car journey with your dog, stop regularly so that it can drink and exercise. Remember that cars can become very hot and you mustn't leave your dog alone in a car.

C Feed your dog the right amount for its age and size. You should give it enough food, but not too much. It must also have fresh water available at all times.

D Make sure your dog can run around outside at least once a day. Ideally, you should take it for a walk in the morning and in the evening. This will help you to keep fit, too!

E Some dogs need more space than others, so think about the size of your home when you decide what kind of dog to get. It's better not to get a huge dog if you live in a tiny flat.

- 1 exercise: D
- 2 love and attention:
- 3 food and drink:
- 4 travelling:
- 5 space:

2 ★★☆☆ Read the text again. Complete the sentences with one word or phrase from the article.

- 1 My best friend's dog is **huge** _____. I've never seen such a big dog!
- 2 It's important to learn how to **L** _____
a _____ your dog correctly. You have to give them food, take them for walks and play with them.
- 3 Dogs love being with people and need to have a lot of **c** _____. They don't enjoy being alone.
- 4 Experts say that you should **f** _____ your dog twice a day, but small dogs may need more frequent meals.
- 5 I've had a bad day today and I feel really **m** _____ because I didn't get the summer job that I really wanted.
- 6 It's my **r** _____ to take our dog for a walk after school.
- 7 Our head teacher says that there is no money **a** _____ to build a new sports hall this year.
- 8 I'm very **s** _____. I love spending time with other people.
- 9 My room is **t** _____, but my brother's room is even smaller!

3 ★★☆☆ Read the article again. Complete the sentences with *should* or *shouldn't*.

- 1 You should learn how to look after your dog.
- 2 You _____ let your dog play with other dogs.
- 3 Your dog _____ be alone all the time.
- 4 You _____ stop frequently if you take your dog on a long car journey.
- 5 You _____ leave your dog alone in a car.
- 6 You _____ give your dog too much food.
- 7 You _____ make sure your dog always has water to drink.
- 8 You _____ get a big dog if your home is very small.

4 Answer the questions. Write complete sentences.

- 1 Have you ever had a pet? Have you got a pet now?
I've got a dog now. A few years ago, I had a cat.
- 2 What, in your opinion, are the most common mistakes that people make when they have a pet?

- 3 Why do people think it's good to have a pet?

For me, these exercises were ... easy OK difficult