

Beginner

CLASS EXERCISE HANDOUT

ENGLISH PROGRAM

FOURTH EDITION

Table of contents

Classroom language	2
<u>Body and Symptoms</u>	<u>3</u>
<u>Verb to be, possessive adjectives</u>	<u>5</u>
<u>Vocabulary exercises on Illnesses</u>	<u>7</u>
<u>Present Simple / frequency adverbs</u>	<u>9</u>
<u>Question making</u>	<u>13</u>
Big Numbers and Symbols	15
Present simple versus present continuous	15
Pronouns	17
<u>Past simple</u>	<u>19</u>
<u>Past continuous</u>	<u>21</u>
<u>Review of present simple, continuous and past simple</u>	<u>22</u>
Present perfect	28
<u>Prepositions of Place</u>	<u>30</u>
<u>Prepositions of Time</u>	<u>31</u>
<u>General review</u>	<u>35</u>
Nutrition and Obesity	40
Nutrition and Obesity	44
<u>APPENDIX</u>	<u>47</u>
<u>Irregular Verbs</u>	<u>47</u>
<u>Regular Verbs</u>	<u>53</u>
Question Making	56

Classroom language

A. Expressions used by the student:

¿Cómo se dice _____(en inglés)?	= How do you say _____ (in English)?
¿Cómo se escribe/deletrea (sonido)?	= How do you spell _____?
¿Cómo se pronuncia esta/esa palabra?	= How do you pronounce this/that word?
¿Qué significa xxx ?	= What's the meaning of xxx? [míning]
Perdón, ¿Me puede repetir?	= Excuse me. Could you repeat, please?
Lo siento, no entiendo.	= Sorry, I don't understand.
¿Me podría explicar _____?	= Could you explain _____? [kudllu ikspléin]
¿Puede hablar más lento, por favor?	= Could you speak more slowly, please? [kudllu spíik mor slouli, plíis]
No sé.	= I don't know.
Disculpe, (para atraer la atención)	= Excuse me, ...
Señor / Señora (para dirigirse al profesor/a)	= Sir [ser] / Madam [mádam] / Miss

B. Expressions used by the teacher:

Por favor, lea (en voz alta)	= Please, read (aloud).
Mire la imagen	= Look at the picture.
Mire el texto.	= Look at the text.
Escuche atentamente.	= Listen carefully. [lís n quérfuli]
Dígame, ...	= Tell me, ...
Pregunte (a) ...	= Ask ...
Responda	= Answer. [ánser]
Escriba	= Write (down)
¿Cómo se escribe...?	= Can you spell xxx? /How do you spell.xxx?
¿Sabe/Conoce ...?	= Do you know ...?
¿Entiende?	= Do you understand?
Rellene los espacios.	= Fill in (the spaces).
Repita (después de mi/del audio).	= Repeat (after me/the recording), please.
(Hágalo) Otra vez.	= (Do it) Again. [aguén]
¿Está claro?	= Is this clear?
¿Tiene alguna duda?	= Do you have any doubts? [dauts]
¿Tiene alguna pregunta?	= Do you have any questions?
¿Está listo/a?	= Are you ready? [redi]
Relacione / asocie...	= Match...
Reemplace...	= Replace...[ripleis]

Body and Symptoms

I. Complete the table with the right word in English.

SPANISH	ENGLISH
ojos	
boca	
oreja	
nariz	
cuello	
espalda	
pecho	
estómago	
diente-dientes	
Brazo	
codo	
mano	
muñeca	
pierna	
rodilla	
pie-pies	
dedos de los pies	
tobillo	

II. Complete the sentences.

1. I have a pain in my _____ I can't walk.
2. I have some spots all over my _____ I need some cream.
3. I am having trouble with my _____ I can't write.
4. I have a pain in my _____ I can't move my feet.

III. Look at the following symptoms and complete the sentences.

headache	stomachache	backache	toothache
	earache		
cold	fever	cough	sore throat
	diarrhea		

1. I have a strong _____. I need an aspirin.
2. My son has a bad _____. He has a pulmonary disturbance.
3. My mom will have to go to the dentist. She has a _____
4. I can't speak. I have a _____

IV. Write a 5- line- dialogue about an appointment with Doctor Andrade.

A: Doctor, B: Patient.



- Eg. A: Good morning. What is the matter?
B: I
A:
B:
A.....
B.....

Verb to be, possessive adjectives

I. Complete these sentences with the verb to be (am – is - are)

1. Tony _____ not a friendly person.
2. Kim and Kate _____ in the same class.
3. My mother's red dress _____ so beautiful.
4. I _____ a teacher at a high school.
5. Your new manager _____ from Germany.
6. _____ this your backpack?
7. Mr. Anderson's children _____ really smart.
8. All my friends _____ bold.
9. Our neighbor _____ very kind.
10. Jane's maths class _____ very challenging.
11. His uncle _____ very rich.
12. _____ they your best friends?
13. Jessica and Daniel _____ not married.
14. Helen's friend Kathie _____ my boss.
15. I _____ not your friend any more.

II. Write the correct possessive adjective (my - your - his - her - its - our – their)

- My father is driving _____ new car.
Hello! What's _____ name?
I have a sister. _____ name is Mary.
_____ names are Mark and Jorge (they).
The cow ate _____ food quickly.
The little boy is playing with _____ toys.
We live in a house. _____ house is very big.
They like sports. _____ favourite sport is rugby.
The girl plays tennis. This is _____ racket.
This is a tortoise. _____ name is Buga.
Is this Paul's cat ? Yes, it is _____ cat.
Lucy and I like to wear _____ hair long.

You may take notes here

Vocabulary exercises on illnesses

I. Fill in the blanks with one of the following words:

cold, medicine, better, examine, fever, sure, appointment, sick, hurts, patients.

I'm feeling a little _____. My throat _____, and I think I have a _____. I called the doctor to make an _____. He has many other _____ today, but he said he would see me. I think it's just a _____, but I would like the doctor to _____ me to make _____ it's not anything serious. Maybe he'll give me some _____ to make me feel _____.

II. Choose the correct alternative

1. I haven't been able to sleep in three days. I think I might have _____.
 - a. insomnia
 - b. cold
 - c. the hiccups

2. Drinking water is one way to get rid of _____.
 - a. the hiccups
 - b. illness
 - c. fever

3. He smokes too much. Just look at the way he _____.
 - a. spits
 - b. sleeps
 - c. coughs

4. The baby was _____ a fever, so they took her to see the doctor.
 - a. causing
 - b. running
 - c. having

5. The doctor prescribed _____ for my rash.
 - a. water
 - b. lots of rest
 - c. an ointment

6. It's possible to become addicted to _____.
 - a. pain killers
 - b. water
 - c. a fever

7. After Will fell off his bike, his father dressed his _____.

- a. wound
- b. blood
- c. damage

8. I _____ my ankle when I was playing basketball.

- a. ran
- b. fell
- c. twisted

9. Drinking tea with honey can help soothe _____.

- a. a hurting throat
- b. a hurt throat
- c. a sore throat

10. It's Spring, and my _____ are acting up again.

- a. allergies
- b. allergic
- c. allergic reaction

Present Simple / frequency adverbs

I. Unscramble these sentences

1. the / occasionally / we / go / movies / to

2. they / go / holidays / The Dominican Republic / for / to / usually

3. never / my / rude / I / parents / am / to

4. weekends / must / on / often / she / work

5. always / the / children / morning / eat / my / breakfast / in

6. mother / weekend / she / on / rings / normally / her / the

7. listen / music / you / to / often / ? / reggaeton / do / how

8. because / eats / food / unhealthy / is / seldom / he / it / fast

9. dream / ? / you / Spanish / sometimes / in / do

10. you / night / program / watch / which / at / do / usually



11. hardly ever / strangers / dog / barks / our / at

12. forgets / names / frequently / the / students' / teacher / the

13. was / until / above / weight / 100kg / the / my / always / diet

14. be / speak / if / will / employed / She / she / English / never / doesn't

15. Italian / you / parents / speak / your / Do / ? / normally / in / with

16. me / on / can / find / a / in / weekend / you / the / usually / pub

17. his / night / neighbour / out / take / Sunday / my / to / rubbish / never / on / remembers

18. sing / do / shower / ? / often / the / How / you / in

ii. Complete these sentences using

close cost like meet open speak teach wash

1 Maria speaks four languages.

2 The shops in the city centre usually _____ at 9 o'clock in the morning.

3 The City Museum _____ at 5 o'clock in the evening.

4 Tina is a teacher. She _____ mathematics to young children.

5 My job is very interesting. I _____ a lot of people.

6 Peter's car is always dirty. He never _____ it.

7 Organic food is expensive. It _____ a lot of money.

iii. Write sentences about yourself. Use always/never/often/usually/sometimes

1 (watch TV in the evening) I usually watch TV in the evening.

2 (read in bed) _____.

3 (get up before 7 o'clock) _____.

4 (go to work/school by bus) _____.

5 (drink coffee in the morning) _____.

IV. Write sentences describing a brother / sister / best friend. Use the following

verbs:

Live – like – play – study - be

1. My best friend is a musician.
2. _____
3. _____
4. _____
5. _____

v. Put the words in the right order to make questions using do or does

- 1 (where / live / your parents) Where do your parents live?
- 2 (you / early / always / get up) Do you always get up early?
- 3 (how often / TV / you / watch) _____
- 4 (you / want / what / for dinner) _____
- 5 (like / you / football) _____
- 6 (your sister/ like / football)_____
- 7 (what / you / do / in your free time)_____
- 8 (your brother/ work / where)_____
- 9 (breakfast / always / you / have) _____
- 10 (what / mean / this word)_____
- 11 (in winter / snow / it / here) _____
- 12 (go / usually / to bed / what time / you) _____
- 13 (how much / to phone New York / it / to / cost) _____
- 14 (you / for breakfast / have / usually / what)_____

You may take notes here

Question making



I. Write questions for the following sentences.

1. _____?

I have a sore throat

2. _____?

The nurse wears a white coat

3. _____?

The cardiologist works from Monday to Thursday

4. _____?

Your teacher says your English is pretty good.

5. _____?

Francisca feels very happy today.

6. _____?

I never go to the pharmacy.

7. _____?

I am a speech therapist.

8. _____?

That tall man works in the X-ray Department

9. _____?

She is an oncologist.

10. _____?

Yes. I am always late for school.

11. _____?

Sometimes we go to the intensive care unit to visit patients.

12. _____ ?

I am 22 years old.

13. _____ ?

The teacher is 65 years old.

14. _____ ?

The physiotherapist lives alone in a big old house.

15. _____ ?

My mother always collects coins and stamps.

16. _____ ?

No, I don't.

Self study

Make the questions for these answers.

1. _____ ?

The cardiologist works every day

2. _____ ?

Your teacher says you are very intelligent

3. _____ ?

Carlota feels very energetic today.

4. _____ ?

She is a speech therapist.

5. _____ ?

Yes. I am very intense.

6. _____ ?

Gonzalo is 24 years old.

Big Numbers and Symbols

As college students you will surely make use of big numbers and symbols.

Big numbers are used in a lot of situations where you need to deal with them.

They are over 100, and people use them when talking about hotel rooms, money, prices, counting items, phone numbers etc.

Symbols; on the other hand, are all around us in our daily lives. A symbol is something that represents an idea or a concept. For example, a heart shape often represents love, and a green traffic light symbolises “go”.

Understanding symbols helps us communicate and navigate the world.

Now, let's take a look at the ppt about these concepts.

Present simple versus present continuous

I. Complete the sentences. Use Simple Present or Present Continuous

1. The lesson (start) _____ at 9 o'clock.
2. He often (wear) _____ a black cap.
3. I (meet) _____ my friends in the pub tonight.
4. My friend (move) _____ house tomorrow.
5. My birthday (be) _____ in September.
6. She (not / ride) _____ her bike right now.
7. We (not / stay) _____ at home tonight.
8. I (not / like) _____ bananas.
9. They (not / know) _____ the answer.
10. I (not / sit) _____ in the garden at the moment.

II. Choose the correct alternative

1. I _____ from 9 to 5 every day.
 - a. am working
 - b. work
 - c. works

2. She _____ TV right now.
 - a. watching
 - b. watches
 - c. is watching

3. My brother always _____ soccer on Saturdays.
 - a. Plays
 - b. is playing
 - c. doesn't play

4. Can your mother _____ English?
 - a. Speak
 - b. Speaking
 - c. speaks

5. I _____ with my sister until I find a job.
 - a. live
 - b. am living
 - c. don't live

6. Gary _____ a novel about a murderer and a policeman.
 - a. is reading
 - b. read
 - c. reads

Pronouns

I. Write the correct pronoun form on the line to complete the sentence.

1. Samuel is in my class. _____(He/Him) is my friend.
2. My mother and I bought some things at the store. The store will deliver them to _____(we/us).
3. I baked a cake for Grandma Shirley. I couldn't wait until Sunday to give it to _____
_____ (she/her).
4. Uncle Joe is coming to visit in December. _____ (He/Him) will stay in our guest room.
5. We are taking a trip to New York. Our neighbor is going to watch our house for _____
(we/us).
6. Andrew and his sister will arrive on the next plane. I am going to pick _____(they/them)
up.
7. Next summer, Eric is taking the train to Oregon. _____ (He/Him) already bought the
train tickets.
8. Studying for school is important to Vanessa. _____(She/Her) wants to get good grades
this year.
9. The TV and the stereo were not working correctly. My dad asked the man to repair _____
(they/them).
10. We're planning to go to the movies tomorrow. Would you like to come with _____(we/us?)

II. Cross out the wrong words

1. It's their / theirs problem, not our / ours.
2. This is a nice camera. Is it your/ yours?
3. My jacket is bigger than hers / her.
4. Can I use your computer? Our /Ours is broken.
5. Veronica is going out with her /hers friends this evening.
6. They have 2 children but I don't know their/ theirs names.
7. Whose books are these? Your / Yours or my / mine?
8. That is not mine / my cell phone. My / Mine is black.
9. Some people talk about their /theirs job all the time.
10. Did your sister pass her/ hers exams?
11. Where are my keys? Where did I put them/ they?
12. This letter is for Bill. Can you give it to he / him?

Past simple

I. Put the verbs into the correct form (simple past).

- A. Last year I (spend) _____ my holiday in Ireland.
- B. It (be) _____ great.
- C. I (travel) _____ around by car with two friends and we (visit) _____ lots of interesting places.
- D. In the evenings we usually _____ (go) to a pub.
- E. One night we even (learn) _____ some Irish dances.

II. Put these sentences in negative.

- A. They collected postcards. → _____
- B. You jumped high. → _____
- C. Albert played squash. → _____
- D. The teacher tested our English. → _____
- E. Fiona visited her grandma. → _____

III. Write questions in the simple past.

- A. Anna / the window / open _____
- B. she / home / walk _____
- C. you / in the garden / work _____
- D. you / a song / sing _____
- E. she / on a chair / sit _____

IV. Answer the following questions

- A. Did Mayda go to school yesterday? _____
- B. Did they travel around the world 1 year ago? _____
- C. Did we study English last year? _____
- D. Did you talk about politics yesterday? _____
- E. Did he attend class last week? _____

You may take notes here

Past continuous

I. Make the positive or negative past continuous

- 1) Julie _____ (sleep) at three o'clock.
- 2) You _____ (study) at three o'clock.
- 3) Luke _____ (read) at three o'clock.
- 4) I _____ (work) at three o'clock.
- 5) They _____ (eat) chocolate at three o'clock.
- 6) John _____ (play) tennis at three o'clock.
- 7) We _____ (watch) TV at three o'clock.
- 8) He _____ (use) the internet at three o'clock.
- 9) You _____ (cook) lunch at three o'clock.
- 10) We _____ (travel) to London at three o'clock.

II. Make negative sentences in past continuous using the brackets to complete the story

- 1) Mrs Brown _____ (not/walk) in the garden when the murder happened.
- 2) Mr Black _____ (not/work) in his study when the murder happened.
- 3) Miss Jones _____ (not/talk) to Mr. White when the murder happened.
- 4) You _____ (not/play) cards when the murder happened.
- 5) Dr Ford _____ (not/read) in his room when the murder happened.
- 6) Mr. and Mrs. Green _____ (not/eat) in the dining room when the murder happened.
- 7) Mr Blue _____ (not/drink) coffee in the library when the murder happened.
- 8) The maid _____ (not/clean) the bedrooms when the murder happened.
- 9) I _____ (not/listen) to music when the murder happened.
- 10) The dogs _____ (not/play) outside when the murder happened.

Review of present simple, continuous and past simple

I. Complete the following sentences using present simple or continuous

1. Every Monday, Sally (drive) _____ her kids to football practice.
2. Usually, I (work) _____ as a secretary at ABT, but this summer I (study) _____ French at a language school in Paris. That is why I am in Paris.
3. Shhhhh! Be quiet! John (sleep) _____
4. Don't forget to take your umbrella. It (rain) _____
5. I hate living in Seattle because it (rain, always) _____
6. I'm sorry I can't hear what you (say) _____ because everybody (talk) _____ so loudly.
7. Justin (write, currently) _____ a book about his adventures in Tibet. I hope he can find a good publisher when he is finished.
8. Jim: Do you want to come over for dinner tonight?
Denise: Oh, I'm sorry, I can't. I (go) _____ to a movie tonight with some friends.
9. The business cards (be, normally) _____ printed by a company in New York. Their prices (be) _____ inexpensive, yet the quality of their work is quite good.
10. This delicious chocolate (be) _____ made by a small chocolatier in Zurich, Switzerland.

ii. Read these stories and fill in the blanks with the verb in parentheses in the correct form.



A Trekking Journal

November 12, 1997

Today (be) _____ the second day of my trek around Mount Annapurna. I am exhausted and my legs (shake) _____ ; I just hope I am able to complete the trek. My feet (kill, really) _____ me and my toes (bleed) _____, but I (want, still) _____ to continue.

Nepal is a fascinating country, but I have a great deal to learn. Everything (be) _____ so different, and I (try) _____ to adapt to the new way of life here. I (learn) _____ a little bit of the language to make communication easier; unfortunately, I (learn, not) _____ foreign languages quickly. Although I (understand, not) _____ much yet, I believe that I (improve, gradually) _____.

I (travel, currently) _____ with Liam, a student from Leeds University in England. He (be) _____ a nice guy, but impatient. He (walk, always) _____ ahead of me and (complain) _____ that I am too slow. I (do) _____ my best to keep up with him, but he is younger and stronger than I am. Maybe, I am just feeling sorry for myself because I am getting old.

Right now, Liam (sit) _____ with the owner of the inn. They (discuss) _____ the differences between life in England and life in Nepal. I (know, not) _____ the real name of the owner, but everybody (call, just) _____ him Tam. Tam (speak) _____ English very well and he (try) _____ to teach Liam some words in Nepali. Every time Tam (say) _____ a new word, Liam (try) _____ to repeat it. Unfortunately, Liam (seem, also) _____ to have difficulty learning foreign languages. I just hope we don't get lost and have to ask for directions.

Put these verbs in the past simple.

- 1) I _____ (not/drink) any beer last night.
- 2) She _____ (get on) the bus in the center of the city.
- 3) What time _____ (he/get up) yesterday?
- 4) Where _____ (you/get off) the train?
- 5) I _____ (not/change) trains at Victoria.
- 6) We _____ (wake up) very late.
- 7) What _____ (he/give) his sister for Christmas?
- 8) I _____ (receive) £300 when my uncle died.
- 9) We _____ (not/use) the computer last night.
- 10) _____ (she/make) good coffee?
- 11) They _____ (live) in Paris.
- 12) She _____ (read) the newspaper yesterday.
- 13) I _____ (not/watch) TV last week.
- 14) He _____ (not/study) for the exam.
- 15) _____ (he/call) you?
- 16) _____ (I/forget) something?
- 17) What time _____ (the film/start)?
- 18) He _____ (have) a shower.
- 19) Why _____ (you/come)?
- 20) _____ (he/go) to the party?

IV. Create a story in PAST TENSE using any of the following pictures below. Work in groups.

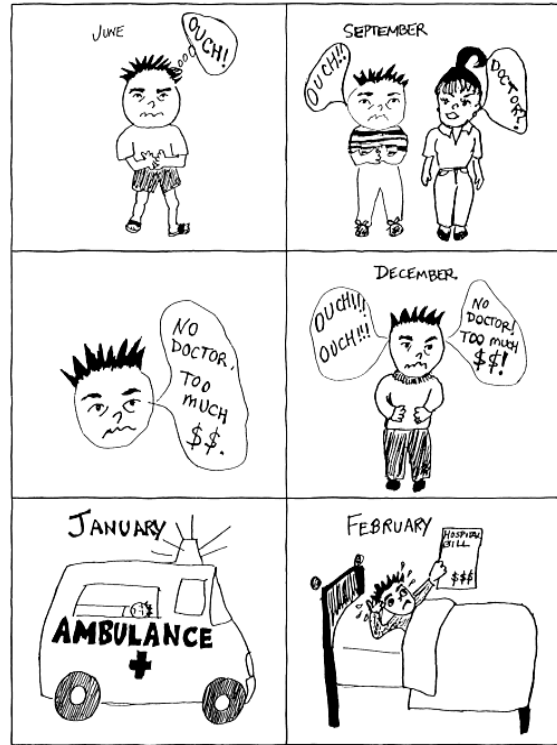
1

The Right Dose



Copyright 2003 Kate Singleton

2

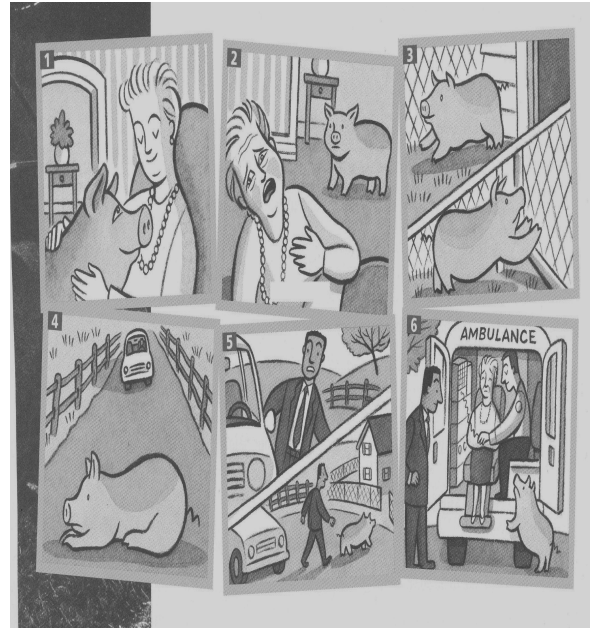
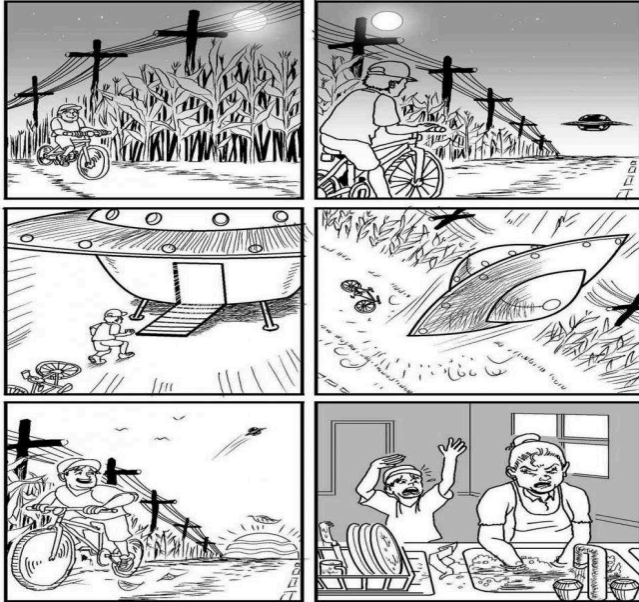


3



4





You may take notes here

Review of Verb Tenses in Academic English

I. Put these sentences in the correct order.

1. at / 7:00 / everyday / gets up / the doctor

2. at home? / how often / do / you / chemistry / study

3. doesn't / television / Barry / watch / very often

4. clean / my / I / every / teeth / morning

5. what / in / the / get up / morning / time / do / you?

6. alcohol / a / drug / do / you / consider / ? _____

II. Circle the 13 mistakes in this text.

Ian Fleming

Ian Fleming were born in London on 25th May, 1905. He studying on Eton College, the Royal Military Academy, Sandhurst and the Universities of Munich and Geneva. Fleming was worked in journalism, banking, newspaper management and as an personal assistant to the Director of Naval Intelligence during the second World War . Fleming become famous as the creator of the spy, James Bond. His first successful book is Casino Royale. Between 1953 and her death in 12th August 1964 he written eighteen books. His most famous books is: Goldfinger Diamonds are Forever, Live and Let Die, You only live twice. The actors Sean Connery, Roger Moore, Pierce Brosnan has played the part off James Bond in the films based on Fleming's books.

III. Now answer these questions about the text.

1 Who was Ian Fleming?

2 When was he born?

3 Did he work as a journalist?

4 What did he become famous for?

Which was his first successful book?

How many books did he write?

Who played the part of James Bond in the films?

Present perfect

Write sentences using present perfect using the suggested prompts

1. The window is open. → Someone _____ the window. (to open)
2. My hair is clean. → I _____ my hair. (to wash)
3. The walls are blue now. → We _____ the walls. (to paint)
4. Our TV doesn't work. → Someone _____ our TV. (to break)
5. Their homework is ready. → They _____ their homework. (to finish)
6. There is no food in the fridge. → We _____ the food. (to eat)
7. There is no water in the bottle. → He _____ the water. (to drink)
8. It's cold in the room. → Emma _____ the air conditioning. (to turn on)
9. My team is the winner of the match. → We _____ the match. (to win)
10. I don't have my glasses with me. → I _____ my glasses (to lose)

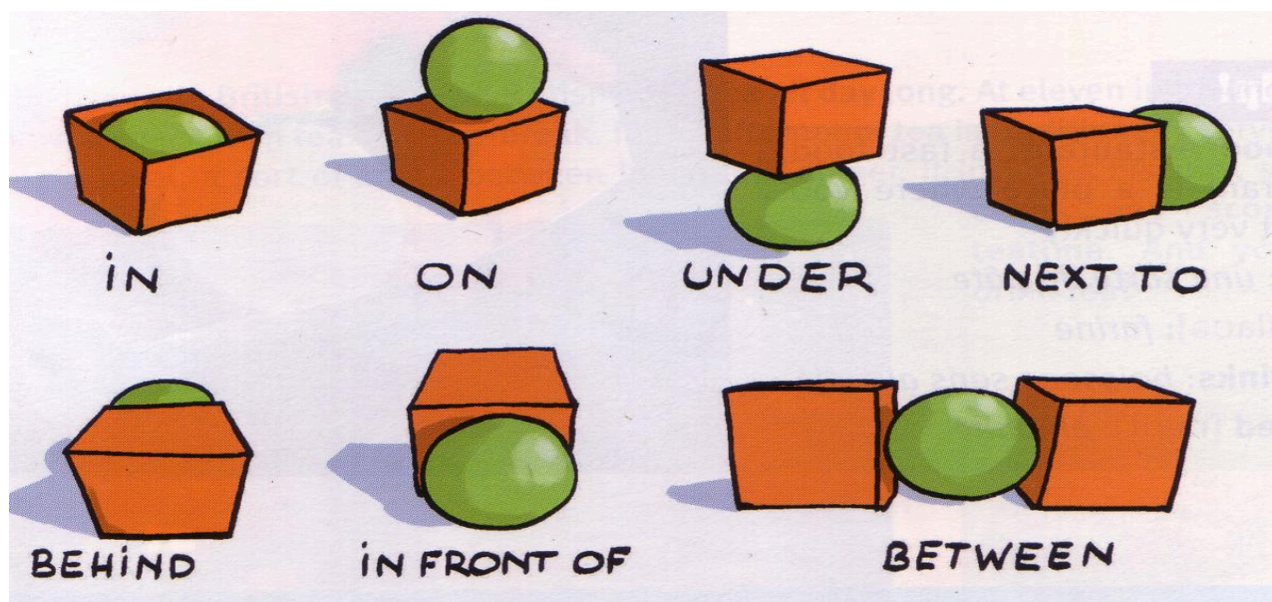
iv. Fill in the blank with have has haven't hasn't

1. Mike _____ brought the pizza. Let's eat it immediately. I'm very hungry.
2. I _____ finished washing the dishes yet. Can somebody help me, please?
3. We _____ bought the TV yet. We can't decide which one to buy.
4. Clara's bus _____ arrived at the bus station because of the heavy rain.
5. _____ you ever wanted to ride on an elephant? It sounds exciting.
6. The weather _____ been terrible since Monday. It's snowy and cold.
7. Peter _____ worked as medical technologist for more than 25 years.
8. Samuel _____ started writing his new novel yet
9. The cat _____ eaten anything since yesterday morning. I'll give her food.
10. What _____ the students done to the classroom? The door is broken.
11. Jack and Pam _____ been to a foreign country before. They look excited.
12. Rachel _____ just come home from the shopping center. She looks tired.

Prepositions of Place

1. Choose *at - in - on* to complete these sentences

1. The meeting is scheduled to take place _____ Monday.
2. The concert will be held _____ the new stadium.
3. Can you finish the report _____ time for the presentation?
4. We usually go on vacation _____ the summer.
5. The package will be delivered _____ your doorstep.
6. The workshop is set to begin _____ 9 AM.
7. I'll be waiting for you _____ the airport.
8. They live _____ the third floor of the building.
9. The movie is scheduled to be released _____ December.
10. I'll meet you _____ the corner of the street.



Prepositions of Time

We use:










- **at** for a PRECISE TIME
- **in** for MONTHS, YEARS, CENTURIES and LONG PERIODS
- **on** for DAYS and DATES

at PRECISE TIME	in MONTHS, YEARS, CENTURIES and LONG PERIODS	on DAYS and DATES
at 3 o'clock	in May	on Sunday
at 10.30am	in summer	on Tuesdays
at noon	in the summer	on 6 March
at dinnertime	in 1990	on 25 Dec. 2010
at bedtime	in the 1990s	on Christmas Day
at sunrise	in the next century	on Independence Day
at sunset	in the Ice Age	on my birthday
at the moment	in the past/future	on New Year's Eve

Look at these examples:

- I have a meeting **at** 9 am.
- The shop closes **at** midnight.
- Jane went home **at** lunchtime.
- In England, it often snows **in** December.
- Do you think we will go to Jupiter **in** the future?
- There should be a lot of progress **in** the next century.
- Do you work **on** Mondays?
- Her birthday is **on** 20 November.
- Where will you be **on** New Year's Day?

Complete with *in/on/at*

1.  What do you do _____ Fridays ?
2.  They were born _____ April.
3.  Sandra works _____ night.
4.  They got married _____ autumn.
5.  I usually get up _____ seven.
6.  The movie starts _____ minutes.
7.  It snowed _____ Sunday morning.
8.  He walks the dog _____ the evening.
9.  I'll see you _____ Christmas

Miscellaneous

Listen to this audio and write the missing prepositions in the spaces.

[https://drive.google.com/file/d/1m9ZL7u5ddY5g2I0W56XXunmVommKp6m1/view?usp=shari](https://drive.google.com/file/d/1m9ZL7u5ddY5g2I0W56XXunmVommKp6m1/view?usp=sharing)

[ng](#)

Alternative medicine is becoming more popular _____ Bahrain. More and more people are trying things like hypnotherapy and reiki. Hypnotherapy is when a hypnotherapist tries to change the feelings and behaviour _____ people. Many people use it to stop smoking. Reiki changes the energy lines _____ your body to make you feel better. People are also becoming interested _____ other kinds _____ alternative medicine, _____ example, homeopathy and acupuncture. Wikipedia.com says alternative medicine is any treatment that heals the body without medicine. Wikipedia says there a little scientific research _____ it. There are very few medical universities _____ western countries where you can study alternative medicine. Bahrain allowed alternative medicine _____ 2012 and is being very careful. It only gave licences to seven therapy clinics _____ 2013. Dr. Baha Fateha _____ Bahrain's health department said more people wanted to open their own clinics. He told Gulf News: "Alternative therapy is _____ the increase _____ Bahrain and we have new applications all the time". He also said the country wanted to make sure new clinics were safe. He said: "First, we need to see evidence that they have the professional qualifications to do their job and that they have a business plan". A hypnotherapist _____ Bahrain said many people did not understand alternative medicine. She said people "... still see it as a form _____ magic or something that can't be trusted".

You may take notes here

General review

I **Read the following text, and then do the exercise below.**

On Sunday, Tom gets up at 9 o'clock, he takes a shower around 10:30 and then he reads the newspaper in the kitchen. He has breakfast at 11.30 and calls his mom in Scotland at midday.

In the afternoon, at 3:00, Tom plays Call of Duty on his computer and after that they get together and have dinner in a Chinese restaurant. At 7.00 he goes to the gym and swims for an hour and then he goes by bike to his brother's house. They talk and listen to rock music.

Tom watches Netflix in the evening and drinks a cup of tea before going to bed at 11:30.

1. **What time does Tom have a shower?**
 - a. He has a shower around 11:00
 - b. He has a shower around 10:00
 - c. He has a shower around 10:30
2. **Where does Tom have breakfast?**
 - d. He has breakfast in the kitchen.
 - e. He has breakfast in his bedroom.
 - f. He has breakfast in the lounge.
3. **Who does he telephone in the morning?**
 - a. He telephones his sister.
 - b. He telephones his brother.
 - c. He telephones his mother.

4. **Where does his mother live?**
 - a. She lives in England.
 - b. She lives in his brother's house.
 - c. She lives in Scotland.
5. **What time does he play video games?**
 - a. He plays tennis at 1:00 pm.
 - b. He plays tennis at 3:00 pm.
 - c. He plays tennis at 11:30 am.
6. **How long does Tom swim for?**
 - a. Tom swims for one hour.
 - b. Tom swims for two hours.
 - c. Tom swims for six hours.
7. **How does Tom go to his brother's house?**
 - a. He goes by bike.
 - b. He goes by car.
 - c. He goes on foot.
8. **What does Tom drink in the evening?**
 - a. He drinks wine.
 - b. He drinks beer.
 - c. He drinks tea.
9. **What time does Tom go to bed?**
 - a. He goes at 11:00 pm.
 - b. He goes at 11:30 pm.
 - c. He goes at midnight.

II. Answer the following questions.

1. How old is your teacher?

2. Where do you live?

3. Where were you born?

4. How often do you study at home?

5. What are you going to do in summer?

6. What are you doing now? _____

III. Unscramble sentences.

1. works / hospital / He / in / a

2. You / cinema/ to / go / the

3. I / up / get / do not / at / nine

4. Portuguese / does not / Scarlett / speak

5. in /Do / live / you / Portugal ?

6. beach / went /the / to / We / last month

7. brother / your / Did / yesterday / and / you / listen to music ?

8. patient / the / cure / Is / going to / the general practitioner?

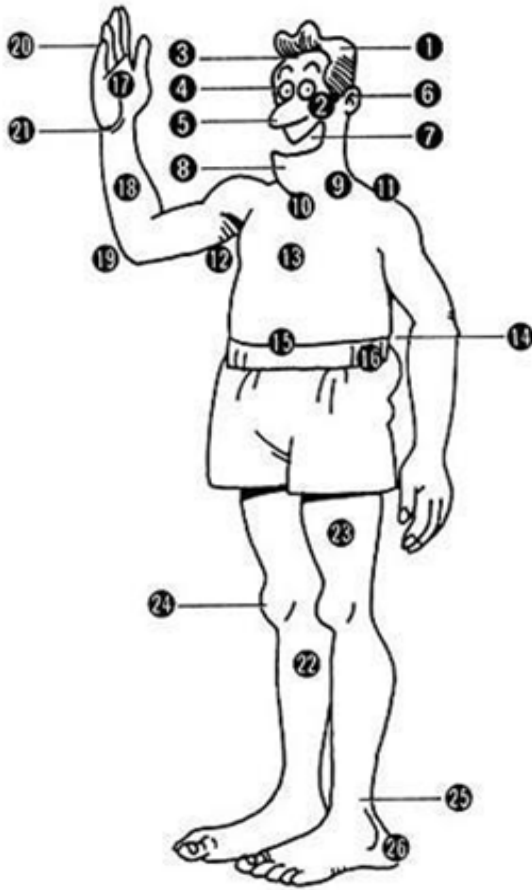
9. was / My / Paine / in / sister

10. breakfast / have / usually / at / o'clock / I / eight

IV. Past Simple or Present Perfect?

- 1) Last night I _____ (lose) my keys - I had to call my roommate to let me in.
- 2) I _____ (lose) my keys - can you help me look for them?
- 3) Peter _____ (visit) Paris three times.
- 4) Last year Mary _____ (visit) Paris.
- 5) I _____ (know) my great grandmother for a few years - she died when I was eight.
- 6) I _____ (know) Julie for three years - we still meet once a month.
- 7) Lucy _____ (play) Hockey since she was a child - She's pretty good!
- 8) She _____ (play) hockey at school but she didn't like it.
- 9) Sorry, I _____ (miss) the bus - I'm going to be late.
- 10) I _____ (miss) the bus and then I _____ (miss) the aeroplane as well!
- 11) Last month I _____ (go) to Scotland.
- 12) I'm sorry, John isn't here now. He _____ (go) to the shops.
- 13) We _____ (finish) this room last week.
- 14) I _____ (finish) my exams finally - I'm so happy!
- 15) Yesterday, I _____ (see) all of my friends. It was great.
- 16) I _____ (see) Julie three times this week.
- 17) She _____ (live) in London since 1994.
- 18) She _____ (live) in London when she was a child.

V. Name the parts of the human body.



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____

- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____
- 26. _____

Nutrition and Obesity

Healthy Habits at Home

I. Complete the text with the correct preposition:

Hi, I'm Lisa, and I'm a health student. I want to share some tips about staying healthy at home. Let's talk about my house.

I have a big kitchen, and I like to prepare my meals there. The refrigerator is _____ the wall, and I keep fresh fruits and vegetables _____ the drawers. My favorite snacks are _____ the cupboard above the counter.

I also have a living room where I do exercises. There is a yoga mat _____ the floor, and I do my stretches and exercises _____ the mat. There's a big mirror _____ the wall so I can check my posture.

In my bedroom, I have a comfortable bed _____ the center of the room. I make sure to get enough sleep _____ night. There's a bedside table _____ the bed, and I keep a glass of water _____ it.

I have a small garden _____ the back of the house. I like to spend time outdoors, so I often sit _____ the garden and enjoy the fresh air.

Remember, staying healthy is not just about going to the gym. You can create a healthy environment right at home!

Questions:

1. Where does Lisa prepare her meals?

2. Where are the fresh fruits and vegetables kept in the kitchen?

3. Where does Lisa do her exercises?

4. What is on the floor in the living room? _____

5. Where is Lisa's bed located in her bedroom?

6. What is in the back of Lisa's house? _____

7. According to Lisa, where can you create a healthy environment?

II. Read the text and complete with the words from the box.

chronic-diet- obesity- nutrition- fast food- fruits and vegetables

Good nutrition is essential for maintaining a healthy lifestyle and preventing _____ (1). A balanced diet includes a variety of foods that provide essential nutrients, such as vitamins, minerals, and proteins. However, unhealthy eating habits and lack of physical activity contribute to the rising rates of obesity.

Obesity is a medical condition characterised by an excess accumulation of body fat. It is often linked to poor _____ (2) and sedentary lifestyles. Consuming too many _____ (3) and sugary drinks, combined with a lack of exercise, can lead to weight gain and obesity.

To maintain a healthy weight, it's crucial to control portion sizes and choose foods rich in _____ (4) and low in saturated fats and added sugars. Additionally, regular physical activity plays a significant role in preventing and managing obesity.

A common consequence of obesity is the development of _____ (5) conditions such as diabetes, heart disease, and high blood pressure. Adopting a nutritious diet and engaging in regular exercise can help individuals reduce their risk of obesity-related health issues.

In conclusion, making informed choices about _____ (6) and engaging in regular physical activity are key components of a healthy lifestyle. By taking steps to improve nutrition and prevent obesity, individuals can enhance their overall well-being and reduce the risk of associated health problems.

I. Answer the following questions briefly.

1. Is obesity a choice or an illness?

2. Do you think fast food should be limited like cigarettes (for example health warnings, high price, special places for eating etc.?)

3. What do you think of people who believe that overweight people should pay more for health care, plane tickets, etc.?

II. Read the article "Eat yourself to Death" and write True or False

1. The film was made by a doctor called Morgan in 2003. _____
2. The idea came to Morgan because he was too fat. _____
3. He ate nutritious healthy food for almost a month. _____
4. Morgan gained 11.1 Kg in thirty days. _____
5. The film said that the fast food and industry was as bad as the tobacco industry. _____

(You may find a summary of this documentary here:

https://drive.google.com/file/d/1CmEGSuWVric76v_MAfDvhdlfV7p71Ld2/view?usp=sharing)

Eat yourself to death



In 2003, American film maker Morgan Spurlock made a film about the effects of eating only hamburgers, pizzas, and fries for a month. The idea came to him when two overweight American girls took legal action against a famous fast-food company. The girls accused the company of making them fat. The company said that it was not the food that made them fat, but eating too much. The company also said their food was 'nutritious and good for you'.

The girls' legal action failed, but Morgan Spurlock decided to test what the company said about their food. For a month he ate only fast food, three times a day, and took the daily exercise of an average American. He filmed himself during this month and the film he made records the changes that happened to him.

When Spurlock started making the film, he was healthy and slim. On the second day, he had his first 'fast-food stomach ache', and vomited. Over the following thirty days, he gained 24.5 lb (11.1 kg). He also had other problems – depression, headaches, and lethargy. He had cravings for a fast-food meal – only this would relieve the symptoms. A doctor told Spurlock he was addicted.

Towards the end of the month, doctors warned him that the food was causing life-threatening liver damage, and said he should stop. It took five months on a vegetarian diet to get back to a normal weight.

The film he made is called *Super size me*. It was nominated for an Academy Award for best documentary in 2005. The film's message was that the fast-food industry was probably as bad as the tobacco industry – it made a lot of money by encouraging illness.

Nutrition and Obesity

Listen to the audio and answer these questions about the conversation.

https://drive.google.com/file/d/1S445PI6p2QDK1k7MdYSkDa_VLI5clCcs/view?usp=sharing

Reading Labels (calories)

I never read food labels until I started going out with Wendy. She's studying to be a nutritionist. When we go grocery shopping, she reads every label.

Wendy: You're not buying that, are you?

Ichirou: Well, I was thinking about it. Why?

Wendy: Each serving size has 30 grams of fat, and 10 of those are trans-fat. The sodium level is through the roof, and it's full of carbohydrates. Do you really want to put that in your body?

Ichirou: Um, I guess not.

Wendy: What are these cookies doing in the basket?

Ichirou: Those are my favourite. I always get them. I got the low-fat kind, see?

Wendy: Even so, they're full of calories. They may be reduced fat, but they're not low fat. You don't eat this kind of cereal do you?

Ichirou: Yeah, I do.

Wendy: Look at the percent daily values. You get nearly no nutrients and no dietary fiber, and it's full of sugar.

I really like Wendy, but I'm not sure how long I can take this. She has the best of intentions, but will my stomach ever forgive me if I keep going out with her? That's the question.

Script by Dr. Lucy Tse

1. Does Ichirou read food labels?

2. What does she study?

3. What kind of cookies is Ichirou buying at the grocery?

4. What does she think about the cereal?

5. Is Ichirou happy with the relationship?

You may take notes here

APPENDIX

Irregular Verbs

INFINITIVE	PAST SIMPLE	PAST PARTICIPLE	SPANISH
1. be	was - were	been	ser o estar
2. become	became	become	llegar a ser
3. begin	began	begun	comenzar
4. bite	bit	bitten	morder
5. break	broke	broken	romper
6. build	built	built	construir
7. buy	bought	bought	comprar
8. catch	caught	caught	atrapar
9. choose	chose	chosen	elegir

10. come	came	come	venir
11. cut	cut	cut	cortar
12. do	did	done	hacer
13. draw	drew	drawn	dibujar
14. drink	drank	drunk	beber
15. drive	drove	driven	manejar
16. eat	ate	eaten	comer
17. fall	fell	fallen	caer
18. feel	felt	felt	sentir
19. fight	fought	fought	pelear
20. find	found	found	encontrar

21. fly	flew	flown	volar
22. forget	forgot	forgotten	olvidar
23. get	got	got	obtener
24. give	gave	given	dar
25. go	went	gone	ir
26. grow	grew	grown	crecer
27. have	had	had	tener
28. hear	heard	heard	escuchar
29. hit	hit	hit	golpear
30. hold	held	held	sostener
31. hurt	hurt	hurt	herir
32. keep	kept	kept	mantener

33. know	knew	known	saber
34. leave	left	left	abandonar
35. lend	lent	lent	prestar
36. lose	lost	lost	perder
37. make	made	made	hacer
38. meet	met	met	encontrarse con alguien
39. put	put	put	poner
40. read	read	read	leer
41. ride	rode	ridden	montar
42. run	ran	run	correr
43. .say	said	said	decir
44. see	saw	seen	ver

45. sell	sold	sold	vender
46. send	sent	sent	enviar
47. set	set	set	establecer
48. sew	sewed	sewn	coser a máquina
49. sing	sang	sung	cantar
50. sit	sat	sat	sentarse
51. sleep	slept	slept	dormir
52. speak	spoke	spoken	hablar
53. spend	spent	spent	gastar
54. stand	stood	stood	pararse
55. shoot	shot	shot	disparar
56. steal	stole	stolen	robar

57. swim	swam	swum	nadar
58. take	took	taken	tomar - llevar
59. tell	told	told	contar - decir
60. think	thought	thought	pensar
61. throw	threw	thrown	lanzar
62. understand	understood	understood	entender
63. wake	woke	waken	despertar
64. wear	wore	worn	usar (ropa)
65. win	won	won	ganar
66. .write	wrote	written	escribir

Regular Verbs

INFINITIVE	SIMPLE PAST	PAST P.	SPANISH
arrive	arrived	arrived	llegar
clean	cleaned	cleaned	limpiar
call	called	called	llamar
climb	climbed	climbed	escalar
dance	danced	danced	bailar
die	died	died	morir
divorce	divorced	divorced	divorciarse
jump	jumped	jumped	saltar
like	liked	liked	gustar
live	lived	lived	vivir

love	loved	loved	amar
listen	listened	listened	escuchar
marry	married	married	casarse
miss	missed	missed	extrañar
name	named	named	nombrar
play	played	played	jugar – tocar un instrumento
paint	painted	painted	pintar
rain	rained	rained	llover
release	released	released	lanzar – difundir - estrenar
stay	stayed	stayed	quedarse
study	studied	studied	estudiar
travel	travelled	travelled	viajar

trust	trusted	trusted	confiar
walk	walked	walked	caminar
want	wanted	wanted	querer
wash	washed	washed	lavar
work	worked	worked	trabajar

In American English some verbs like: burn, dream, lean, learn, smell, spell, spill and spoil are all regular **-ed**. In British English, these verbs are usually irregular with past tenses and past participle forms ending in **-t**.

Example: learned (Am. English) - learnt (Br. English)

Question Making

ASKING QUESTIONS IN ENGLISH:

WORD ORDER IN QUESTIONS

test-english.com

QUESTION ORDER	QUESTION WORD	AUXILIARY VERB	SUBJECT	MAIN VERB
		Do	you	like pizza?
	What time	does	he	get up?
	How much	did	you	pay for it?
	Where	is	she	working?
	What car	have	you	got?




QUESTIONS WITH BE	QUESTION WORD	AUXILIARY BE	SUBJECT	ADJECTIVE, NOUN, ETC.
		Is	Sharon	from the US?
	How old	are	you?	
	Where	were	you	yesterday?
	When	was	she	born?

test-english.com




To make a question you have to know how to write a sentence in affirmative and negative, too. So, let's see each tense in detail.

I. SIMPLE PRESENT

A. AFFIRMATIVE

SUBJECT	VERB	COMPLEMENT
		(place/time/manner) 
1.- The medical technologist (he/she) 2.- The students (they)	works usually study	in a laboratory every weekday. at the library.

B. NEGATIVE

SUBJECT	DOES'NT / DON'T	COMPLEMENT
	VERB (INF.) 	(place/time/manner) 
1.- The medical technologist 2.- The students	doesn't work don't usually study	in a laboratory every weekday. at the library.

C. INTERROGATIVE

1. YES/NO QUESTIONS




DO/DOES	SUBJECT	VERB (Infinitive)	COMPLEMENT (place/time/manner)
↓	↓	↓	↓
1.- Does	the medical technologist	work	in a laboratory every weekday?
2.- Do	the students	usually study	at the library.

2. INFORMATIVE QUESTIONS (Wh – Questions)




Wh -/ How	DO / DOES	SUBJECT	VERB (Infinitive)
↓	↓	↓	↓
1.- Where/ When	does	the medical technologist	work?
2.- Where	do	the students (they)	study?

II. VERB BE IN PRESENT

A. AFFIRMATIVE




SUBJECT	VERB BE CONJUGATED	COMPLEMENT (place/time/manner)
		 <u>USAGES</u>
1.- My mom	is	at work. (place)
2.- I	am	Camila López (name)
3.- My brother	is	21 years old. (age)
4.- They	are	happy because they got a prize. (emotion)
5.- She	is	a very good doctor. (profession)
6.- It	is	hot today. (weather)
7. You	are	from Concepción (origin)

B. NEGATIVE





<p style="text-align: center;">SUBJECT</p> <p style="text-align: center;"></p>	<p style="text-align: center;">VERB BE CONJUGATED</p> <p style="text-align: center;"></p>	<p style="text-align: center;">COMPLEMENT (place/time/manner)</p> <p style="text-align: center;"></p> <p style="text-align: center;"><u>USAGES</u></p>
1.- My mom	is not (isn't)	at work. (place)
2.- I	am not	Camila López (name)
3.- My brother	is not (isn't)	21 years old. (age)
4.- They	are not (aren't)	happy because they got a prize. (emotion)
5.- She	is not (isn't)	a very good doctor. (profession)
6.- It	is not (isn't)	hot today. (weather)
7. You	are not (aren't)	from Concepción (origin)

C. INTERROGATIVE

1. YES/NO QUESTIONS





VERB BE	SUBJECT	COMPLEMENT (place/time/manner)
		
1.- Is	<i>your mom</i>	<i>at work? She is at home.</i>
2.- Are	<i>you</i>	<i>Camila López?</i>
3.- Is	<i>your brother</i>	<i>21 years old?</i>
4.- Are	<i>they</i>	<i>happy because they got a prize?</i>
5.- Is	<i>she</i>	<i>a very good doctor?</i>
6.- Is	<i>it</i>	<i>hot today?</i>
7. Are	<i>you</i>	<i>from Concepción?</i>

2. **INFORMATIVE QUESTIONS (Wh – Questions)**

Wh -/ How	BE (conjugated in Present)	SUBJECT	Complement (optional)
			
1.- Where	is	your mom?	
2.- What	is	your name?	
3.- How old	is	your brother?	
4.- Why	are	they happy?	
5.- What	is	she	like?
6.- What	is	the weather	like?
7.- Where	are	you	from?

III. **PRESENT CONTINUOUS**

A. **AFFIRMATIVE**

SUBJECT	BE (Conjugated in Present)	MAIN VERB +ing	COMPLEMENT (OPTIONAL)
			
1.- The surgeon	is	operat ing	the patient.at this moment.
2.- I	am	visit ing	the dentist next Monday.

B. NEGATIVE

SUBJECT	BE (Conjugated in Present)+ NOT	MAIN VERB +ing	COMPLEMENT (OPTIONAL)
↓	↓	↓	↓
1.- The surgeon 2.- I	is not / isn't am not	operating visiting	the patient.at this moment. the dentist next Monday.

C. INTERROGATIVE

1. YES / NO QUESTIONS

BE (Conjugated in Present)	SUBJECT	MAIN VERB +ing	COMPLEMENT (OPTIONAL)
↓	↓	↓	↓
1.- Is 2.- Are	the surgeon you	operating visiting	the patient at this moment? the dentist next Monday?

2. INFORMATIVE QUESTIONS (Wh – Questions)

Wh -/ How	BE (Conjugated)	SUBJECT	V+ing
↓	↓	↓	↓
1.- What 2.- What	is are	the surgeon you	doing? going to do next Monday?

IV. PAST CONTINUOUS (PROGRESSIVE) : **WAS / WERE**

A. AFFIRMATIVE

SUBJECT	BE (Conjugated in Past)	MAIN VERB +ing	COMPLEMENT
↓	↓	↓	↓
1.- The baby	was	coughing	when his mom entered the room.
2.- The teachers	were	having	a nice cup of coffee while it was raining.

B. NEGATIVE

SUBJECT	BE (Conjugated in Past)	MAIN VERB +ing	COMPLEMENT
↓	↓	↓	↓
1.- The baby	was not / wasn't	coughing	when his mom entered the room.
2.- The teachers	were not / weren't	having	a nice cup of coffee while it was raining.

C. INTERROGATIVE

1. YES/NO QUESTIONS




BE (Conjugated in Past)	SUBJECT	MAIN VERB +ing	COMPLEMENT
↓	↓	↓	↓
1.- Was	the baby	coughing	when his mom entered the room?
2.- Were	the teachers	having	a nice cup of coffee while it was raining?

2. INFORMATIVE QUESTIONS (Wh – questions)




Wh- question word	BE (Conjugated in Past)	SUBJECT + MAIN VERB +ing	COMPLEMENT
↓	↓	↓	↓
1.- What	was	the baby doing	when his mom entered the room?
2.- Who	were	having	a nice cup of coffee while it was raining?

V. SIMPLE PAST **DID /DIDN'T**

A. AFFIRMATIVE

SUBJECT 	VERB 	COMPLEMENT (place/time/manner) 
1.- A study 2.- My brother	demonstrated saw	that X plays an important role in levels of Y. a movie last week.

B. NEGATIVE

SUBJECT 	VERB 	COMPLEMENT (place/time/manner) 
1.- The study 2.- My brother	didn't demonstrate didn't see	that X plays an important role in levels of Y. a movie last week.

C. INTERROGATIVE

1. YES / NO QUESTION

DID	SUBJECT	VERB (Infinitive)	COMPLEMENT (place/time/manner)
↓	↓	↓	↓
1.- Did	the study	demonstrate	that X plays an important role in levels of Y?
2.- Did	your brother	see	a movie last week?

2. *INFORMATIVE QUESTIONS* (Wh – questions)

Wh- question word	DID	SUBJECT	MAIN VERB (INFINITIVE)
↓	↓	↓	↓
1.- What	did	the study	demonstrate?
2.- When	did	your brother	see a movie?

VI. PRESENT PERFECT: HAS / HAVE + PAST PARTICIPLE

A. AFFIRMATIVE

SUBJECT	VERB	COMPLEMENT
↓	↓	↓
1.- The patient	has taken	two doses of medicine
2.- We	have lived	in this house since 2015

B. NEGATIVE

SUBJECT	VERB	COMPLEMENT
↓	↓	↓
1.- The patient	has not (hasn't) taken	two doses of medicine
2.- We	have not (haven't) lived	in this house since 2015

C. INTERROGATIVE

1. YES / NO QUESTION

HAS /HAVE	SUBJECT	VERB in Past Participle	COMPLEMENT
↓	↓	↓	↓
1.- Has	the patient	taken	two doses of medicine?
2.- Have	you	lived	In this house since 2015?

2. INFORMATIVE QUESTIONS (Wh – questions)

Wh- question word	HAS / HAVE	SUBJECT	MAIN VERB IN PAST PARTICIPLE
↓ 1.- What 2.- How long	↓ has have	↓ the patient you	↓ taken? lived in this house?