



8th grade

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Mark: 44% Teacher: Wlashed E. E. _____

Your health in your hands

Good health is everything. It helps us feel good, look good, and perform well in everything from school exams to sports competitions. That's why we all need to take special care of our health. You can do this by eating well, getting lots of exercise and having fun with your friends. However, you should also expect a few hitches (small problems)

As a teenager, your body is growing and changing quite rapidly and so it's normal to experience aches and pains from time to time. Most of these aches are part of the process of growing. For example, you may have pains in your muscles, or sore joints. These are usually growing pains, and you don't need to worry. You could also get tired eyes and the occasional headache from all the studying you have to do. Again, you don't need to worry unless these pains stop you from doing your normal daily activities. In that case, you should discuss it with your parents and see your family doctor.

You should be very active and do lots of sports such as football or basketball. Sometimes sports can cause backaches or even a minor injury such as a pulled muscle or a twisted ankle. Don't worry about it. Your body is young and with the proper care it heals very quickly. All you need to do is to keep fit, look after yourself, have fun and your body will do the rest.

A – Are these statements true or false? Correct the false and justify the true ones with information from the text.

- 1 – When you are a teenager it is normal for you to have some pains. True As on
Leaves it is the normal for you to have some pains is a normal pain.
- 2 – If you feel growing pains you have to go to the doctor immediately. F
- 3 – Doing lots of sports is not very healthy. X
- 4 – You shouldn't do much sport because you can get some injuries. F

B – Answer the following questions on the text.

- 1 – Why do we need to take care of our health? _____
- 2 – What do we call the pains we feel when we are teenagers? _____
- 3 – When do you have to worry about the pains? _____
- 4 – What do you have to do if the pains disturb your daily life? _____
- 5 – What are the most important things you need to do? _____

Past simple → to be → was / were
↓
verbos regulares → ed
↓
irregulares

Present perfect → subject + verbo (have/has) + verbo principal com ed

II

A- Complete with the Comparative or the Superlative of the adjectives in brackets:

- 1) John's sandwiches are healthier (healthy) than Michael's.
- 2) The red apple is more beautiful than (beautiful) than the green one.
- 3) This is not the more interesting (interesting) book I've ever read.
- 4) Portuguese food is gooder (good) than English food.
- 5) This is the badder than (bad) film I've ever seen.
- 6) A normal car is cheaper (cheap) than a limousine.

B- Complete with the adverb of the adjective in bold:

- 1) Tom is **slow**. He eats more slowly.
- 2) Sue is a **careful** girl. She chooses her food very carefully.
- 3) I am **good** at English. I speak English very well.
- 4) John is a **fast** eater. He eats very fastly.
- 5) Ann has a **beautiful** voice. She sings beautifully.

C

- FILL IN THE GAPS WITH THE CORRECT FORM OF THE VERBS IN BRACKETS:

(present simple, present continuous, past simple, past continuous)

- 1 - I didn't send (not send) you an e-mail yesterday because I was (be) very busy.
- 2 - Nowadays teenagers didn't use (not use) landline phones very often.
How have got (they/get) in touch with their friends? They usually have texted (text) them.
- 3 - They are advertising (advertise) a new mobile on TV at the moment.
- 4 - They haven't worked (not work) on their computer when the storm has started (start).

D- Complete the following if clauses.

Type I

- 1) If you didn't stay (not stay) in bed, you will get (get) worse.
- 2) She will help (help) you if you ask (ask) her.
- 3) They won't have (not have) an accident if they were (be) careful.

Type II

- 1) If I see (see) an accident, I would call (call) an ambulance.
- 2) I would go (go) to the doctor if I was (be) you.
- 3) If you didn't take (not take) an aspirin, you wouldn't feel (not feel) well.

feel -> set: c

E - Write the verbs in the present perfect simple:

subject + have/has + verbo principal con ed

- 1) Many famous people have experienced (experience) negative events during their childhood.
- 2) Ben Affleck has struggled (struggle) with alcohol problems.
- 3) Tom Cruise has a learning problem called dyslexia but he has never gived (give) up fighting.
- 4) she has many countries? (visit)

subject + have/has + verbo principal con ed

for: he
since: desde

F - Use the present perfect and for or since:

- 1) Jennifer Lopez has been (be) famous for many years.
- 2) She has danced (dance) since the age of five.
- 3) She has acted (act) in many films since she was at school.
- 4) She has lived (live) in her hometown for a long time.
- 5) Her parents has supported (support) her since she was born.

XG - Imagine a typical day in the life of Cristiano Ronaldo and describe it.

Cristiano Ronaldo is a football player and he is a superstar. He is Portuguese, but ~~Cristiano~~ ^{he} Ronaldo plays in Real Madrid, Spain. He wakes up at 7 o'clock, then he has a shower. ^{After that he} has breakfast and he goes to the Real Madrid ^{stadium to} practice football. At his breakfast he usually eats an apple, ~~toast~~ and ~~orange juice~~. At half past five ~~o'clock~~ he finishes his practice and he goes home. There, his family is waiting for him to begin him.