

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SCORE: \_\_\_\_\_ /50

**A**  Listen to a conversation between friends. Match the sentence halves.

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 Gabriella wants to sleep ____.  | A before or after midnight. |
| 2 Gabriella usually gets up ____. | B for ten hours.            |
| 3 Santi usually goes to bed ____. | C after work on Tuesdays.   |
| 4 Santi plays soccer ____.        | D at six in the morning.    |

\_\_\_\_\_ / 8 (2 points each)

**B** Complete the sentences with words from the box.

go out with	in the evening	on the weekend	play soccer	read
<del>runs</del>	study	Thursdays	work	

EXAMPLE: Bill sometimes runs before he goes to school.

- Yoko usually finishes work at 5 p.m., but on \_\_\_\_\_ she finishes at 7 p.m.
- I don't have time at work, but I usually chat with friends on social media \_\_\_\_\_.
- On Friday after work I usually \_\_\_\_\_ my friends.
- My sister likes to \_\_\_\_\_ in the morning before work. She does her homework then.
- Saturday and Sunday are my favorite days because I don't work \_\_\_\_\_.
- My dad doesn't \_\_\_\_\_, but he likes to watch it on TV.
- I love books, but I only have time to \_\_\_\_\_ at night, before bed.
- Diego works really hard, but he doesn't \_\_\_\_\_ on the weekend.

\_\_\_\_\_ / 8 (1 point each)

**C** Match the times in column A with the times in column B.

- |                          |          |                            |
|--------------------------|----------|----------------------------|
| EXAMPLE: It's 12:00 p.m. | <u>I</u> | A It's quarter after nine. |
| 1 10:00                  | _____    | B It's eight-thirty.       |
| 2 It's two forty.        | _____    | C It's twenty to three.    |
| 3 4:05                   | _____    | D It's midnight.           |
| 4 It's nine-fifteen.     | _____    | E It's a quarter to seven. |
| 5 It's 12:00 a.m.        | _____    | F It's ten o'clock.        |
| 6 5:15                   | _____    | G It's five fifteen.       |
| 7 It's six forty-five.   | _____    | H It's four-oh-five.       |
| 8 8:30                   | _____    | I It's noon.               |

\_\_\_\_\_ / 8 (1 point each)

**D** Complete the sentences. Use eight words from the box.

always   do   don't   doesn't   drink   ~~drinks~~   go   goes   hardly ever   play   plays

EXAMPLE: My grandmother drinks coffee for breakfast, but I don't.

- 1 My mom \_\_\_\_\_ runs on weekends, because she doesn't have time Monday to Friday.
- 2 My cousin Ruben works on the weekend, so he \_\_\_\_\_ have free time.
- 3 People in Japan often \_\_\_\_\_ green tea for breakfast.
- 4 My grandparents have a TV, but they \_\_\_\_\_ watch it because they don't have time.
- 5 Liliana often \_\_\_\_\_ soccer with her friends at the park after work.
- 6 My daughter and her friends usually \_\_\_\_\_ out on weekends.
- 7 My cousins live in in another country, so I \_\_\_\_\_ see them.
- 8 Anatoly loves basketball, but he doesn't \_\_\_\_\_ often because he works a lot.

\_\_\_\_\_ / 8 (1 point each)

**E** Match the questions and answers.

EXAMPLE: What time do you start work in the morning? C

- 1 Where does your sister work? \_\_\_\_\_
- 2 What do you do on Saturday evenings? \_\_\_\_\_
- 3 Does your brother work every day? \_\_\_\_\_
- 4 What do you do on weekends? \_\_\_\_\_
- 5 Do you have lunch at work? \_\_\_\_\_
- 6 What do you do after class? \_\_\_\_\_
- 7 Does your cell phone have good apps? \_\_\_\_\_
- 8 Do we have class today? \_\_\_\_\_

- A Not every day. Only Monday to Thursday.
- B Yes, it has some really good ones.
- C At 9 a.m.
- D In a bank on Oak Street.
- E I usually play soccer on Saturday and see my family on Sunday.
- F I usually meet friends for dinner.
- G No, I have it at home with my family.
- H Yes, we do. It starts at 11 a.m.
- I I go home.

\_\_\_\_\_ / 8 (1 point each)

**F** Read the poster. Then read the sentences and circle the correct answer.

## Have a happy 😊 body clock!

### Meals

- Eat a big breakfast in the morning before you go to work.
- Eat a small dinner in the evening, before 8 p.m.
- Don't eat cookies between meals.
- Don't drink coffee or tea in the late afternoon or in the evening.

### Sleep

- Go to bed early when you can, and sleep eight hours a night.
- It is important to have a nice bedroom. It's OK if it's big or small! Use an interesting lamp, a nice rug or have cool photos on the wall.
- Don't play video games on your laptop late at night because you need to relax.
- Don't watch movies or use your cell phone when you are in bed.

### Sports

- Sports aren't boring. Sports are fun! Play sports often.
- Run or walk before work or after work.
- It's good to rest after you play basketball or soccer.

### Relax

- Work is important and studies are important. But free time is also important.
- Have fun with your friends and with your family. Talk to your friends and have meals with your family, every day if possible.
- When you are tired, don't work or play sports. Listen to your body clock!

1 Eat a big meal \_\_\_\_\_.

- A in the morning
- B in the afternoon
- C in the evening

2 The ideal bedroom is \_\_\_\_\_.

- A small
- B big
- C any size

3 Use technology \_\_\_\_\_.

- A before 10 o'clock at night
- B after 10 o'clock at night
- C before 10 o'clock in the morning

4 It is good to run \_\_\_\_\_.

- A before work
- B after work
- C before and after work

5 When you are tired \_\_\_\_\_.

- A play sports
- B listen to your friends
- C listen to your body clock

\_\_\_\_\_ / 10 (2 points each)