


<b>LA MILAGROSA BASIC SCHOOL</b>		
<b>STUDENTE'S NAME</b>		
<b>GRADE</b>		
<b>DATE</b>		
<b>MR. PALACIOS AND MR. PINO, ENGLISH TEACHERS.</b>		

**1. Reading: How do you get to work? 1**

*Read the title and look at the picture. Choose the correct answer.*

## HOW DO YOU GET TO WORK?

*Sarah Simms: Take Me to the River*

"There is always so much traffic In the morning. Everybody leaves for work at the same time," says Sarah Simms. The office where Sarah works as a software engineer is only a short distance away, but It takes her an hour to get there by car. Sarah Ilves In California In a house close to a small river. Two years ago, Sarah decided that she didn't want to drive anymore. Instead, she decided to swim to work, and now she swims down the river to work every day. She's not the only one who likes this unusual commute. Last year, some of Sarah's co-workers started swimming with her. They love swimming to work because It's good exercise, and It's really fun. In addition, It only takes them fifteen minutes to swim there. They love swimming so much now that some of them decided to be on their city's swim team. There Is one disadvantage to swimming to work though. It gets cold at night. However, when we asked Sarah and her co-workers, "Do you miss driving to work?" they all sald, "No!" All the swimmers love their new commute.

**1. What do you think the article will be about?**

- A. a very long commute
- B. an unusual commute
- C. the best way to commute

**2. Why did Sarah stop driving to work?**

- A. Because she lost her car
- B. Because she enjoys exercising
- C. Because there was too much traffic

**3. How long does it take Sarah to swim to work?**

- A. An hour
- B. Fifteen minutes
- C. Thirty minutes

**4. What is one problem with swimming to work?**

- A. The river is dirty
- B. It gets cold at night
- C. It takes too long

**5. What do Sarah and her co-workers think about their new way to get to work?**

- A. They miss driving
- B. They don't enjoy it
- C. They love it

**7. How does Sarah get to work?**

- A. She drives a car.
- B. She takes a boat.
- C. She swims down a river.

**2. Teniendo en cuenta el texto anterior, resuelve las siguientes 8 preguntas.**

**1. Sarah swims to work because \_\_\_\_\_**

- A) she's practicing for a race
- B) she doesn't have a car
- C) it's faster than driving

**2. Sarah is \_\_\_\_\_**

- A) a software engineer
- B) a swimming coach
- C) a teacher

**3. Sarah's office is \_\_\_\_\_ her home.**

- A) far from
- B) close to
- C) up the river from

**4. It takes Sarah \_\_\_\_\_ to drive to work.**

- A) an hour
- B) 30 minutes
- C) 15 minutes

**5. Sarah works in \_\_\_\_\_**

- A) New York
- B) Texas
- C) California

**6. Sarah's \_\_\_\_\_ decided to join her on her commute.**

- A) family
- B) boss
- C) co-workers

**7. Some of the swimmers \_\_\_\_\_ the city's swim team after they started swimming to work.**

- A) started
- B) joined
- C) wrote about

**8. Sarah and her co-workers will probably \_\_\_\_\_**

- A) continue to swim to work
- B) stop swimming at night
- C) start driving to work again

**2. COMPLETE WITH THE CORRECT OPTION**

Move

200 Ada Street, Apt. 2

Supervise workers

March 2017–Present

Assistant Chef

The French Cooking School

Pittsburgh, Pennsylvania

Bayview Hotel

<p><b>Dan Price</b> _____, Oakland, CA 94609 Dan.Price.0211@epiklink.net</p> <p><b>Work Experience</b> <b>Restaurant Manager</b> _____ _____, Oakland, California</p> <p><b>Responsibilities:</b></p> <ul style="list-style-type: none"> <li>• Plan menus</li> <li>• Order supplies</li> <li>• Write reports</li> </ul>	<p>January 2015 – February 2017 Ramona's Café, _____</p> <p><b>Responsibilities:</b></p> <ul style="list-style-type: none"> <li>• Cook food</li> <li>• Help head chef</li> <li>• _____</li> </ul> <p><b>Education</b> Certificate, Culinary Arts 2015 _____, Paris, France</p>
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**3. CHOOSE THE RAIGHT OPTION**

go to bed early   make dinner   brush my hair   take a shower   get up early   go to the gym   get dressed  
order takeout   put on makeup   stay up late   get up late   brush my teeth

<p>1. <b>A:</b> Do you _____ in the morning? <b>B:</b> Yes, I do. Around 5:30.</p> <p>2. <b>A:</b> I have to _____. Where's my blue tie? <b>B:</b> I don't know.</p> <p>3. <b>A:</b> What did the dentist say? <b>B:</b> I need to _____ after every meal.</p> <p>4. <b>A:</b> Do you want to go out to eat? <b>B:</b> No, let's _____ at home tonight.</p> <p>5. <b>A:</b> I need to exercise. <b>B:</b> Why don't you _____?</p> <p>6. <b>A:</b> I'm so tired. <b>B:</b> You should _____ tonight.</p>	<p>7. <b>A:</b> I don't have to _____. <b>B:</b> Why not? <b>A:</b> Because it's so short!</p> <p>8. <b>A:</b> Do you want to make dinner? <b>B:</b> No, I don't. Let's _____.</p> <p>9. <b>A:</b> Do you want to go to the park in the morning? <b>B:</b> No, I'm tired. I'm going to _____ tomorrow.</p> <p>10. <b>A:</b> You don't need to _____. You're beautiful! <b>B:</b> Thanks.</p> <p>11. <b>A:</b> I need to _____. <b>B:</b> There's no hot water right now. Just wait about 10 minutes.</p> <p>12. <b>A:</b> I have to study tonight. <b>B:</b> OK, but don't _____, or you'll be tired tomorrow.</p>
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**4. ORGANIZE THE WORD IN SENTENCES BELLOW**

<p>1   stay   up   late   We   rarely</p>	<p>2   to   early   always   goes   Jenny   bed</p>
<p>3   does   yoga   the   She   morning   in often</p>	<p>4   almost   work   am   for   I   late   never</p>
<p>5   lunch   Claire And Rosa   together   almos always   have</p>	<p>6   work   usually   late   Are   they   for</p>
<p>7   before   seven   here   isn't   ever Nathan</p>	<p>8   to   take   work   Does   usually   the bus he</p>

**Grammar: Adverbs of frequency 2**

**5. Rewrite each sentence with the adverb in parentheses.**

**Example:**

- 1 . always get up early. (I / get up / always)
- 2 \_\_\_\_\_ together. (we / make / dinner / often)
- 3 \_\_\_\_\_ at the gym. (They / be / always)
- 4 \_\_\_\_\_ for pizza. (Tomas / go out / rarely)
- 5 \_\_\_\_\_ for work. (Justine / be / late / often)
- 6 \_\_\_\_\_ takeout? (you / order / ever)
- 7 \_\_\_\_\_ ? (she / be / in her office / usually)
- 8 \_\_\_\_\_ before work? (he / eat / breakfast / always)
- 9 \_\_\_\_\_ in the morning. (Ali / drink / coffee / usually)

**Conversation: Daily routines 1****6. Complete the conversation with the correct option**

- A. What's your typical morning like?
- B. I usually get up early and go to the gym. What about you?
- A. Me? I never get up early.
- B. You never get up early?
- A. No, never.

up early get gym morning Never

- Carlos: What's your typical \_\_\_\_\_ like?
- Diego: I usually get up \_\_\_\_\_ and go to the \_\_\_\_\_. What about you?
- Carlos: Me? I never \_\_\_\_\_ up early.
- Diego: You never get \_\_\_\_\_ early?
- Carlos: No. \_\_\_\_\_

**Vocabulary: Illnesses and remedies****7. Choose the correct answers.**

1. A: Your \_\_\_\_\_ sounds bad. I can hear you across the office!  
a) throat b) cough c) sneeze  
B: It's not too bad. I just need to take a \_\_\_\_\_ drop.  
a) nose b) cough c) eye
2. A: I have a really sore \_\_\_\_\_.  
a) back b) throat c) ear  
B: Oh, I'm sorry. You should drink some \_\_\_\_\_.  
a) soda b) water c) tea
3. A: Can you ask the children to be quiet? I have a \_\_\_\_\_.  
a) fever b) headache c) cold  
B: Oh, that's too bad. Do you want to take some \_\_\_\_\_?  
a) vitamins b) pills c) medicine
4. A: I don't feel too bad, but I have a runny \_\_\_\_\_ and a cough.  
a) eye b) leg c) nose  
B: Sounds like you have a \_\_\_\_\_.  
a) flu b) cold c) migraine
5. A: Does my face feel hot? I think I have a \_\_\_\_\_.  
a) cold b) fever c) rash  
B: Yes, it feels very hot. You should go to the \_\_\_\_\_.  
a) pharmacy b) hospital c) school
6. A: I don't feel good.  
B: Why don't you stay \_\_\_\_\_ today? You need to get some \_\_\_\_\_.  
a) in bed b) home c) inside a)  
food b) rest c) air

**Reading: Stressed out? Try this. 1**

8. Read the title and look at the picture. Choose the correct ans

**STRESSED OUT? TRY THIS.**

In a hot bath, take deep breaths, or listen to music? There is scientific proof that these methods really work. Here are some other things you can do to help with stress.

Repeated movements or sounds help lower your stress level. For example, you usually feel less stressed when you take a walk. You repeat your steps and hear the sound of your feet hitting the ground. You can also listen to the rain or to the ocean. The repeated sounds of raindrops and ocean waves can help you to relax.

Laughing is another great way to deal with stress. It makes you feel good. Laughing also increases your heart rate and then slows it down again. This helps your body relax. Stress is often caused by problems at work or at home. Laughter can make these problems seem smaller and less important. Another way to lower your stress level is to use your muscles, and then let them relax. Of course, you can do this by going to the gym and exercising. You can also tighten

**1. This reading is about \_\_\_\_.**

- A. the benefits of exercise and laughter  
B. ways to deal with stress  
C. some of the main causes of stress

**2. According to the text, repeated movements or sounds can help you feel relaxed because they:**

- A. distract you from your problems  
B. help you fall asleep faster  
C. lower your stress level

**3. What is one example of a repeated movement mentioned in the text?**

- A. Listening to music  
B. Taking a walk  
C. Watching TV

**4. Why does laughing help reduce stress, according to the text?**

- A. It makes people forget their problems forever  
B. It increases and then slows the heart rate  
C. It keeps people from going to the gym

<p>and relax one muscle at a time. To do this, lie down and get comfortable. Then tighten your feet and relax them. Move up to your lower legs and do the same thing. Keep going all the way up to your face. You'll feel less stressed when you're finished.</p>	<p>5. <b>What is suggested as a way to use your muscles to reduce stress?</b>  A. Taking a cold shower  B. Jumping up and down  C. Tightening and relaxing each muscle</p>
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<p><b>9. Organiza las ideas en párrafos que tengan un orden lógico.</b></p>	
<p style="text-align: center;">to explain how laughing can lower stress levels</p> <p>to describe how you can use your muscles to lower stress levels      to describe things that can make you laugh</p> <p>to tell how repeated movements or sounds lower stress levels      to describe the best ways to exercise</p> <p>to introduce the reader to the topic of the article      to explain why walking helps lower stress levels</p>	
<p><b>Paragraph 1</b></p>	
<p><b>Paragraph 2</b></p>	
<p><b>Paragraph 3</b></p>	
<p><b>Paragraph 4</b></p>	

Reading: Stressed out? Try this. 3

10. Read the article again. Choose the correct answers

1. **\_\_\_ relaxing in a hot bath, taking deep breaths, and listening to music can lower stress levels.**  
a) There is proof that      b) No one knows why      c) It's not true that
2. **Walking is an example of \_\_\_.**  
a) a repeated sound and movement      b) a repeated sound      c) a repeated movement
3. **\_\_\_ can help lower stress levels.**  
a) Listening to the rain      b) Walking in the rain      c) Watching the rain
4. **Laughter \_\_\_.**  
a) raises, then lowers your heart rate      b) lowers, then raises your heart rate      c) keeps your heart rate low
5. **When you laugh, you \_\_\_.**  
a) feel better about your problems      b) forget about your problems      c) solve your problems
6. **According to the article, you can lower your stress level by \_\_\_.**  
a) going to a basketball game      b) going to the gym      c) learning a new sport
7. **You can lower your stress by \_\_\_.**  
a) relaxing, then tightening each muscle      b) tightening, then relaxing one muscle at a time      c) tightening and relaxing all your muscles together
8. **\_\_\_ is another example of a repeated movement.**  
a) Running      b) Talking to friends      c) Watching TV