



## UPPER-INTERMEDIATE II - EXTRA ACTIVITIES

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

### GRAMMAR / VOCABULARY / READING COMPREHENSION

Hi Students! These activities revise Vocabulary and Grammar from Unit 2A. Please check the grammar explanation in the book and the following reminder before trying them on. Have fun!

The present perfect continuous is formed using **has/have + been + present participle**. Questions are indicated by inverting the subject and *has/have*. Negatives are made with *not*.

- Statement: You **have been waiting** here for two hours.
- Question: **Have you been waiting** here for two hours?
- Negative: You **have not been waiting** here for two hours.

#### USE 1 Duration from the Past Until Now



We use the present perfect continuous to show that something started in the past and has continued up until now. "For five minutes," "for two weeks," and "since Tuesday" are all durations which can be used with the present perfect continuous.

- They **have been talking** for the last hour.
- She **has been working** at that company for three years.
- What **have you been doing** for the last 30 minutes?

#### USE 2 Recently, Lately



You can also use the present perfect continuous WITHOUT a duration such as "for two weeks." Without the duration, the tense has a more general meaning of "lately." We often use the words "lately" or "recently" to emphasize this meaning.

- Recently, I **have been feeling** really tired.
- She **has been watching** too much television lately.
- **Have you been exercising** lately?
- Lisa **has not been practicing** her English.

#### REMEMBER Non-Continuous Verbs/ Mixed Verbs

It is important to remember that non-continuous verbs cannot be used in any continuous tenses. Instead of using present perfect continuous with these verbs, you must use present perfect.

**1) Complete the sentences with the correct form of the Present Perfect Continuous (affirmative or negative).**

- a) She \_\_\_\_\_ (work) here for five years.
- b) I \_\_\_\_\_ (study) all day.
- c) You \_\_\_\_\_ (eat) a lot recently.
- d) We \_\_\_\_\_ (live) in London for six months.
- e) He \_\_\_\_\_ (play) football, so he's tired.
- f) They \_\_\_\_\_ (learn) English for two years.
- g) I \_\_\_\_\_ (not/work) today.
- h) She \_\_\_\_\_ (not/eat) well recently.
- i) We \_\_\_\_\_ (not/exercise) enough.

**2) Think of a verb to complete the sentences with the correct form of the Present Perfect Simple or Present Perfect Continuous.**

- a) We'll see them soon. Their plane has just \_\_\_\_\_.
- b) How long has Julia \_\_\_\_\_ to the gym?
- c) We've \_\_\_\_\_ for ages. I think we're lost.
- d) Brian has \_\_\_\_\_ a cold for three days now.
- f) You look a bit red. Have you \_\_\_\_\_ again?
- g) At last! I've \_\_\_\_\_ into a flat of my own!
- h) Well doctor, for about a week now I've \_\_\_\_\_ terrible headaches.
- i) I've \_\_\_\_\_ painkillers three times a day since Tuesday.

**3) Using the words in parentheses, complete the text below with the Present Perfect Simple or the Present Perfect Continuous.**

**Robin:** I think the waiter (forget) \_\_\_\_\_ us. We (wait) \_\_\_\_\_ here for over half an hour and nobody (take) \_\_\_\_\_ our order yet.

**Michele:** I think you're right. He (walk) \_\_\_\_\_ by us at least twenty times. He probably thinks we (order, already) \_\_\_\_\_.

**Robin:** Look at that couple over there, they (be, only) \_\_\_\_\_ here for five or ten minutes and they already have their food.

**Michele:** He must realize we (order, not) \_\_\_\_\_ yet! We (sit) \_\_\_\_\_ here for over half an hour staring at him.

**Robin:** I don't know if he (notice, even) \_\_\_\_\_ us. He (run) \_\_\_\_\_ from table to table taking orders and serving food.

**Michele:** That's true, and he (look, not) \_\_\_\_\_ in our direction once.

**4) Using the words in parentheses, complete the text below with the correct tense (Present Continuous, Present Perfect Simple or the Present Perfect Continuous).**

**Mr. Smith:** So tell me a little bit about yourself, Mr. Harris. I would like to find out a little bit more about your background.

**Mr. Harris:** I (work) \_\_\_\_\_ in the insurance industry for over ten years. I worked for Met Life for six years and World Insurance for four and a half. During that time, I heard many good things about Hollings Life Insurance and that's why I (apply) \_\_\_\_\_ for the new sales position.

**Mr. Smith:** Tell me a little about your hobbies and interests.

**Mr. Harris:** In my spare time, I hike in the mountains outside of town, volunteer at the Sierra Club and play tennis. In fact, I (compete) \_\_\_\_\_ in a tennis tournament this weekend.

**Mr. Smith:** Really, how long (you, play) \_\_\_\_\_ tennis ?

**Mr. Harris:** I (play) \_\_\_\_\_ since high school. I love the sport.

**Mr. Smith:** Great! We like dedication here at Hollings Life. You mentioned you volunteer at the Sierra Club. I (work, currently) \_\_\_\_\_ with them on the sea turtle project. We (try) \_\_\_\_\_ to create a wildlife sanctuary near the bay.

**Mr. Harris:** Do you know Frank Harris? He's my brother. He (work, presently) \_\_\_\_\_ on the same project.

**Mr. Smith:** I know Frank quite well. Any brother of Frank's would be a welcome addition to Hollings Life. Just one more thing, we (look) \_\_\_\_\_ for somebody who is fluent in Spanish; many of our clients are from Mexico.

**Mr. Harris:** No problem. I (study) \_\_\_\_\_ Spanish since elementary school.

**Mr. Smith:** Sounds like you are the perfect candidate.

**For a listening activity, click on the following link:**

<http://www.ello.org/english/0801/T832-Jeff-Health.htm>



Match the words and the pictures.

1 backache

2 chicken pox

3 syrup

4 dizzy

5 bandage

6 heart attack

7 massage

8 stuffy nose

9 retching

10 pills

11 sore throat



Find ten health problem and treatment words in the word search.

T	A	R	F	C	I	P	C	A
C	O	L	D	O	L	R	T	E
M	V	O	U	U	D	R	A	S
E	K	I	T	G	R	E	C	N
A	A	S	T	H	M	A	R	E
S	A	Z	I	P	A	L	A	E
L	P	I	L	L	S	C	S	Z
E	V	E	A	R	A	C	H	E
S	W	B	A	N	D	A	G	E

Find the odd one out.

1 cold – cough – rash – stuffy nose

2 fever – backache – earache – headache

3 chicken pox – headache – measles – rash

4 injection – medicine – syrup – X-ray

5 acupuncture – hospital – massage – diet

6 bleed – dentist – doctor – nurse

medicine broken leg earache faint heart attack measles herb ointment  
syrup diet retching virus tampon acupuncture insulin aspirin  
headache chicken pox head

Find the illnesses & treatments in the circle.

What are they?



dizzy sneeze fever measles bandage

1 An illness that makes small red spots come on your skin:

2 If you have it, your body is too hot because you are ill: \_\_\_\_\_

3 If you feel it, you feel that everything is turning round and round and that you are going to fall: \_\_\_\_\_

4 A long piece of white cloth that you put around a part of the body that is hurt: \_\_\_\_\_

5 Send air out of your nose and mouth with a sudden loud noise, for example because you have a cold: \_\_\_\_\_

Put the letters in the correct order.

1 aaheecr: \_\_\_\_\_

2 gtnrheic: \_\_\_\_\_

3 tiismvan: \_\_\_\_\_

4 horetstora: \_\_\_\_\_

5 oeintjtc: \_\_\_\_\_

6 uyrps: \_\_\_\_\_

7 nolrgeebk: \_\_\_\_\_

8 ecpihxkno: \_\_\_\_\_

9 ohoatehtc: \_\_\_\_\_

10 ndcmieei: \_\_\_\_\_

## ANSWERS

1 backache

2 chicken pox

3 syrup

4 dizzy

5 bandage

6 heart attack

7 massage

8 stuffy nose

9 retching

10 pills

11 sore throat



medicine, broken leg, earache, faint, heart attack, measles, herbs, ointment, shivering, vitamins, acupuncture, chicken pox, headache, strip, diet

## ANSWERS

T				C					
C	O	L	D	O					
M		O		U					S
E			T	G					N
A	A	S	T	H	M	A	R	E	
S					A		A	E	
L	P	I	L	L	S	C	S	Z	
E		E	A	R	A	C	H	E	
S		B	A	N	D	A	G	E	

## ANSWERS

1 cold – cough – **rash** – stuffy nose

2 **fever** – backache – earache – headache

3 chicken pox – **headache** – measles – rash

4 injection – medicine – syrup – **X-ray**

5 acupuncture – **hospital** – massage – diet

6 **bleed** – dentist – doctor – nurse

## ANSWERS



dizzy sneeze fever measles  
bandage

1 An illness that makes small red spots come on your skin: **measles**

2 If you have it, your body is too hot because you are ill: **fever**

3 If you feel it, you feel that everything is turning round and round and that you are going to fall: **dizzy**

4 A long piece of white cloth that you put around a part of the body that is hurt: **bandage**

5 Send air out of your nose and mouth with a sudden loud noise, for example because you have a cold: **sneeze**

## ANSWERS

1 aaheecr: earache

2 gtnrheic: retching

3 tiismvan: vitamins

4 horetstotar: sore throat

5 oeinintjc: injection

6 uyrps: syrup

7 nolrgeebk: broken leg

8 ecpihnko: chicken pox

9 ohoatehtc: toothache

10 ndcmieei: medicine



# HEALTH PROBLEMS

Choose the correct option.



- a) flu
- b) measles
- c) broken arm



- a) sneeze
- b) shivering
- c) stuffy nose



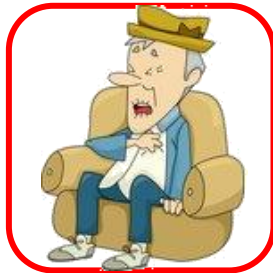
- a) headache
- b) stomach ache
- c) backache



- a) cough
- b) fever
- c) retching



- a) faint
- b) fever
- c) measles



- a) dizzy
- b) heart attack
- c) cold



- a) itch
- b) rash
- c) shivering



- a) toothache
- b) stomach ache
- c) headache



- a) bleed
- b) broken arm
- c) swollen thumb



- a) measles
- b) asthma
- c) cold



- a) cough
- b) toothache
- c) sore throat



- a) cough
- b) sore throat
- c) retching



- a) cold
- b) retching
- c) asthma



- a) bleed
- b) rash
- c) faint



- a) sore throat
- b) stuffy nose
- c) cough



- a) swollen finger
- b) broken leg
- c) backache



- a) sneeze
- b) cough
- c) stuffy nose



- a) flu
- b) chicken pox
- c) headache



- a) sore throat
- b) cough
- c) dizzy



- a) headache
- b) earache
- c) toothache

# Obesity: The number 1 Problem in America



Read the following text carefully and complete it with the missing words from the box.

bike

food

country

because

weight

obese

responsibl

e

greasy

unhealthy

smartest

cafeteria

physical

time

Why are there so many -----<sup>1</sup>----- kids and adults in America? Is it -----<sup>2</sup>----- of the fast -----<sup>3</sup>----- restaurants? Is it because of technology? Is it because of the schools? Actually, it's all the above. But this article focuses on the schools contribution to obesity. The World Health Organization has recently released the results of health surveys taken between 2000 and 2008 on world obesity. The United States is the 3rd fattest -----<sup>4</sup>----- in the world. 66.7% of the population is obese. How sad is that? A 2009 study published in the Journal of the American Dietetic Association found that 94 percent of school lunches failed to meet the U.S. Agriculture Department's regulatory standards. None of the schools met the sodium benchmark, based on the 2005 dietary guidelines. One in five schools served lunches that met the total fat standard.

Take my school for example. Every day, my school's -----<sup>5</sup>----- serves ---  
--<sup>6</sup>----- pizza (one time, I dabbed all the grease off with a napkin, it soaked through 13 folded napkins), french fries, greasy hamburgers, chocolate milk, and deep fried chicken nuggets/chicken fries. See what I mean? Schools all around the U.S. are serving kids -----<sup>7</sup>----- food, which contributes to teen obesity. The most common lunch from the cafeteria I see is pizza, fries, and chocolate milk. It is also clinically proven that eating healthy can also give you more energy to help you make it throughout your day. Because of this, you are more likely to focus more in class, improving Standardized Test Scores.

Of course there's more to obesity than food. The other major thing that contributes to obesity is -----<sup>8</sup>----- exercise. Some kids at school don't even have a gym class, or recess, which only contributes to teen obesity. Studies also show that you are also more likely to have more energy if you get daily exercise. It also helps you maintain your body -----<sup>9</sup>----- and keep your metabolism up.

Would you believe it if I said that homework can also contribute to obesity? Well it does. Nowadays kids have so much homework that they sometimes don't have enough -----<sup>10</sup>----- to go outside and play, which is a big problem if you don't have gym or recess.

So you see, schools are greatly -----<sup>11</sup>----- for teen obesity. And it's time to do something about it. So what I want you to do is don't order lunch from the school's cafeteria. Get outside and ride a -----<sup>12</sup>-----, or something to get you active. I guarantee it will be the -----<sup>13</sup>----- decision you will ever make.

By Stanley2015 (abridged)

**A) Find antonyms of the words below in the first two paragraphs of the text.**

1. slow -----
2. none -----
3. happy -----
4. every -----
5. healthy -----
6. least -----
8. less -----



**B) Answer the questions about the text.**

1. Name some of the causes of obesity.

---

2. What's the percentage of obese people in the USA?

---

3. What kind of food does the school cafeteria mentioned in the text provide?

4. What's the most common lunch served in there?

---

5. What are the advantages of eating healthy food?

---

6. Why is homework part of the obesity problem?

---

7. Which piece of advice does the author give at the end of the text?

---

**C) Answer these personal questions.**

1. Why do you think obesity is becoming such a problem in the United States and throughout the world?

2. How often do you have unhealthy food?

3. What kind of food that you think is the least healthy?

4. What kind of food that you think is the healthiest?



## ANSWER KEY

### GRAMMAR

#### Exercise 1

- |                       |                            |
|-----------------------|----------------------------|
| a) has been working   | f) have been learning      |
| b) have been studying | g) haven't been working    |
| c) have been eating   | h) hasn't been eating      |
| d) have been living   | i) haven't been exercising |
| e) has been playing   |                            |

#### Exercise 2

- |                 |                            |
|-----------------|----------------------------|
| a) landed       | e) been sunbathing         |
| b) been going   | f) moved                   |
| c) been driving | g) been getting / have had |
| d) had          | h) been taking             |

#### Exercise 3

- |                   |                      |                  |
|-------------------|----------------------|------------------|
| has forgotten     | have already ordered | has even noticed |
| have been waiting | have only been       | has been running |
| has taken         | haven't ordered      | hasn't looked    |
| has walked        | have been sitting    |                  |

#### Exercise 4

- |                       |                      |              |
|-----------------------|----------------------|--------------|
| have been working     | have played          | are looking  |
| am applying           | am currently working | have studies |
| am competing          | are trying           |              |
| have you been playing | is presently working |              |

### VOCABULARY 2

- |    |    |    |    |    |
|----|----|----|----|----|
| a) | b) | c) | b) | c) |
| b) | a) | b) | c) | b) |
| c) | c) | a) | c) | b) |
| b) | a) | c) | b) | c) |

### READING COMPREHENSION

Missing words from the text:

- |              |              |                 |
|--------------|--------------|-----------------|
| 1. obese     | 6. greasy    | 11. responsible |
| 2. because   | 7. unhealthy | 12. bike        |
| 3. food      | 8. physical  | 13. smartest    |
| 4. country   | 9. weight    |                 |
| 5. cafeteria | 10. time     |                 |

Antonyms

- |                 |                        |
|-----------------|------------------------|
| 1. slow - fast  | 5. healthy - unhealthy |
| 2. none - all   | 6. least - most        |
| 3. happy - sad  | 7. less - more         |
| 4. every - none |                        |



Please send a copy of the exercises to the teacher's e-mail. Hope you enjoy guys!