

1^a série

Present perfect

EM13LGG302

EM13LGG403

The benefits of exercise: present perfect

① Reading

Read the text and choose the correct answer.

The Benefits of Exercise

Regular exercise is important for a healthy life. It helps people stay fit, reduces stress, and improves concentration. Many teenagers who exercise regularly report feeling more energetic and confident.

1. Why is regular exercise important?
☐ a) It is important for a healthy life.
☐ b) It makes people famous.
☐ c) It replaces school activities.
2. Which benefit is NOT mentioned in the text?
☐ a) It reduces stress.
☐ b) It improves concentration.
☐ c) It helps people stay fit.
☐ d) It helps people sleep less.
3. How do many teenagers who exercise regularly feel?
☐ a) Tired and bored
☐ b) More energetic and confident
☐ c) More stressed
4. What is the main idea of the text?
☐ a) Exercise is dangerous for teenagers.
☐ b) The benefits of regular exercise
☐ c) How to become a professional athlete

② Present perfect

Complete with the present perfect of the verbs in parentheses.

1. I _____ (already / finish) my homework.
2. She _____ (never / visit) Argentina.
3. They _____ (study) English for two years.
4. We _____ (not / see) that film yet.

5. He _____ (just / arrive) at school.

6. _____ Lucas ever run a marathon? (have / has)

③ Vocabulary in context

Choose the correct option.

1. The opposite of "healthy" is:

- ☐ a) strong ☐ b) sick ☐ c) fit

2. A synonym for "improve" is:

- ☐ a) get better ☐ b) get worse ☐ c) give up

3. Someone who exercises often may feel:

- ☐ a) tired all the time
☐ b) bored
☐ c) energetic

4. The word "confidence" is related to:

- ☐ a) believing in yourself
☐ b) being afraid
☐ c) being lazy

Gabarito

1. Reading

1. a) It is important for a healthy life.
2. d) It helps people sleep less.
3. b) More energetic and confident
4. b) The benefits of regular exercise

2. Present perfect

1. have already finished
2. has never visited
3. have studied
4. haven't seen
5. has just arrived
6. Has

3. Vocabulary in context

1. b) sick
2. a) get better
3. c) energetic
4. a) believing in yourself