



# COLEGIO NUEVO GIMNASIO



## GUIA DE PRACTICA #1 - SEGUNDO PERIODO

<b>Date:</b>		<b>Subject:</b>	<b>English</b>	<b>Grade:</b>	10°	<b>Teacher:</b>	<b>Lithzy Arce</b>
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### 1. Tenses: Present, Past, Future (Simple and Perfect)

1. Complete the sentences using the correct tense:

- a) I \_\_\_\_\_ (study) for three hours last night.
- b) She \_\_\_\_\_ (finish) her homework already.
- c) They \_\_\_\_\_ (travel) to Spain next year.
- d) By the time you arrive, I \_\_\_\_\_ (leave).

### 2. Conditionals and Modals

2. Identify the conditional type (zero, first, second, third):

- a) If you heat water to 100°C, it boils.
- b) If I see her, I will say hello.
- c) If I were you, I would rest.
- d) If they had studied, they would have passed.

3. Complete using modal verbs (must, might, should, could):

- a) You \_\_\_\_\_ eat healthier food.
- b) She \_\_\_\_\_ be at home now.
- c) We \_\_\_\_\_ go to the gym later.

### 3. Grammar Practice: Verbs and Structure

4. Match the verb to its past and/or past participle:

- a) Go → Went → \_\_\_\_\_
- b) Eat → \_\_\_\_\_ → Eaten
- c) Break → Broke → \_\_\_\_\_
- d) Swim → \_\_\_\_\_ → \_\_\_\_\_
- e) Drive → \_\_\_\_\_ → \_\_\_\_\_
- f) Write → \_\_\_\_\_ → \_\_\_\_\_

5. Complete with the past participle:

- a) I have \_\_\_\_\_ (eat) all the cake.
- b) He has \_\_\_\_\_ (break) his arm.
- c) They have \_\_\_\_\_ (see) that movie.
- d) I have \_\_\_\_\_ (break) my leg once.
- e) They have \_\_\_\_\_ (write) a report.
- f) We have \_\_\_\_\_ (take) the medicine.

5.1. Complete using past or present perfect:

- a) I \_\_\_\_\_ (take) the medicine already.
- b) She \_\_\_\_\_ (visit) the doctor yesterday.

c) They \_\_\_\_\_ (never/have) a stomachache before.

#### 4. Vocabulary: Extreme Sports

6. Match the sport with its definition:

a) Windsurfing \_\_\_

b) Parachute \_\_\_

c) Rock climbing \_\_\_

1. Jumping from a high altitude with equipment.

2. Climbing natural or artificial rock walls.

3. Riding waves with a sail.

7. Write a sentence using each of these:

- Skateboarding:

- Jetskis:

- Motocross:

#### 5. Health Vocabulary and Disorders

8. Match the term to its meaning:

a) Anorexia 1. Nourishment from food

b) Bulimia 2. Eating followed by purging

c) Nutrition 3. Eating disorder with extreme weight loss

9. Complete with the correct term:

a) \_\_\_\_\_ means eating a lot in a short period.

b) \_\_\_\_\_ affects how you feel about your body.

c) A \_\_\_\_\_ is a sign of illness.

9.1. Complete with the illness:

a) Someone who eats too little may have \_\_\_\_\_.

b) If someone eats and then forces vomiting, it could be \_\_\_\_\_.

10. Write a definition in your own words for:

- Body image:

- Symptom:

#### 6. Reading Comprehension

Read and answer the questions:

Extreme sports like rock climbing and skateboarding are popular among young people. These sports require practice, strength, and safety equipment.

However, some athletes risk their health. It's important to maintain good nutrition and a positive body image. Disorders like bulimia and anorexia often result from pressure to look a certain way.

11. Name two extreme sports mentioned.

12. Why is safety important in extreme sports?

13. What two health issues are discussed?

14. What does the passage say about nutrition?

15. Write a sentence summarizing the main message.