**F E E D Y O U R M I N D**

**(8th July class)**

**Task 1: Read the magazine article (book-page 34-35) and answer the questions:**

1. How many of each thing a-d does the article mention? (Cuántas de cada cosa de la a a la d menciona el artículo?) (write the number only, 6,7, etc. – escriba solo el número, si menciona 6, 7, etc)
2. Types of food and drink.
3. Physical health problems.
4. Mental health problems.
5. Research studies.
6. Complete the summary of the article with the following words: everyday – healthy – illness – mental – research.

 Recent 1)………………..has shown that a 2)…………………diet is good

 for your 3)…………………..health, from 4)………………..problems (e.g.

 concentration levels) to serious 5)…………………..(e.g. Alzheimer’s

 disease).

**Task 2**: **Read the text again and answer these questions.**

1. Which did we know first: health food = healthy body or healthy food = healthy mind?
2. What simple thing shows the link between food and the mind?
3. How many years ago did the school start serving healthy food?
4. What effect did the news diet have on the pupils?
5. How do you think “our diets have changed a lot” (line 17)?
6. What is the result of these changes?
7. What two things does the Mediterranean diet do?
8. Do you eat any of the food recommended by the research in the last paragraph?

**Task 3:**  **Time expressions: For and Since. Which of the following time expressions go with FOR and which go with SINCE?** (Expresiones de tiempo: for y Since. Cuáles de las siguientes expresiones de tiempo van con For y cuáles van con Since?)

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| --- |
| 2004 – ten years – yesterday – a year – an hour – two o’clock – three days ago – a long time |

Example: since 2004

**Task 4**: **Complete the sentences with the Present Perfect of the verbs in the box. Then choose the correct word, *for* or *since*.** (Complete las oraciones con el Presente Perfecto de los verbos del cuadro. Luego elija la palabra correcta, for o since)

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| --- |
| Be (x2) – not be – have – know (x2) |

1. Maxine…………………….ill for / since a week. She should go to the doctor’s.
2. We…………………..about the link between smoking and cancer for / since 1950.
3. I…………………….a cold for / since Monday.
4. He…………………..a nurse for / since twelve years. He enjoys his job.
5. There…………………..a hospital in my town for / since many years. In fact, it closed in 1994.
6. ……….you………about the advantages of this diet for / since a long time?

**Task 5**: **Complete the text with the Present Perfect of the verbs in the box.** (Complete el texto con el Presente Perfecto de los verbos del cuadro)

be (x2) – not finish – go – employ – save – start – teach – train – not visit

Our medical organisation came to Bangladesh three years ago and I 1)…………..here since the beginning. We 2)……………about 80 men and women to become nurses, and they 3)…………….to different parts of the country so that they can help people. We 4)……………..a number of doctors and managers, too, and together they 5)…………….smaller clinics in other parts of the country.

We certainly 6)………….all our work here. There are a lot of small towns and villages that we 7)…………..but I’m sure we 8)……………a lot of lives. It 9)……………..a wonderful experience so far and it 10)………..me a lot of new things!

**Task 6: Choose the correct form.**

1. I visited / have visited a lot of countries in Asia.
2. Last year I went / have been to China.
3. The government built / has built ten new hospitals in the last five years.
4. Did you ever / Have you ever been to the USA?
5. My mother phoned / has phoned me every week when I worked in London.
6. Jake didn’t see / hasn’t seen me yesterday.
7. I didn’t finish / haven’t finished my essay last night.
8. I wrote / have written about 5,000 words on the essay so far.

**Send the complete work by email to be checked.**

**Deadline 15th July.**