




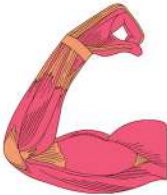









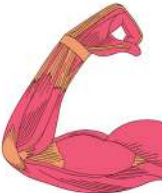



NAME: _____ DATE: _____

VOCABULARY

Circle the picture that has the same meaning as the word.



protein			
greet			
muscles			
nuts			
secret			
lentils			

NAME: _____ DATE: _____

VOCABULARY

Use the words in Page 1 to complete the sentences.



1. Fish like salmon and tuna are rich in _____.



2. I like to snack on _____ such as almonds, peanuts, and walnuts.



3. Weightlifting is an effective way to build _____.



4. Every morning, I _____ my neighbors with a friendly wave.



5. _____ are a flexible ingredient that can be used in soups, salads, and curries.



6. The diary contains my _____ thoughts and dreams.



NAME: _____ DATE: _____

PRESENT SIMPLE AND CONTINUOUS

Put the verbs in brackets into the Present Simple or Present Continuous tense.

1. Tom _____ to the dentist
twice a year. (go)



2. Mom _____ the dishes
every day. (wash)



3. Grandma _____ the
ironing now. (do)



4. Clowns _____ people laugh.
(make)



5. Be quiet! I _____ a
very interesting book. (read)



6. David always _____ his
horse on Fridays. (ride)



7. I usually _____ to work,
but today I _____ the bus
because it's raining.
(walk / take)

8. I often _____ tea in the
morning, but right now I
_____ a cup of coffee.
(drink / enjoy)

