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Articles / Countable and Uncountable Nouns

A- Put the definite article before the noun where it is necessary.

- _____ games are good for _____ our health.
- He will go to Brazil for _____ Olympic Games.
- _____ I have got are all Siamese.
- Cats are intelligent animals.
- Have you lost _____ money I gave you?
- _____ money is not as important as _____ health.
- _____ water is necessary to life.
- _____ water he drank wasn't clean.
- _____ air we breathe is polluted.
- _____ air travel is very fast now.
- I don't like _____ tea without sugar.
- _____ tea without sugar is yours.



B- Insert the, a, an, some or simple a cross (X), as required. Sometimes there are two possible answers. Give both.

- _____ ant is _____ insect.
- _____ window is made of _____ glass.
- Please, give me _____ milk.
- _____ cat has _____ tail.
- _____ dog eats _____ meat.
- _____ ring is made of _____ gold and silver.
- _____ coffee is _____ drink.
- _____ fruit is very good to eat.
- _____ piano makes _____ music.
- _____ child must have _____ food.



Answer key

The Alphabet

Cc

Car

[c]

Car

Car

Car

Car

Colegio Adventista WORKSHEET Area: ENGLISH

IV. Identify the relative clause in the following sentences, then write D for defining or N for non-defining next to each clause.

- The baby who is crying needs to see a high now. _____
- The book which I read yesterday was very interesting. _____
- The library, which opens from 7 to 9, has a lot of new books. _____
- This is the restaurant that I love. _____
- I need to talk to the man who is in charge of this office. _____

V. Match each relative pronoun with its use. Write the number next to the letter of the corresponding use.

When	•	• Possessions
Who	•	• Places
Where	•	• People
Which	•	• Things/ Animals
Whose	•	• Time

VI. Complete with a suitable RELATIVE PRONOUN:

- Jane _____ has just moved to New York, wants to start a career as a model.
- Jane's new flat, _____ she is sharing with another girl, is in the City Centre.
- Her boss, _____ agency is really important, wants her to be the next Carolina Schiffer.
- Jane's parents, _____ are very proud of her, would like to visit her in New York soon.
- Pinetrees, _____ Jane was born, is a very small town.
- Jane, _____ ambition is to be famous, is going to work very hard.



Act 4, Scene 1 — "Awake as from a pleasant sleep"

A Comprehension & Close Reading

- 1 Whom does Juliet encounter when she seeks out Friar Lawrence, and what is her reaction?
- 2 What does Juliet say she will do if the friar cannot figure out a solution to her predicament? What does her solution say about her character?
- 3 What solution does Friar Lawrence ultimately propose?



B The Friar's Plan (4.1.89-120)

- 1 Read Friar Lawrence's speech in Act 4, Scene 1, in which he lays out his plan for Juliet. Then, distill the plan into 6 clear steps, and detail them below in your own words (in as much detail as possible). Then, see if you can identify possible problems at each stage:

	What does each step involve?	Potential Problems:
Step 1		
Step 2		
Step 3		
Step 4		
Step 5		
Step 6		

- 2 Can you think of a better plan than the one that the Friar has come up with? Create another table as the one above, detailing your plan and its potential problems. Be sure to take into account the context of the time, and Juliet's pressure from her parents.

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Exercise 1:

Put commas in the sentences. Justify why you put them there.

1. When going on a trip I like to take my guitar with me.
2. I've been to France Germany China and Spain.
3. Next week I am going to have a party so I invited my friends Mark and Sue.
4. There are exactly 4897341 people living in this city most of whom take a train a bus or a tram to work.
5. "Look at this" he whispered.
6. Paulina his wife of many years decided to live in Greece.
7. As the plane was coming to a halt on the runway I was beginning to feel less nervous.
8. The thief had very impractical shoes so he couldn't run very fast.
9. "I'm warning you" said the teacher "don't even try to cheat or else you will be expelled from school."
10. I dedicate this work to my brothers John Smith and God.
11. Sarah the most intelligent pupil in the class was always late for school.
12. I said that she is intelligent not pretty.
13. Once the storm was over we could sail to the island.
14. Given the terrible weather conditions it is surprising that the holiday was so enjoyable.
15. India a truly beautiful interesting and exotic country is now a popular tourist destination.
16. During lunch at the campus cafeteria Henry noticed the dirty tables the overworked cashiers and the high prices of food.
17. During the race I tried to keep up with Mark who can run 100 meters in under 12 seconds.
18. To study for the exam Bill drank seven cups of coffee which kept him awake all night.
19. I only earn 2000 USD a month for my hard work and my wife gets 12000 USD which is not fair.
20. Ron who is 15 was doing his best to win the contest but he failed.

Exercise 2:

Put commas in the text.

Last week I decided to visit my best friend John. He is a very smart handsome and kind person and he always manages to find some time for me. Last week however the situation was different. Because he had just got a new job John had very little free time. Nevertheless we managed to arrange a quick 15-minute-long meeting in the "Blue Rose" café which is said to be owned by a very famous actor. I was wearing my checked red green and blue T-shirt my brown trousers and a pair of sneakers. I arrived at 9:30 and John at 9:45. The waiter who was working that day took our order. We weren't hungry so we only ordered drinks. John who seemed rather tired told me that his new job was very time-consuming demanding and difficult. "I don't know if I'll manage to work like that for long" John said. However he also admitted that his job had advantages some of which were: a comfortable working environment free lunch for each employee and a salary of over 11000 USD. "That's a lot of money" I said. "Do you even know" I asked "what to spend it on?" John had no ideas but if I had that much money I would probably go on a long holiday renovate my house and buy a new car. That car would have to be fast comfortable and safe. Our conversation ended quickly because John had to go back to work and I had a bus back home to catch. When I reached for my wallet to pay for my drink John offered to pay for everything which was very nice of him. "That's something I can spend my money on" he said. "I can pay for my friends' drinks lunches and so on."

represents an intensity that cannot be sustained for long periods, and speech is not possible other than single words. Follow this link for more information on this topic: What is the Difference Between VT1, VT2, & VO2 max? VT1 VT2 ZONE 1 ZONE 2 ZONE 3 HR VT1- just below VT2 VT2 and above VT2 METS (3-6) METS (6-9) METS > 9 RPE (3-4) RPE (5-6) RPE (7-10) RPE (12-13) RPE (14-16) RPE (17-20) 70-80% training time 10-20% training time Low to moderate Moderate to vigorous Vigorous to very vigorous Moderate to somewhat hard Hard Very hard to extreme Talk comfortably Not sure if talking is comfortable Definitely cannot talk comfortably The following information will help you navigate through your eBook by explaining the toolbar functions, the navigation hot keys / shortcut keys and other usability functions. To zoom the publication in and out, either click in the area of the page you wish to zoom in on, or use the zoom button on the toolbar, which will automatically zoom on the center of the pages you are viewing. Then select your preferred level of zoom using the zoom scale, which will appear on the toolbar once the publication is zoomed in. To move the page around, click and drag the publication or use the scroll bars found at the right hand side and the bottom of the page. If you are reading on a PC and you have a wheel on your mouse you can use this to scroll up and down. Click on the publication or zoom icon again to zoom out (a minus sign will appear in the icon for zooming out). PAGE BROWSING To turn the page, click on the bottom right corner of the publication or use the arrow buttons on the tool bar for instant page display. You can also move instantly to the first or last page using the keys with a single vertical line, next to the arrow keys. The page you are viewing will be displayed in the white window, in the middle of the toolbar. You can also type the page you require into this page display, to move instantly. You can also use the contents drop down menu on the right hand side of the toolbar to select the page you require. HOTKEYS To navigate through the publication using hot keys instead of a mouse, use the following keys: To select items on the menu bar use the TAB key to move through the selections. A yellow box will highlight your selection. To activate the selection hit the space bar. - To turn to the next page, press the full stop key. - To turn to the previous page, press the comma key. - To zoom in, press "Z" once. Press the Z key a second time to zoom out again. - You can increase or decrease the zoom level by pressing the + or - keys. - Once zoomed in, press A to scroll left. - Press D to scroll right. - Press W to scroll up. - Press S to scroll down. SEARCH There is a contextual search facility on the far right of the toolbar. Type your search word or term into the box and click the GO button to start the search. A dropdown menu of results will appear under the search box. Click the page you require from the menu and you will be delivered directly to that page. Your keyword or search term will be highlighted in green. STICKY NOTES You can add notes to the page for future reference by clicking on the note icon on the toolbar and selecting the area you wish to annotate. Write your notes in the yellow box. Once you have finished, a yellow note icon will be pasted on the selected area. When you wish to view your notes again, simply scroll over the yellow note icon when required. BOOKMARKING You can add bookmarks to your eBook that will allow you to return easily to specific pages. ACE eBooks allow for multiple page bookmarking, using different colored bookmarks for each page. You can also reference each bookmark with a short description. The bookmarks will remain on your publication if you view the publication from the same computer. You can also save an offline version of your publication to your desktop, which will also save your bookmarks and referencing. CONTENTS You can click on the contents button on the left of the toolbar to view a dropdown menu of the publication's contents. Clicking on the page you require will move you directly to that page. You can also click to view thumbnails of each page in the publication. The test contains math-based questions to determine if you can use basic mathematics (addition, subtraction, multiplication, and division) to apply what you are learning to real-life scenarios. These questions will require calculations and memorization of some fitness formulas. However, you only need to know a few formulas for the exam, and they can all be found on this Helpful Fitness Formulas sheet. While all of these formulas are useful to know as a fitness professional, they may not all be specific to your test. It is recommended you cross-reference the equations on the handout with what is covered in your text. The exam program itself will have a calculator function, and you will also have access to scratch paper and a pencil. Ask yourself the following questions: Have I thoroughly used all of the materials I have available? Have I reviewed the appropriate exam preparation blogs? Have I practiced the assessments or teaching strategies on a friend or family member? Have I tried to explain the topics out loud to see if I actually understand them? Have I reached out to a study coach with my specific questions? Have I reviewed the Exam Content Outline? We generally advise spending 3 to 4 months studying and preparing yourself to not only pass the exam but also to prepare yourself to become a health and fitness professional. We suggest spending 12 to 15 hours on every lesson, which generally equates to taking 5 to 7 days to cover the videos, reading, study companion, and quiz. We highly recommend reviewing your Exam Content Outline, as this is essentially the "blueprint" for the exam. This will divide the information into multiple domains, and each domain has a set list of tasks that you will be expected to understand. Use the "knowledge of" and "skills in" sections to guide you and make sure you feel very comfortable with those sections. An excellent way to tell if you're comfortable with a topic is to try to explain it to someone else. If you feel confident that you could explain it to a client or class participant, then you're probably proficient with that topic; if you're not quite sure, then you'll probably want to review that topic. Determine if you have a retake voucher. If you have a retake voucher, it is important to know when it expires to understand how much time you have available to review before your next exam. If you don't have a retake voucher, you can purchase an additional exam at a discounted retake fee. This price is valid for one year after your initial test date. Determine a date for your retake exam. When choosing a date, we recommend giving yourself about one week of review time for every ten points you are away from a passing score. For example, if your score is 480 out of a possible 800 and you are 20 points away from the minimum passing score of 500, allow about two weeks of review before your next exam. Analyze your performance and consider any topics on the exam for which you felt underprepared. Review your exam score report and compare your domain performance to the Exam Content Outline. Review each domain and determine what areas need improvement. Focus on improving the domains in which you scored the lowest, but also continue to briefly review the other domains to ensure that you keep all the content fresh in your mind. Use all your study materials. Consider what went well during your initial studies and what you might do differently. Create a game plan for everything you want to do before you retake the exam. Writing down your plan may help create accountability. Join the ACE Study Coaches for a webinar (available with specific study packages) or a tutoring session to get your specific questions answered. While the practice tests can be completed as many times as you would like, we do not recommend taking them repeatedly, as this may lead to memorization of correct answers, rather than a deeper understanding of the content. Instead, try the tips and strategies shared below to get the most out of your certification exam practice tests. Review your answers. Look at the questions that were incorrect and go back to review the material. The goal is to understand the "why" behind the question and the correct answer. Try to explain why the correct answers are correct and why the other options are incorrect. A helpful way to use this strategy is to imagine you are teaching someone else why an answer is correct. Look at the questions that were correct but were only guessed correctly. Review the corresponding content. This is a great time for self-reflection. These practice tests are meant to serve as a diagnostic tool to identify what your strengths are and what areas need the most improvement. Be honest with yourself when reviewing the questions— determine whether you guessed the correct answer or if you really know why the correct answer is correct. Review your overall practice test score report and compare your results to each domain of the Exam Content Outline. After reviewing the practice test and studying your answers, clear out your answers from the practice test and go through it again. Look for changes in your score related to increased knowledge and understanding as opposed to memorization. If questions are missed on the second attempt, it is important to again ask yourself why you might have marked them incorrectly. Now move on to your next practice test and follow the same steps as above. Whether you're an ACE Certified Professional or studying to become one, you'll find a variety of total-body exercises and movements you can apply to your clients or your studies in our Exercise Library. View Library Get your questions answered by an ACE Study Coach. Topics vary per webinar and questions are always welcome. Available with select Study Programs. Sign in required. Browse & Schedule

ACE Answers is your go-to resource for self-service study support and tools to use throughout your career. ... Both the phosphagen and anaerobic glycolysis systems are considered anaerobic, as they both produce energy in the absence of oxygen. ... (12-13) RPE (14-16) RPE (17-20) 70-80% training time. 10% training time. 10-20% training time. Figure 24.14.LH also enters the interstitial cells of Leydig to make and release testosterone into the testes and the blood. Testosterone, the hormone responsible for the secondary sexual characteristics that develop in the male during adolescence, stimulates spermatogenesis. These secondary sex characteristics include a deepening of the voice, the ... BibMe Free Bibliography & Citation Maker - MLA, APA, Chicago, Harvard 20/08/2022 · 2022. 7. 24. · Adverbs worksheets It is important for students to learn the difference between adjectives and adverbs so there are tons of This is a popular adjectives vs Fill in the correct forms of adverbs and adjectives: 1 Some of the worksheets for this concept are Fill in the correct form adjective or adverb, Adverb or adjective, Name date grammar work adjectives and ... Secretory Vesicle: Cell secretions - e.g. hormones, neurotransmitters - are packaged in secretory vesicles at the Golgi apparatus. The secretory vesicles are then transported to the cell surface for release. Cell Membrane: Every cell is enclosed in a membrane, a double layer of phospholipids (lipid bilayer). The exposed heads of the bilayer are "hydrophilic" (water loving), meaning that ... a. Glycolysis b. Krebs's cycle c. Electron Transport Chain Question 39 What is anaerobic respiration? Answer Respiration or breakdown of food in the complete absence of free oxygen is called anaerobic respiration. Question 40 Name two anaerobes. Answer E.coli and Clostridium tetani are two anaerobes. Question 41 BibMe Free Bibliography & Citation Maker - MLA, APA, Chicago, Harvard Print out this worksheet and use this site to complete it. (Click on Animal Cell.) Check your answers. Record your score out of 15 (1/2 point for each label/question). Review your flashcards daily. If you need or want another source, here is another page about the parts and functions of cell structures. Take notes! Lesson 6 It responds to the environment. It grows and develops and dies. It produces offspring. It maintains homeostasis. It has complex chemistry, and it consists of cells. It obtains and uses energy. The four unifying principles of biology are cell theory, gene theory, homeostasis and ev 20/08/2022 · PANTONE 17-5104 Ultimate Gray + PANTONE 13-0647 Illuminating, two independent colors that highlight how different elements come. For example, green, blue, and purple are sometimes used to wrap cars. Green symbolizes freshness and fertility while blue, which denotes the colors of the sky and sea, is frequently associated with such traits as ... 20/08/2022 · 2022. 7. 24. · Adverbs worksheets It is important for students to learn the difference between adjectives and adverbs so there are tons of This is a popular adjectives vs Fill in the correct forms of adverbs and adjectives: 1 Some of the worksheets for this concept are Fill in the correct form adjective or adverb, Adverb or adjective, Name date grammar work adjectives and ... Chapter 4 section 2 guided reading and review understanding demand answers aa dif mmh ace ipd ohog didd hc rdkd ebd ad imj tips alda ab ad bc aaaa fci bda ee bbba aaba fk ckmm cadd lbcb abe gc ecf vdd. Scroll to top Русский Корабль -Иди НАХУЙ! ... Expatica is the international community's online home away from home. A must-read for English-speaking expatriates and internationals across Europe, Expatica provides a tailored local news service and essential information on living, working, and moving to your country of choice. With in-depth features, Expatica brings the international community closer together. Secretory Vesicle: Cell secretions - e.g. hormones, neurotransmitters - are packaged in secretory vesicles at the Golgi apparatus. The secretory vesicles are then transported to the cell surface for release. Cell Membrane: Every cell is enclosed in a membrane, a double layer of phospholipids (lipid bilayer). The exposed heads of the bilayer are "hydrophilic" (water loving), meaning that ...

