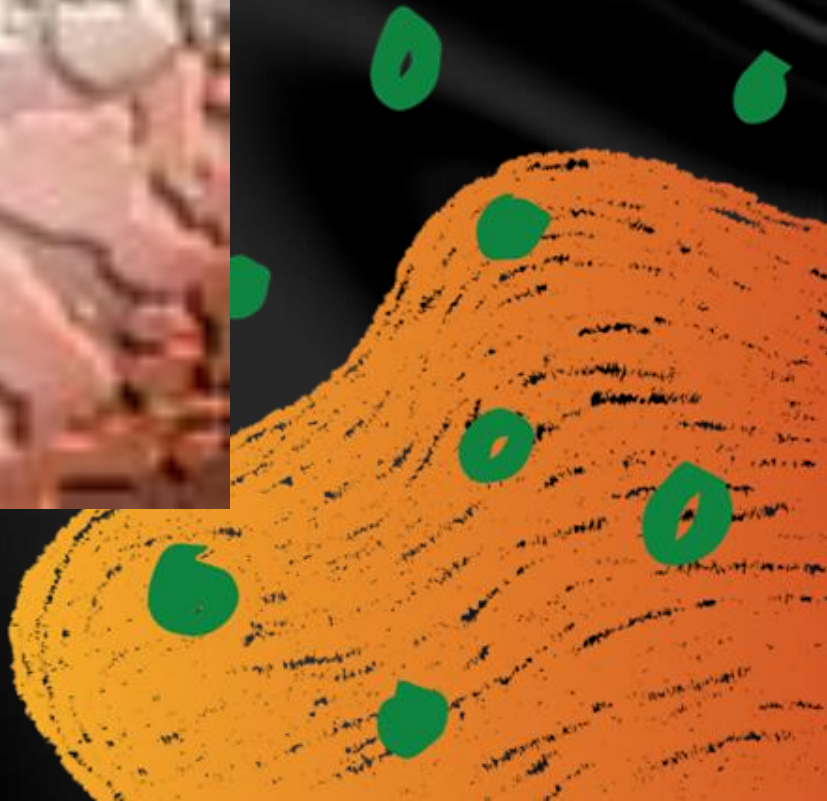
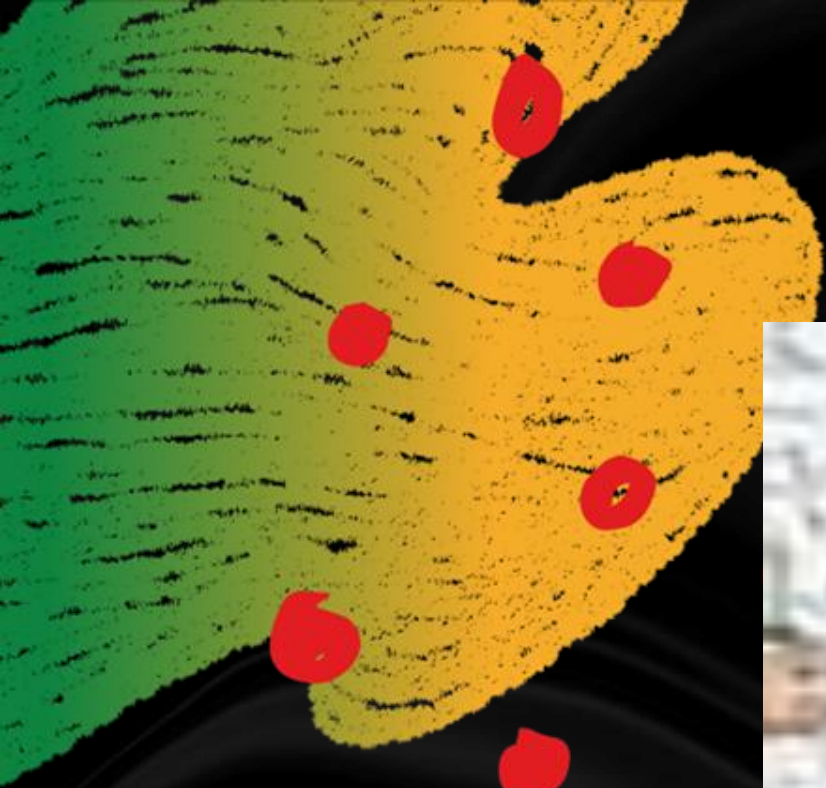


UN





















# 2

## THIS IS MY DAY



### ABOUT YOU

What time does your alarm go off on a school day?

What do you do in the morning before you go to school?









我每天穿衣服。



[gifs.com](https://gifs.com)



thebestofthekingdoms.com





# VOCABULARY

AND

# LISTENING

## Daily routines

---

**1** Match the photos to the phrases in the box.



brush your hair  
clean your teeth  
leave the house  
put on your shoes

check your messages  
get dressed      have breakfast  
prepare your school bag  
tidy your room      wake up

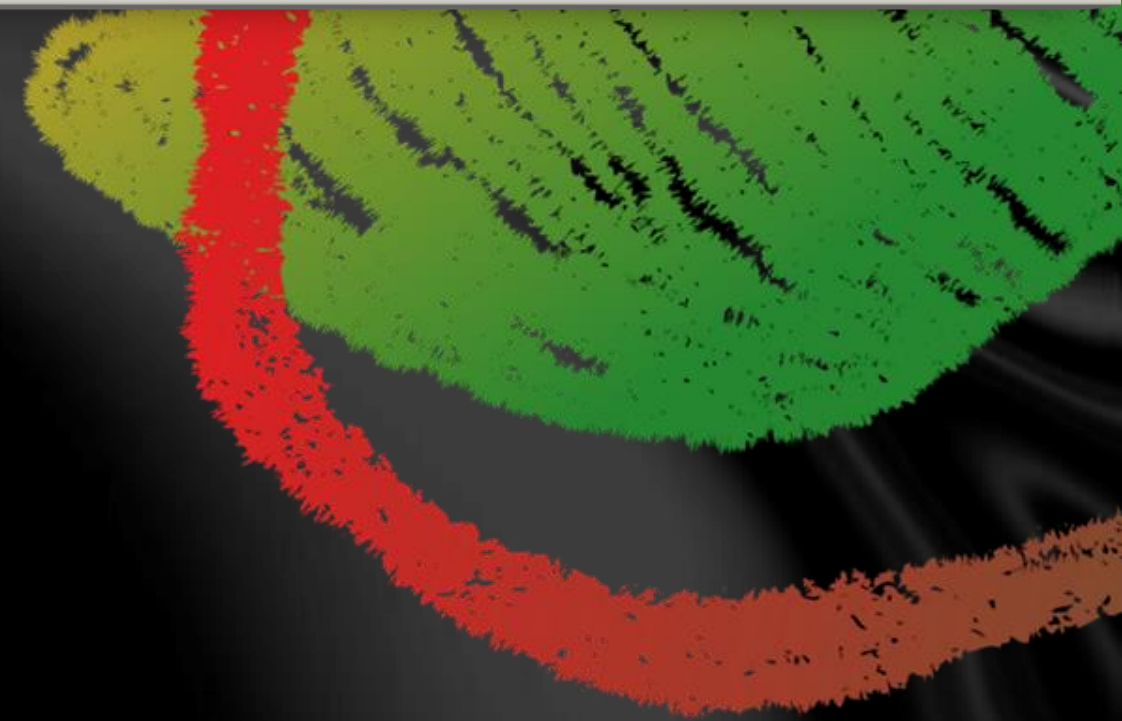


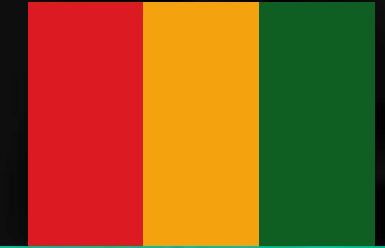
15

Listen and check. Then repeat.



brush your hair H      check your messages A  
clean your teeth J      get dressed B      have breakfast D  
leave the house F      prepare your school bag E  
put on your shoes I      tidy your room      wake up G

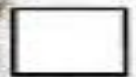




0:03 / 4:05

# MY MORNING ROUTINE

**A**



**B**

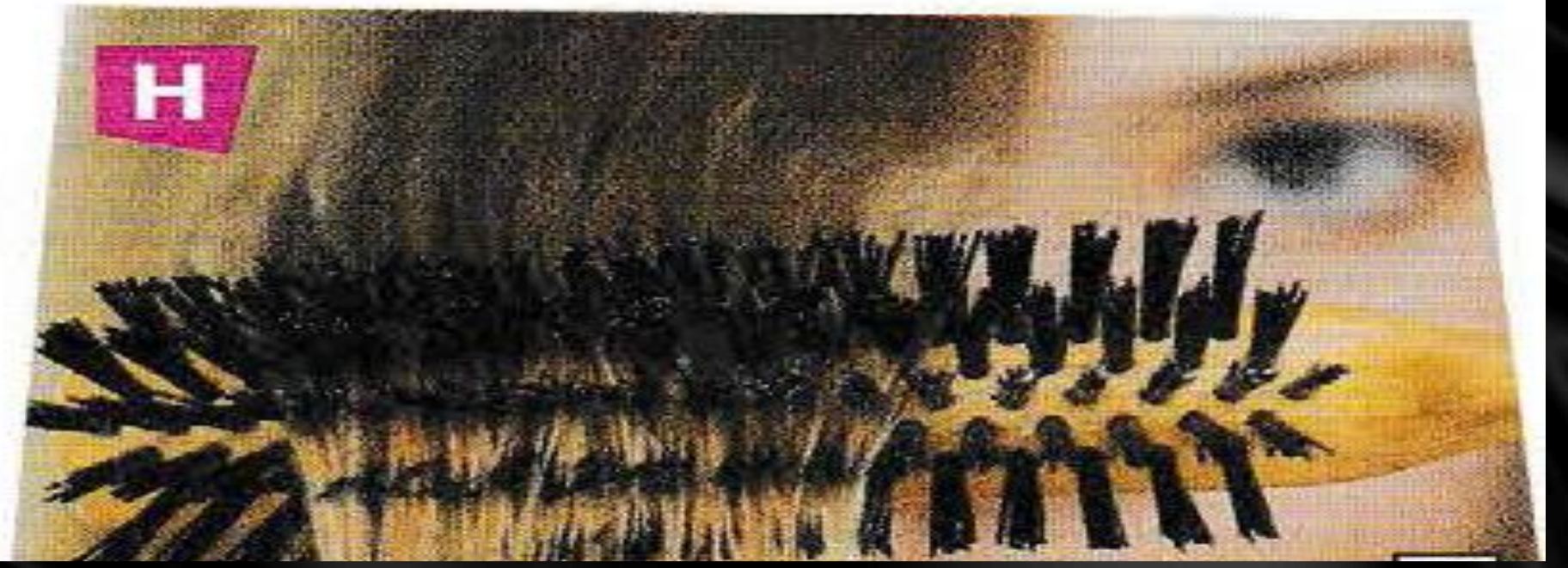


**C**



**D**







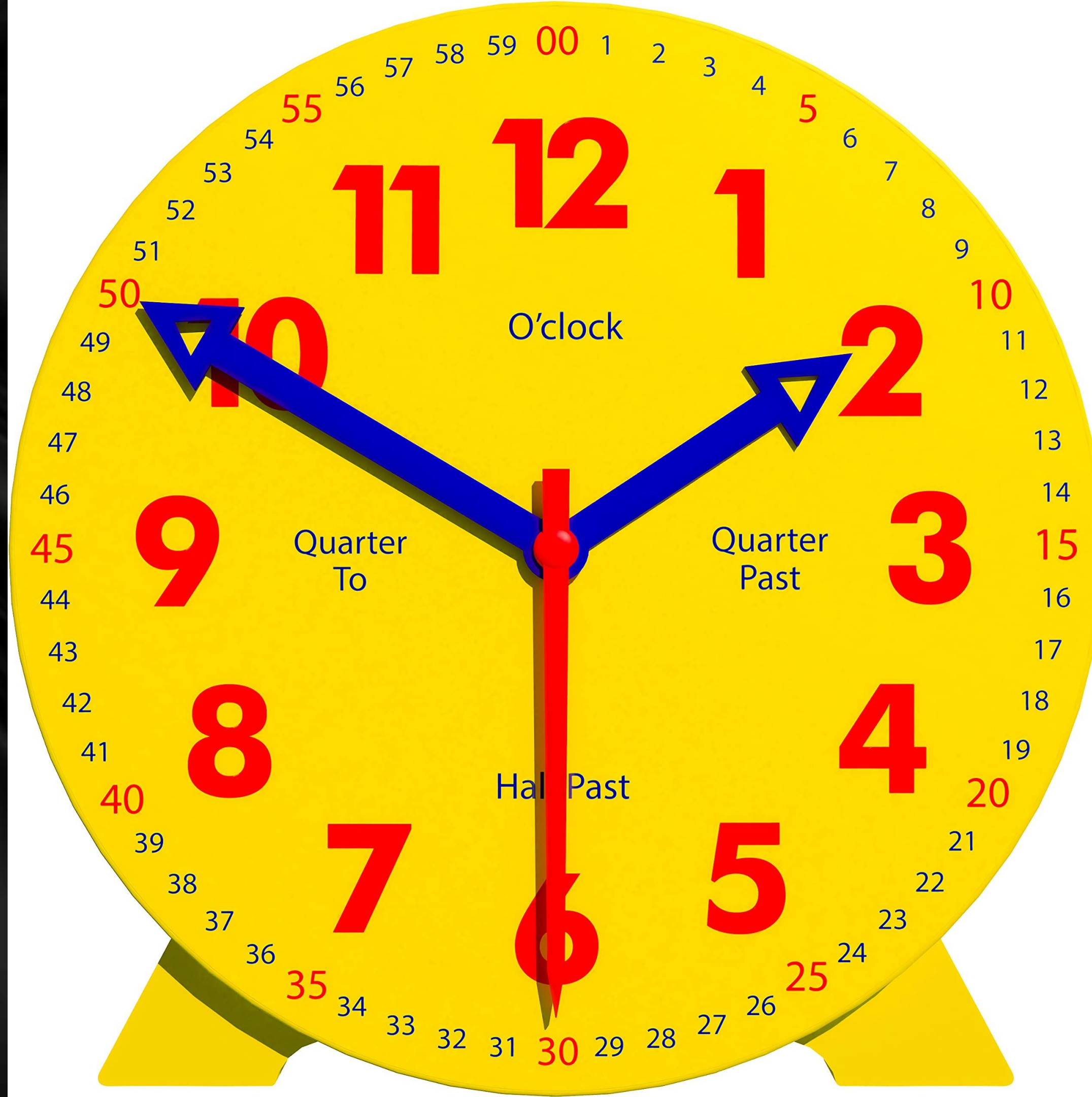


16

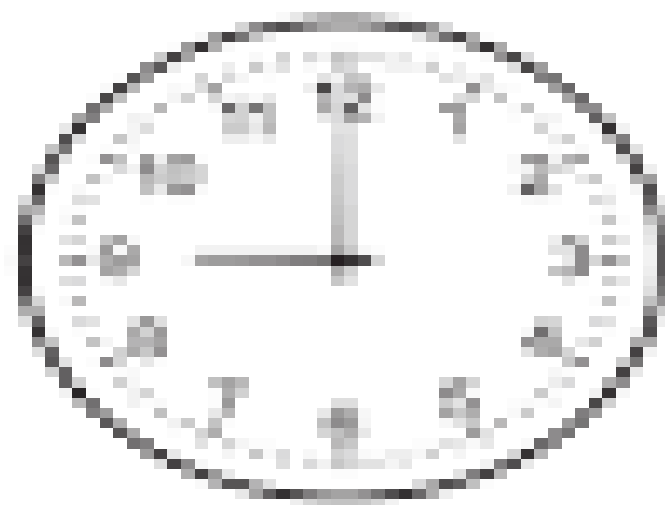
2

Listen to Maddie talking about her morning routine.

Number the photos in the order that you hear them.

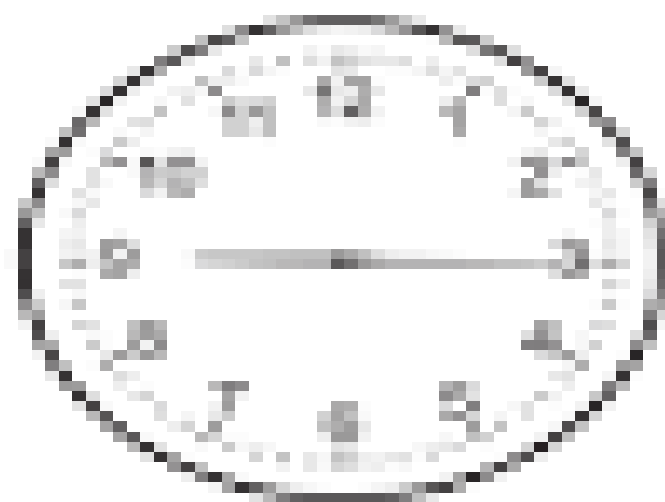






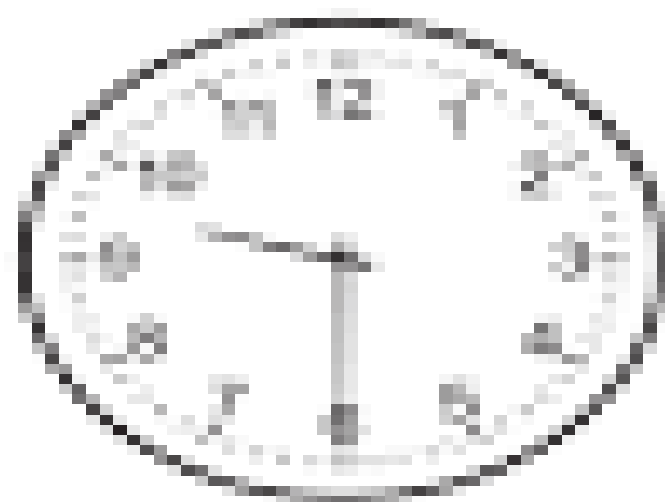
09:00

9 o'clock



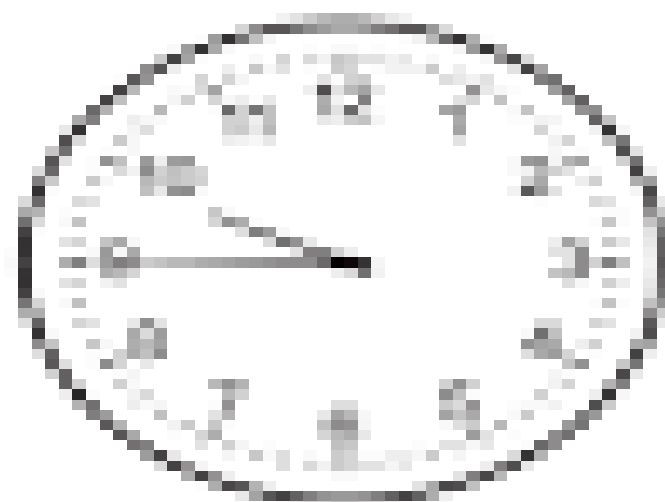
09:15

a quarter past 9



09:30

half past 9



09:45

a quarter to 10



*What time is it?*

*8.00*

*7.45*

*6.30*

*5.15*



3

Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at 6.30.
- 2 I get up at 6.45.
- 3 I clean my teeth at 7.00.
- 4 I get dressed at 7.15.
- 5 I prepare my school bag at 7.30.
- 6 I put my shoes on and leave home at 7.40.



16

Listen again and check.

4

In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.



## Unscramble words.

1-aecln royu thtee

2-dsresde tge

3-rahi srubh oyru

4-gab eprapre oyur

5-the aelve ouseh

6-pu awke

The background is a dark, textured surface with wavy, concentric lines. In the top-left corner, there are abstract shapes in green and yellow with red dots. In the top-right corner, there are white diagonal lines and a red circular shape. In the bottom-left corner, there is a yellow wavy line and a green circular shape. In the bottom-right corner, there is an orange shape with green dots.

# 2<sup>nd</sup> Grammar



0:48

[parat.com/MuhammadJafarpour](https://www.parat.com/MuhammadJafarpour)

# Simple Present Tense

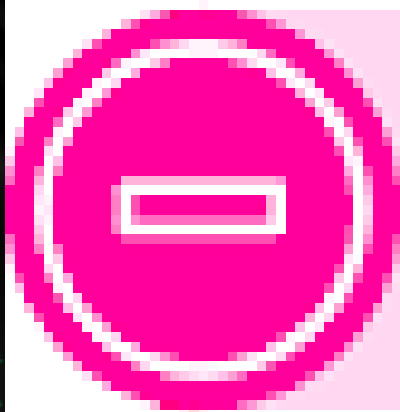
[onlymyenglish.com](http://onlymyenglish.com)

A present simple tense is a verb form of a sentence that tells about the action, circumstance which happens regularly, or occurrences.



Subject + verb (s/es) + object

Romie loves to eat burgers.



Subject + do/does + not + verb + object

Romie does not love to eat burgers.



Do/does + subject + verb + object + ?

Does Romie love to eat burgers?



# Get up \_ have breakfast \_ go to work

1st

2nd

3rd




[aparat.com/ReyhanehTarashtinezhad](https://aparat.com/ReyhanehTarashtinezhad)





# Present continuous tense



Sub+ helping verb ( is/am/are) + 1<sup>st</sup> + ing+ object  
He is crying.



Sub + helping verb+ not + 1<sup>st</sup> + ing + object  
He is not crying.



Helping verb + sub+ 1<sup>st</sup> + ing+ object?  
Is he crying ?

## GRAMMAR

### Present continuous and present simple

- 1 Look at the examples from the listening. Write *simple* or *continuous*.

Present \_\_\_\_\_

Today, I'm  **talking**  about my morning routine.

I'm  **having**  cereal with fruit  today .

At the moment, I'm  **wearing**  my favourite T-shirt.

I'm  **leaving**  the house  now .

I'm  **not wearing**  my uniform  today .

Present \_\_\_\_\_

I  never   **have**  a shower in the morning.

I  always   **check**  my messages in the morning.

I  sometimes   **have**  toast and butter.

I  usually   **wear**  my uniform.

I  **don't**   usually   **have**  a shower in the morning.

**2** Complete the rules with the underlined words.

We often use the present simple with words like  
....., ..... and .....


We often use the present continuous with words  
like ....., ..... and .....

**3** Complete the sentences with the correct tense of the verbs in brackets.

- 0** I *'m shopping* (shop) at the moment. I can't talk.  
**1** My mum always \_\_\_\_\_ (cook) nice food.  
**2** The teachers usually \_\_\_\_\_ (give) us a lot of homework on Monday.  
**3** I \_\_\_\_\_ (stay) at home today. I \_\_\_\_\_ (not go) to school.  
**4** It's five o'clock now and I \_\_\_\_\_ (watch) TV with my sister.  
**5** What time \_\_\_\_\_ your dad usually \_\_\_\_\_ (get up) on a Sunday?  
**6** It's OK, Jack's \_\_\_\_\_ (not sleep) at the moment. You can go and talk to him.

**4** Correct the mistakes in the sentences.

*is getting*

-  **0** My cousin gets married today.  
**1** How are you? I write to you to give you some news.  
**2** What do you do at the moment?  
**3** My brother and I are not going swimming every day.  
**4** My mum is only working in the mornings.  
**5** We usually are eating a big breakfast on Sunday.

**5** Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.

- 0** walk to school / go by bus.  
*I usually walk to school, but today I'm going by bus.*
- 1** have a sandwich for lunch / spaghetti
- 2** watch TV after school / do my homework
- 3** play football on Saturday / play tennis
- 4** get up at seven o'clock / eight o'clock
- 5** have a shower / have a bath

**6** Put the words in order to make questions.

- 1** your / the / moment / friend / what / doing / is / at?
- 2** bed / do / go / you / what / usually / to / time?
- 3** school / do / get / home / how / from / you?
- 4** sitting / is / teacher / at / down / your / the / moment?
- 5** sun / today / shining / is / the?
- 6** day / do / every / get / at / same / up / the / time / you?

Now match the questions to the correct answer.

- a** No, it isn't.
- b** 10 pm.
- c** I walk.
- d** Yes, he is.
- e** She's sleeping.
- f** Yes, I do.

In pairs, ask and answer the questions.



**7** Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.

catch a bus      check your messages  
do some homework      go to sleep  
paint a picture      play football  
prepare lunch      put on your coat  
take a photo



Are you putting on your sunglasses?

Are you taking a photo?

No

**Student A, when Student B guesses the activity, give more information:**

I go to a photography club every Friday. It starts at 7 pm. I go there by bus.

**Student B, ask more questions.**

## PRESENT SIMPLE

<b>Positive</b>	I/You/We/They <b>play</b> volleyball. He/She/It <b>goes</b> running.
<b>Negative</b>	I/You/We/They <b>don't</b> paint pictures. He/She/It <b>doesn't</b> write poems.
<b>Questions</b>	Do I/you/we/they <b>sit</b> near the window? Does he/she/it live near here?
<b>Short answers</b>	Yes, I/you/we/they <b>do</b> . No, I/you/we/they <b>don't</b> . Yes, he/she/it <b>does</b> . No, he/she/it <b>doesn't</b> .

We use the **present simple** to talk about things we do often or every day.

*I play football after school every day.*

*He doesn't go skating in the summer.*

## UNIT 1

## ADVERBS OF FREQUENCY

- We use the present simple to talk about things we do often or every day.

100%



0%

*I **always** play table tennis in the summer.*

*I **usually** go sailing with my dad.*

*I **often** do athletics with my friends.*

*I'm **sometimes** late for school.*

*I'm **never** unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.  
*How often do you go snowboarding?*  
*We **sometimes** go snowboarding in the winter.*
- With the verb **be**, we put the adverb after the verb and before the adjective.  
*Are you **sometimes** tired after school?*  
*Yes, I'm **often** tired. / No, I'm not **often** tired.*
- With other verbs in the present simple, we put the adverb before the main verb.  
*Do you **often** play hockey at school?*  
*Yes, I **often** play hockey. / No, I don't **often** play hockey.*
- Remember, we use **never** with positive verbs.  
*I **never** go snowboarding. (~~not~~ ~~I don't~~ ~~never~~ go...)*

## Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

go          not go          not play  
play        study          watch

- 1** I ..... basketball in a team.
- 2** My teacher ..... sailing when the weather is bad.
- 3** My brother ..... TV after dinner every day.
- 4** ..... your mum ..... running before work?
- 5** My friends and I ..... rugby at the weekend. We prefer football.
- 6** My best friend always ..... hard before an exam.

**2** Rewrite the sentences with the adverb of frequency in brackets in the correct place.

**0** I'm late for school. (always)

*I'm always late for school.*

**1** We play badminton. (never)

**2** My dad doesn't go running. (often)

**3** My friends and I go cycling. (sometimes)

**4** We aren't bored in our sports lesson. (usually)

**5** Are you tired in the morning? (often)

3

Put the words in order to make questions. Then write answers that are true for you.

0 play / you / table tennis / how often / do / ?

*How often do you play table tennis?*

*I sometimes play table tennis.*

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

## PRESENT SIMPLE

<b>Positive</b>	I/You/We/They <b>play</b> volleyball. He/She/It <b>goes</b> running.
<b>Negative</b>	I/You/We/They <b>don't</b> paint pictures. He/She/It <b>doesn't</b> write poems.
<b>Questions</b>	Do I/you/we/they <b>sit</b> near the window? Does he/she/it live near here?
<b>Short answers</b>	Yes, I/you/we/they <b>do</b> . No, I/you/we/they <b>don't</b> . Yes, he/she/it <b>does</b> . No, he/she/it <b>doesn't</b> .

We use the **present simple** to talk about things we do often or every day.

*I play football after school every day.*

*He doesn't go skating in the summer.*

## UNIT 1

## ADVERBS OF FREQUENCY

- We use the present simple to talk about things we do often or every day.

100%



0%

*I **always** play table tennis in the summer.*

*I **usually** go sailing with my dad.*

*I **often** do athletics with my friends.*

*I'm **sometimes** late for school.*

*I'm **never** unhappy.*

- We use the present simple with **adverbs of frequency** to say **how often** we do things.  
*How often do you go snowboarding?*  
*We **sometimes** go snowboarding in the winter.*
- With the verb **be**, we put the adverb after the verb and before the adjective.  
*Are you **sometimes** tired after school?*  
*Yes, I'm **often** tired. / No, I'm not **often** tired.*
- With other verbs in the present simple, we put the adverb before the main verb.  
*Do you **often** play hockey at school?*  
*Yes, I **often** play hockey. / No, I don't **often** play hockey.*
- Remember, we use **never** with positive verbs.  
*I **never** go snowboarding. (~~not~~ ~~I don't~~ ~~never~~ go...)*



## Practice

- 1** Complete the sentences with the present simple form of the verbs in the box.

go          not go          not play  
play        study         watch

- 1** I ..... basketball in a team.
- 2** My teacher ..... sailing when the weather is bad.
- 3** My brother ..... TV after dinner every day.
- 4** ..... your mum ..... running before work?
- 5** My friends and I ..... rugby at the weekend. We prefer football.
- 6** My best friend always ..... hard before an exam.

**2** Rewrite the sentences with the adverb of frequency in brackets in the correct place.

**0** I'm late for school. (always)

*I'm always late for school.*

**1** We play badminton. (never)

**2** My dad doesn't go running. (often)

**3** My friends and I go cycling. (sometimes)

**4** We aren't bored in our sports lesson. (usually)

**5** Are you tired in the morning? (often)

3

Put the words in order to make questions. Then write answers that are true for you.

0 play / you / table tennis / how often / do / ?

*How often do you play table tennis?*

*I sometimes play table tennis.*

1 you and your friends / go / often / sailing / do / ?

2 you / sometimes / bored / are / at home / ?

3 dinner / how often / cook / you / do / ?

4 your best friend / how often / watch / does / TV / ?

5 sometimes / do / you / go / alone / running / ?

# 2

## THIS IS MY DAY

### VOCABULARY

### Daily routines

**1** Complete the phrases with the verbs in the box.

brush	check	clean	get
have	leave	prepare	
put	tidy	wake	

- 0 clean your teeth
- 1 \_\_\_\_\_ your room
- 2 \_\_\_\_\_ the house
- 3 \_\_\_\_\_ up
- 4 \_\_\_\_\_ breakfast
- 5 \_\_\_\_\_ your messages
- 6 \_\_\_\_\_ dressed
- 7 \_\_\_\_\_ your school bag
- 8 \_\_\_\_\_ on your shoes
- 9 \_\_\_\_\_ your hair

2 Match the phrases in Exercise 1 to the photos.



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_



8 \_\_\_\_\_



9 \_\_\_\_\_



10 \_\_\_\_\_

**3** Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually <sup>0</sup> wake up at 7 o'clock. Before I get out of bed, I <sup>1</sup> \_\_\_\_\_ on my phone. Then, I <sup>2</sup> \_\_\_\_\_ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I <sup>3</sup> \_\_\_\_\_ in my room. I usually wear jeans and a T-shirt. Then, I <sup>4</sup> \_\_\_\_\_ (I do this at least twice a day and after every meal!) and brush my hair. After, I <sup>5</sup> \_\_\_\_\_: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and <sup>6</sup> \_\_\_\_\_ at 8 o'clock. I always walk to school with my friend Lucas.



## GRAMMAR

### Present continuous and present simple

**1** Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

**a** I always leave the house at 8 o'clock.

**b** I'm wearing a T-shirt and jeans today.

adverbs of frequency    present continuous  
present simple    *today, now and at the moment*

We use the <sup>1</sup> \_\_\_\_\_ to talk about habits and routines. We often use it with <sup>2</sup> \_\_\_\_\_.

We use the <sup>3</sup> \_\_\_\_\_ to talk about things we're doing now. We often use it with words like <sup>4</sup> \_\_\_\_\_.

**2** Choose the correct words or phrases to complete the sentences.

- 1** I *always* / *at the moment* prepare my school bag before school.
- 2** My parents *now* / *always* watch TV in the evening.
- 3** My brother is making breakfast *now* / *usually*.
- 4** Why have you got your maths book? We're studying English *often* / *today*.
- 5** What are you doing *sometimes* / *at the moment*?
- 6** I don't *usually* / *never* go to bed at 9 o'clock.



**3 Complete the sentences with the present simple or present continuous form of the verbs in brackets.**

- 0 He plays (play) tennis every day.  
1 I never tidy (tidy) my room. My mum hates it!  
2 They usually watch (watch) films at the weekend.  
3 My dad cooks (cook) breakfast today.  
4 My mum doesn't work (not work) in a school. She's a police officer.  
5 Jack isn't working (not work) today because he's not very well.  
6 What book are you reading (you / read) at the moment? Is it good?

**4 Correct the mistakes in the sentences.**

- 1 I study now because I've got an exam tomorrow.  
2 Are you knowing Katy? She's my sister.  
3 My brother watching TV with his friends.  
4 My mum is a doctor. She is usually working at weekends.  
5 Every day we are drinking tea for breakfast.

**1** Look at the photos and choose the correct words.



**1** We eat *cereal* / *rice*, *bread* / *pasta* and *jam* / *honey* for breakfast.



**2** In summer, we often have salad with *cabbage* / *cheese* and *tomatoes* / *cucumber* for lunch.





**3** Yesterday I ate *fish / meat, rice / pasta* and *mango / vegetables*.



**4** I usually eat *fruit / yoghurt* for dessert.

## 2 Match the words to the meanings.

- |               |  |
|---------------|--|
| 1 breakfast   | a the large part of a meal                     |
| 2 dessert     | b a drink, usually made from fruit             |
| 3 dinner      | c the first meal of the day                    |
| 4 juice       | d you eat this between meals                   |
| 5 lunch       | e you eat this in the evening                  |
| 6 main course | f you eat this at midday                       |
| 7 snack       | g you eat this sweet food at the end of a meal |

## 3 Complete the sentences for you.

- 1 For breakfast, I always have .....
- 2 My favourite dessert is .....
- 3 My favourite snacks are .....
- 4 For dinner, we usually have .....