





# Tell us about your day...

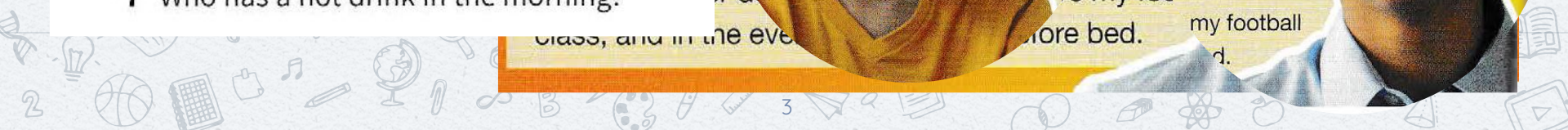
Three young people from around the world describe a typical school day

**B** Diego - Mexico

**2** Read the texts again. For each question, write *O* (Onni), *D* (Diego) or *A* (Aban).

- 1 Who says he uses the computer in the evening?
- 2 Who can choose what he wears to school?
- 3 Who doesn't have breakfast at home?
- 4 Who goes to school by car?
- 5 Who doesn't start school at the same time each day?
- 6 Who does sport after school?
- 7 Who has a hot drink in the morning?

The collage features three young people's faces in circular frames. The top frame shows a boy with a pink shirt. The bottom-left frame shows a boy with a yellow shirt and orange beanie. The bottom-right frame shows a boy in a blue shirt. The background contains fragments of text from their descriptions, including: 'for breakfast I have orange juice. After... and we go to... tro. Some days... other days at...', 'shana', 'kes me and my sis...', 'nts in the...', 'ood fr...', 'and my sister', 'first na...', 'lunch at s...', 'with vegeta...', 'Then we...', 'teeth. Vister', '5.00 am.', 'Then we...', 'course and on ou...', 'School usually...', 'our teeth. We', 'and after t...', '0 pr...', 'st on our', '2.30 pm.', 'e my fomatoes. I like', '2.30 pm.', 'more bed.', 'my football', 'd.'





# Juice, main course, dessert, Snack Lunch, Dinner, Breakfast

**1** Look at the texts and find these **words**.

**0** This is the first meal of the day. *breakfast*

**1** This is sweet and you have it at the end of the meal. **Dessert**

**2** You have this when you don't need a big meal. **Snack**

**3** You have this meal in the middle of the day. **Lunch**

**4** This is a drink made from fruit. **Juice**

**5** This is the last meal of the day. **Dinner**

**6** This is the largest or most important part of the meal. **Breakfast**

## 2 Match the photos to the words in the box.

EP

avocado bread cabbage cereal  
cheese cucumber fish fruit honey  
hot chocolate jam mango pasta toast  
tomatoes rice vegetables yoghurt



Listen and check. Then repeat.



20 UNIT 2











Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is one tip you do not need.

- |           |       |
|-----------|-------|
| Student 1 | Tip A |
| Student 2 | Tip B |
| Student 3 | Tip C |
| Student 4 | Tip D |
| Student 5 | Tip E |
| Student 6 | Tip F |
|           | Tip G |



**3** Listen again and check. Then in small groups, discuss the questions.

- Which of the tips do you think are useful? Which are not useful?
- Can you think of other tips for getting up in the morning?
- Is getting up in the morning easy or difficult for you?

# 7 tips to help you feel great in the morning!

**A** have a cold shower



**B** tidy your room



**C** let in the sun



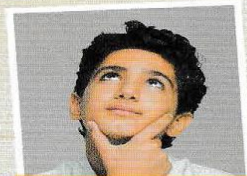
**D** drink fruit juice



**E** move!



**F** use your brain!



**G** don't keep your alarm by your bed





**GET READY** Read the three texts in Exercise 1 on page 20 again and find all the examples of *and*, *but* and *or*.

Choose the correct words to complete the sentences.

- 1 We don't get chocolate ..... *or* ..... crisps ..... *or / but* at school.
- 2 I walk to school ..... my brother ..... *but / or* gets the bus.
- 3 I eat lots of fruit ..... drink lots ..... *and / or* of water.
- 4 I like staying up late ..... I can't ..... *but / and* do that during the week.
- 5 I don't like carrots ..... tomatoes. .... *or / but*



# HOME WORK

**PLAN** Make notes about what you do and eat on a typical school day.

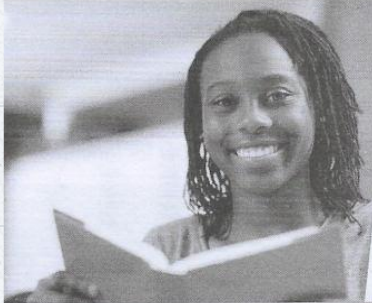
**WRITE** Write a paragraph about it. Look at your notes and the reading texts for ideas. Use *and*, *but* and *or* in your paragraph.







# My school day



## Anna – the USA

I always get up at 6.30 am. Breakfast is cereal and milk. After breakfast, I prepare my school bag and leave the house at 7.30 am. I usually go to school on the school bus, but sometimes my mom drives me. Lessons start at 8.00 am every day. I have lunch at school. My dad makes a cold lunch for me every morning. I usually have sandwiches and fruit. School ends at 2.30 pm and I catch the school bus home. In the evening, I do my homework and watch TV.

## Lena – Germany

I get up at 6.00 am and leave the house at 7.00 am. I always walk with my friend Grete. School starts at 7.30 am. We have five or six lessons every day. They finish at 1.30 pm and I usually go home for lunch. I sometimes go to homework club after school. We have dinner at 7.00 pm, and then I often watch videos on the internet.



## Yuko – Japan

I get up at 7.30 am and have breakfast with my sisters. It's usually rice or eggs with tea. I put on my uniform, and then I leave the house at 8.15 am and walk to school. Lessons start at 8.30 am. Students all have lunch at school – fish and rice with vegetables. School finishes at 3.00 pm, and I have volleyball or badminton clubs after lessons every day. I leave school at 5.00 pm and go home. In the evening, I go to music lessons and do my homework.





## 2 Read the texts again and answer the questions.

1 What does Anna have for breakfast?

\_\_\_\_\_

2 How does Yuko travel to school?

\_\_\_\_\_

3 What time does school start for Lena?

\_\_\_\_\_

4 What does Anna usually have for lunch?

\_\_\_\_\_

5 What does Lena do after dinner?

\_\_\_\_\_

6 When does Yuko do her homework?

\_\_\_\_\_



- 1** Read the text and match the times to the activities.

### A typical school day

- by Leo

I get up at 7 o'clock and get dressed. My breakfast is cereal or toast. Then I prepare my school bag and go to school at 8 o'clock. I usually walk to school but sometimes I go on the bus. School starts at half past eight and finishes at 3 o'clock. Lunch is at 1 o'clock. I usually have sandwiches or a salad. After school I go home. Dinner is at half past seven. After dinner, I do my homework and go on the internet. I go to bed at half past nine.

- 1** 7.00 am           .....
- 2** 8.00 am           .....
- 3** 8.30 am           .....
- 4** 1.00 pm           .....
- 5** 3.00 pm           .....
- 6** 7.30 pm           .....
- 7** 9.30 pm           .....

- a** have dinner
- b** go home
- c** go to bed
- d** get dressed
- e** leave the house
- f** start school
- g** have lunch





**2** Look at the text again. Find and underline sentences with *and*, *but* and *or*. Then complete the rules with *and*, *but* and *or*.

- 1** We use ..... to link two ideas.
- 2** We use ..... to contrast two things.
- 3** We use ..... for different things we can choose.



**3 Complete the sentences with *and*, *but* and *or*.**

- 1** I walk to school with my friends Ally \_\_\_\_\_ Hamish.
- 2** Do you go to school at 8 o'clock \_\_\_\_\_ at 8.30?
- 3** For breakfast, I have cereal, \_\_\_\_\_ I don't have toast.
- 4** I have tea \_\_\_\_\_ hot chocolate. I don't have both.
- 5** I like football, \_\_\_\_\_ I don't like basketball.
- 6** In the evening, I do my homework \_\_\_\_\_ then I watch TV.

**4 Think about the activities you do in a typical day and what time you do them. Use the ideas in Exercise 1 and your own ideas. Make notes below.**

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**5 Write a paragraph about a typical school day. Use the notes you made in Exercise 4 and write about 50 words. Remember to use *and*, *but* and *or* in your text.**

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