

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 ¹ _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

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) my room. My mum hates it!
- 2 They usually _____ (watch) films at the weekend.
- 3 My dad _____ (cook) breakfast today.
- 4 My mum _____ (not work) in a school. She's a police officer.
- 5 Jack _____ (not work) today because he's not very well.
- 6 What book _____ (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. _____



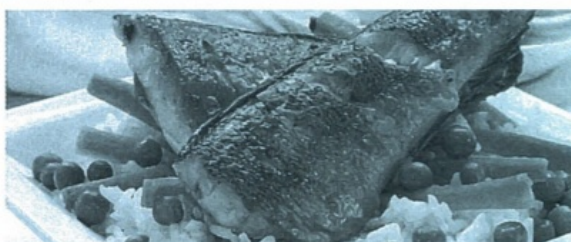
1 Look at the photos and choose the correct words.



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 _____.

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 _____



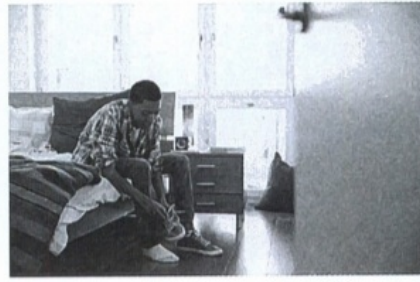
6 _____



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

