

2 Match the phrases in Exercise 1 to the photos.



1 Wake up



2 get dressed



3 have breakfast



4 check your messages



5 tidy your room



6 Prepare your bag



7 brush your hair



8 clean your teeth



9 Put on your shoes



10 leave the house

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 check my messages on my phone. Then, I ² Have breakfast in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ Get dressed in my room. I usually wear jeans and a T-shirt. Then, I ⁴ Tidy my room (I do this at least twice a day and after every meal!) and brush my hair. After, I ⁵ Prepare my bag: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ leave my house 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 ¹ Present simple to talk about habits and routines. We often use it with

² Adverbs of frequency.

We use the ³ Present continuous to talk about things we're doing now. We often use it with

words like ⁴ Today, now, at the moment.

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 is n '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.
am studying
2 Are you knowing Katy? She's my sister.
Do
3 My brother watching TV with his friends.
Watches
4 My mum is a doctor. She is usually working at weekends.
Works
5 Every day we are drinking tea for breakfast.
drink

VOCABULARY

Food

СЪСТАВИ

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

READING

1 Read the texts. For each question, write *A* (Anna), *L* (Lena) or *Y* (Yuko).

- | | |
|---|-------------|
| <input checked="" type="checkbox"/> 1 Who has a hot drink in the morning? | _____Y_____ |
| 2 Who uses the computer in the evening? | _____L_____ |
| 3 Who goes to school by bus or car? | _____A_____ |
| 4 Who does sport in the afternoon? | _____Y_____ |
| 5 Who can't choose what she wears to school? | _____Y_____ |
| 6 Who goes home before 2 pm? | _____L_____ |
| 7 Who takes her lunch to school? | _____A_____ |

2 Read the texts again and answer the questions.

1 What does Anna have for breakfast?

She has cereal and milk.

2 How does Yuko travel to school?

she walks to school.

3 What time does school start for Lena?

It starts at 7.30.

4 What does Anna usually have for lunch?

She has sandwiches and fruit.

5 What does Lena do after dinner?

She watches video on the internet.

6 When does Yuko do her homework?

she does her homework in the evening.

WRITING

A paragraph about your routine

- 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

- get up
go to school
lunch
the school finishes
go home
go to bed

- 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 _____ and _____ Hamish.
- 2** Do you go to school at 8 o'clock _____ Or _____ at 8.30?
- 3** For breakfast, I have cereal, _____ But _____ I don't have toast.
- 4** I have tea _____ Or _____ hot chocolate. I don't have both.
- 5** I like football, _____ But _____ I don't like basketball.
- 6** In the evening, I do my homework _____ and _____ 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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