

# VOCABULARY

## Daily routines

- brush check clean get  
have leave prepare  
put tidy wake

1 Complete the phrases with the verbs in the box.

- clean your teeth
- your room
- the house
- up breakfast
- your messages
- dressed
- your school bag
- on your shoes
- your hair

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 <sup>6</sup> \_\_\_\_\_ on my shoes and <sup>7</sup> \_\_\_\_\_ at 8 o'clock. I always walk to school with my friend Lucas.

2 Match the phrases in Exercise 1 to the photos.



# 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.

- I always leave the house at 8 o'clock.
- 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

We use the <sup>2</sup> \_\_\_\_\_ to talk about things we're doing now. We often use it with words like '\_\_\_\_\_'

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

- I always / at the moment prepare my school bag before school.
- My parents now / always watch TV in the evening.
- My brother is making breakfast now / usually.
- Why have you got your maths book? We're studying English often / today.
- What are you doing sometimes / at the moment?
- 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.

- He plays (play) tennis every day.
- I never (tidy) my room. My mum hates it!
- They usually (watch) films at the weekend.
- My dad \_\_\_\_\_ (cook) breakfast today.
- My mum \_\_\_\_\_ (not work) in a school. She's a police officer.
- Jack \_\_\_\_\_ (not work) today because he's not very well.
- What book \_\_\_\_\_ (you / read) at the moment? Is it good?

4 Correct the mistakes in the sentences.

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

# VOCABULARY

## Food

1 Look at the photos and choose the correct words.



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



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



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



- 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.

- For breakfast, I always have \_\_\_\_\_.
- My favourite dessert is \_\_\_\_\_.
- My favourite snacks are \_\_\_\_\_.
- For dinner, we usually have \_\_\_\_\_.