



food

Tell us about your day



**video**

**time**







avocado





bread



**cabbage**





**Main course**



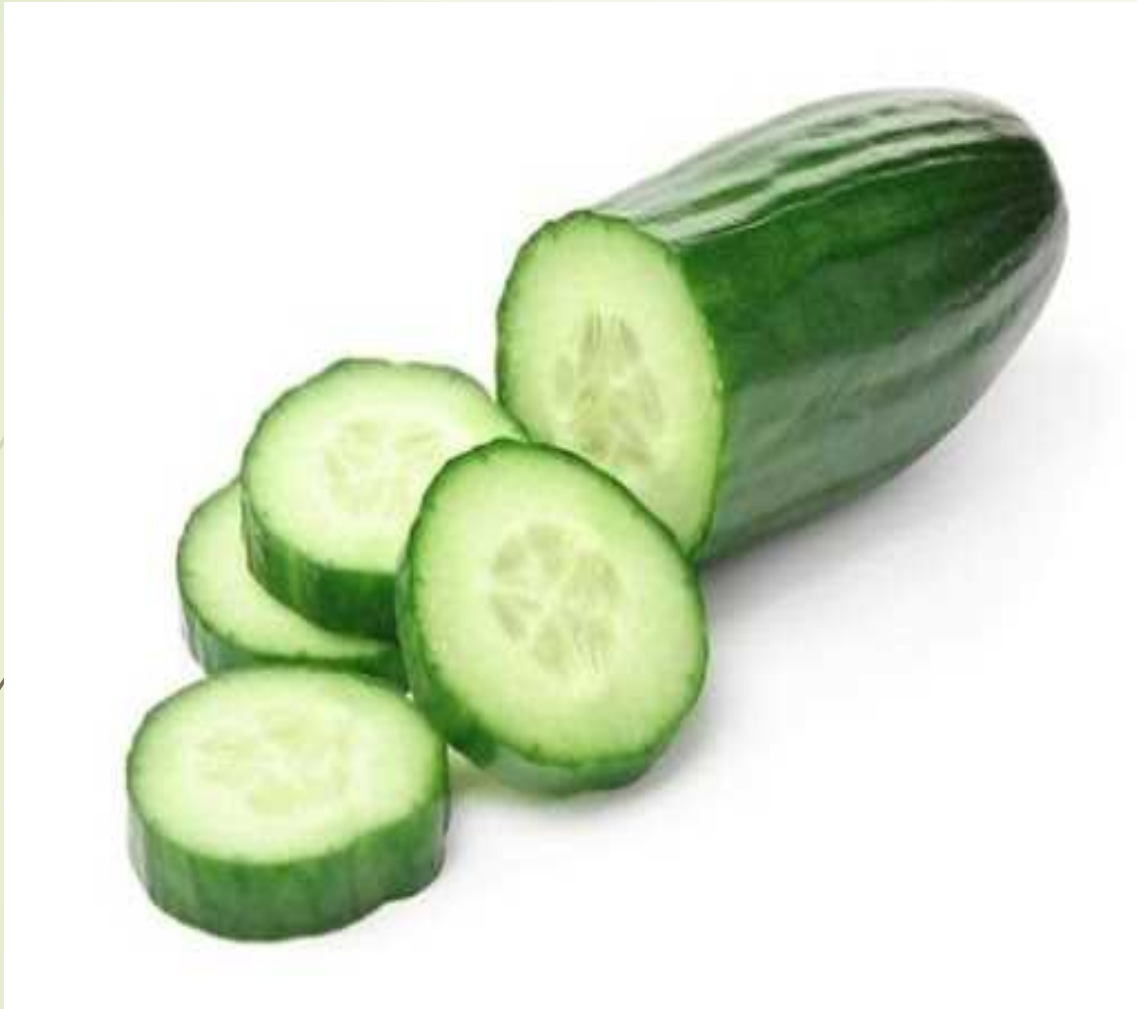
cereal





chees

e



cucumber



fish







honey





**Hot chocolate**





jam



mango



pasta





toast



tomatoes





rice



vegetable





yoghurt



dessert



breakfast





lunch

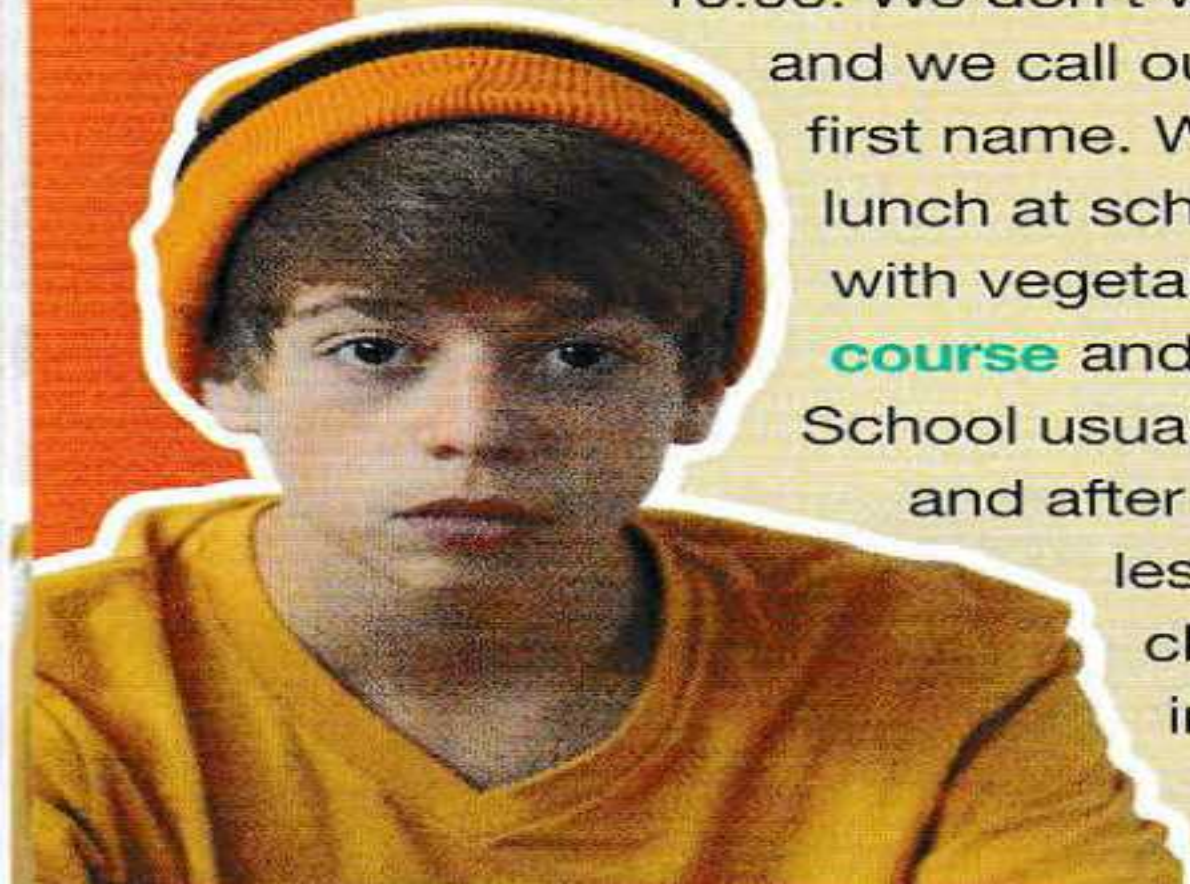


dinner



## A Onni – Finland

I get up at 8.00 am. For breakfast I have cereal and milk, with orange **juice**. After breakfast, I meet my friend, and we go to school together on the metro. Some days school starts at 9.00 but on other days at 10.00. We don't wear a uniform, and we call our teachers by their first name. We all get a free lunch at school – meat or fish with vegetables for the **main course** and fruit for **dessert**. School usually finishes at 2.45, and after that I go to music lessons or drama club. I have a **snack** in the evening before bed.







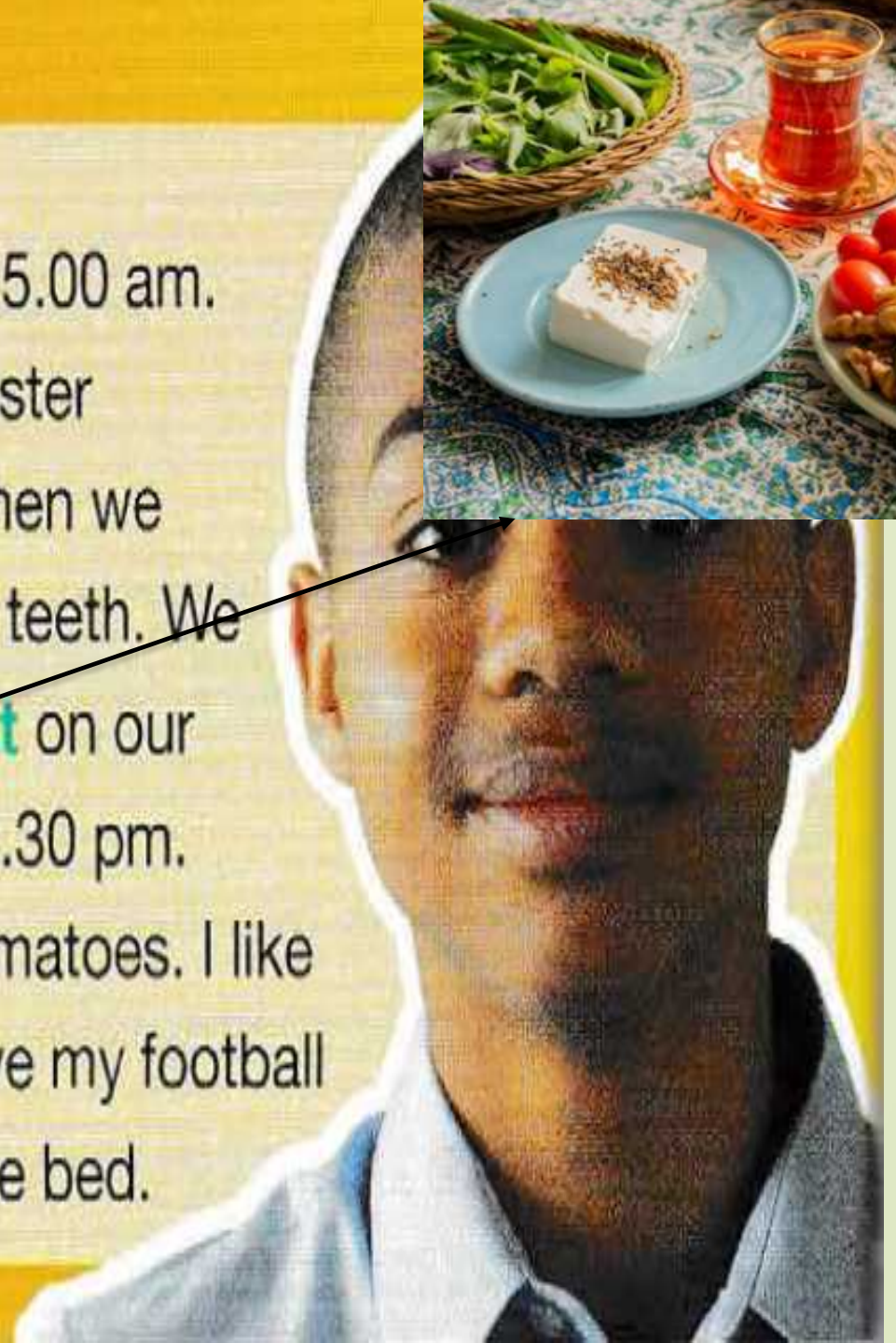
## **B** Diego – Mexico

I wake up at 6.00 am, have a shower and put on my uniform. My breakfast is coffee, with bread and cheese or avocado. At 7.00 am, it's time to go to school. Sometimes I walk, but often my mum drives me. Classes begin at 8.00 and finish at 2.30. After that, I have my art class. I have **lunch** at about 3.00, and then I do my homework. I do it till 6.00 or 7.00. After that, I go on the internet, or watch TV with my family. I have **dinner** at about 8.00.



## C Aban – Ghana

My mother wakes me and my sister up at 5.00 am. I water the plants in the garden, and my sister prepares the food for the evening meal. Then we put on our school uniforms and brush our teeth. We leave the house at 6.30 and buy **breakfast** on our way to school. Lessons are from 7.30 to 2.30 pm. Lunch is at school – today, it's rice and tomatoes. I like it, but my sister doesn't! After school I have my football class, and in the evening I watch TV before bed.





**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?





**Thanks**

hello.







Whats your favourite food ?

What don't you like?



**What do you  
have for  
breakfast?**







What time  
do you have  
dinner?





**7 tips**

**To help you feel great  
In the morning**



Drink juice



move



**USE IT!**

Use the brain



Don't keep your alarm  
by your bed





Tidy your room



## PRONUNCIATION

The sound /ə/



19

**4** Listen and repeat.

breakfast      dinnerer      vegetables



20

**5** Listen and repeat. Circle the /ə/ sound in each word. One word has two /ə/ sounds. Which word is it?

pasta      chocolate      banana      salad  
tomato      yoghurt      cucumber





21

**3**

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

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



**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

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 but my brother *but / or* gets the bus.
- 3 I eat lots of fruit and drink lots *and / or* of water.
- 4 I like staying up late but I can't *but / and* do that during the week.
- 5 I don't like carrots or tomatoes. *or / but*

**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.

**REVIEW** In pairs, read your own text and your partner's. Check for mistakes. Give your partner two ideas to make their text better.

Goodbye