

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 Tidy your room
- 2 Leave the house
- 3 Wake up
- 4 Have breakfast
- 5 Read your messages
- 6 Get dressed
- 7 Prepare your school bag
- 8 Put on your shoes
- 9 Brush your hair

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 school bag



7 Brush your hair



8 Clean my teeth



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



- 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 and at the moment**

- 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 (tidy) my room. My mum hates it!
- They usually watch (watch) films at the weekend.
- My dad is cooking (cook) breakfast today.
- My mum doesn't work (not work) in a school. She's a police officer.
- Jack isn't working (not work) today because he's not very well.
- 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.
I am studying now because I've got an exam tomorrow.
- 2 Are you knowing Katy? She's my sister.
Do you know Katy? She's my sister.
- 3 My brother watching TV with his friends.
My brother is watching TV with his friends.
- 4 My mum is a doctor. She is usually working at weekends.
My mum is watching with his friends.
- 5 Every day we are drinking tea for breakfast.
Every day we drink tea.

- 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.

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

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

- | | |
|--|---|
| 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 |

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?
<u>She has cereal and milk.</u> | 4 What does Anna usually have for lunch?
<u>She usually has sandwiches and fruit.</u> |
| 2 How does Yuko travel to school?
<u>She walks.</u> | 5 What does Lena do after dinner?
<u>She watches videos on internet.</u> |
| 3 What time does school start for Lena?
<u>It starts at 7:30 am.</u> | 6 When does Yuko do her homework?
<u>She does her homework in the evening.</u> |

LISTENING

- 1 Listen to the conversation between Jasmine and George. Where are they?

They are in a shop / supermarket.

- 2 Listen again. Who says what? Write 'J' (Jasmine) or 'G' (George).

- | | |
|---|---|
| 1 I'm shopping for my parents. | J |
| 2 I thought you always play football on Saturday afternoon. | J |
| 3 There isn't any football today. | G |
| 4 Well, actually, I love chips too. | G |
| 5 I like chocolate, but I don't eat it often. | G |
| 6 I never eat chocolate. | J |

- 3 Listen again and choose the correct answers.

- Jasmine's mum is working / on holiday at the moment.
- The people in the football team are at home / on holiday.
- George's sister wants to make eggs / go to university.
- George's sister wants to have lunch at 1.15 / 1.30 pm.
- Jasmine wants to buy biscuits / chocolate.
- Jasmine's dad likes / doesn't like chocolate.

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 | d | a have dinner |
| 2 8.00 am | e | b go home |
| 3 8.30 am | f | c go to bed |
| 4 1.00 pm | g | d get dressed |
| 5 3.00 pm | b | e leave the house |
| 6 7.30 pm | e | f start school |
| 7 9.30 pm | c | 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.

- We use and to link two ideas.
- We use but to contrast two things.
- We use or for different things we can choose.

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

- I walk to school with my friends Ally and Hamish.
- Do you go to school at 8 o'clock but at 8.30?
- For breakfast, I have cereal, or I don't have toast.
- I have tea but hot chocolate. I don't have both.
- I like football, and I don't like basketball.
- 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.

- 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.
