



VOCABULARY

AND

LISTENING

Daily routines

1 Match the photos to the phrases in the box.



brush your hair
clean your teeth
leave the house
put on your shoes

check your messages
get dressed have breakfast
prepare your school bag
tidy your room wake up



Listen and check. Then repeat.

brush your hair H

clean your teeth J

leave the house F

put on your shoes I

check your messages A

get dressed B

prepare your school bag E

tidy your room

have breakfast D

wake up G



A

B

C

D

0:03 / 4:05

MY MORNING ROUTINE





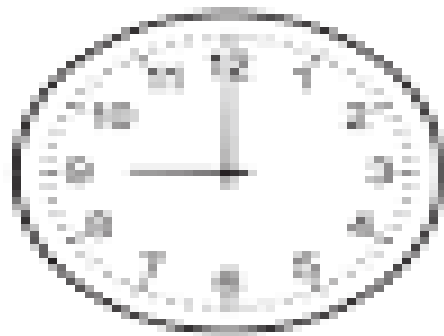


16

2

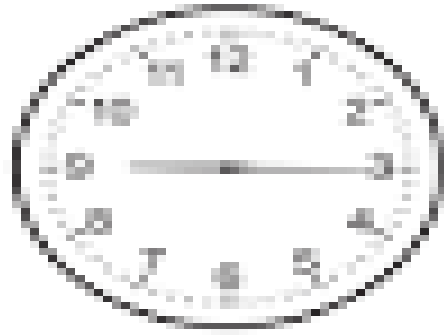
Listen to Maddie talking about her morning routine.
Number the photos in the order that you hear them.





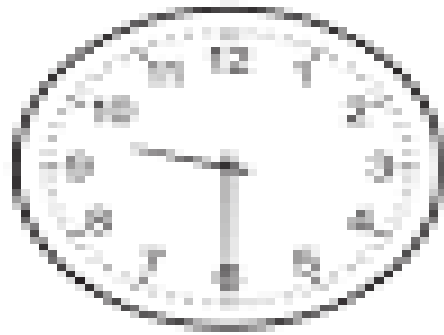
09:00

9 o'clock



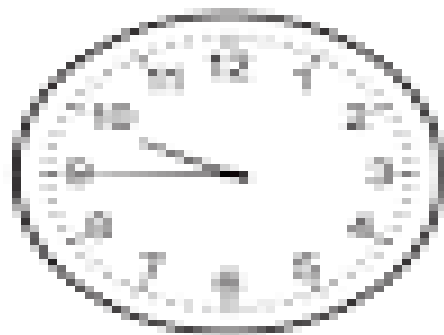
09:15

a quarter past 9



09:30

half past 9



09:45

a quarter to 10



3 Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00	6.30	6.45	6.50	7.00	7.10
7.15	7.30	7.40	8.00	8.10	

- 1 My alarm goes off at 6.30.
- 2 I get up at 6.45.
- 3 I clean my teeth at 7.00.
- 4 I get dressed at 7.15.
- 5 I prepare my school bag at 7.30.
- 6 I put my shoes on and leave home at 7.40.



16

Listen again and check.

- 4** In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.

Simple Present Tense

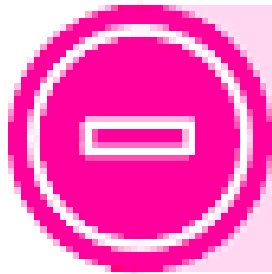
onlymyenglish.com

A present simple tense is a verb form of a sentence that tells about the action, circumstance which happens regularly, or occurrences.



Subject + verb (s/es) + object

Romie loves to eat burgers.



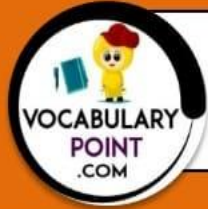
Subject + do/does + not + verb + object

Romie does not love to eat burgers.



Do/does + subject + verb + object + ?

Does Romie love to eat burgers?



Present continuous tense



Sub+ helping verb (is/am/are) + 1st + ing+ object

He is crying.



Sub + helping verb+ not + 1st + ing + object

He is not crying.



Helping verb + sub+ 1st + ing+ object?

Is he crying ?

GRAMMAR

Present continuous and present simple

- 1** Look at the examples from the listening. Write *simple* or *continuous*.

Present _____

Today, I'm **talking** about my morning routine.

I'm **having** cereal with fruit today .

At the moment , I'm **wearing** my favourite T-shirt.

I'm **leaving** the house now .

I'm **not wearing** my uniform today .

Present _____

I never **have** a shower in the morning.

I always **check** my messages in the morning.

I sometimes **have** toast and butter.

I usually **wear** my uniform.

I **don't** usually **have** a shower in the morning.

2 Complete the rules with the underlined words.

We often use the **present simple** with words like

Never, always, usually and sometimes.

We often use the **present continuous** with words

like at the moment, now and today.

3 Complete the sentences with the correct tense of the verbs in brackets.

- 0 I 'm shopping (shop) at the moment. I can't talk.
- 1 My mum always Cooks (cook) nice food.
- 2 The teachers usually give (give) us a lot of homework on Monday.
- 3 I am staying (stay) at home today. I don't go (not go) to school.
- 4 It's five o'clock now and I am watching (watch) TV with my sister.
- 5 What time does your dad usually get up (get up) on a Sunday?
- 6 It's OK, Jack's not sleeping (not sleep) at the moment. You can go and talk to him.

4 Correct the mistakes in the sentences.

is getting

- 0 My cousin gets married today.
- 1 How are you? I am writing to you to give you some news.
- 2 What are you doing do at the moment?
- 3 My brother and I are don't go going swimming every day.
- 4 My mum is Works working in the mornings.
- 5 We usually are eating a big breakfast on Sunday.
eat

5 Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.

- 0** walk to school / go by bus.
I usually walk to school, but today I'm going by bus.
- 1** have a sandwich for lunch / spaghetti
- 2** watch TV after school / do my homework
- 3** play football on Saturday / play tennis
- 4** get up at seven o'clock / eight o'clock
- 5** have a shower / have a bath

1-I usually have a sandwich for lunch ,but today I am having spaghetti.

2-I always watch TV after school ,but today I am doing my homework.

3-I sometimes play football on Saturday ,but today I am playing tennis now.

4-I often get up at seven o clock ,but today I am getting up at eight o clock.

5-I always have a shower ,but today I am having a bath.

6 Put the words in order to make questions.

- 1** your / the / moment / friend / what / doing / is / at?
- 2** bed / do / go / you / what / usually / to / time?
- 3** school / do / get / home / how / from / you?
- 4** sitting / is / teacher / at / down / your / the / moment?
- 5** sun / today / shining / is / the?
- 6** day / do / every / get / at / same / up / the / time / you?

Now match the questions to the correct answer.

- | | |
|------------------------|--------------------------|
| a No, it isn't. | d Yes, he is. |
| b 10 pm. | e She's sleeping. |
| c I walk. | f Yes, I do. |

In pairs, ask and answer the questions.

1-what is your friend doing at the moment? **E**

2-what time do you usually go to bed? **b**

3-How do you get home from school? **c**

4-Is your teacher sitting at the moment? **D**

5-Is the sun shining today? **A**

6-Do you get up at the same time? **f**

7 Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.

catch a bus check your messages
do some homework go to sleep
paint a picture play football
prepare lunch put on your coat
take a photo



Are you putting on your sunglasses?

Are you taking a photo?

No

Student A, when Student B guesses the activity, give more information:

I go to a photography club every Friday.
It starts at 7 pm. I go there by bus.

Student B, ask more questions.





CULTURE

THE PARALYMPIC GAMES

- 1** In pairs, discuss the questions with your partner.
 - 1** Do you like doing sports? What sports do you do?
 - 2** Do you like watching sports on TV? What sports do you watch?
 - 3** Do you usually watch the Olympic Games and the Paralympic Games?

2 Read the text in boxes 1-6 and match them to the sports in the photos. Write *SV* (sitting volleyball) or *WR* (wheelchair rugby).





Opening ceremony



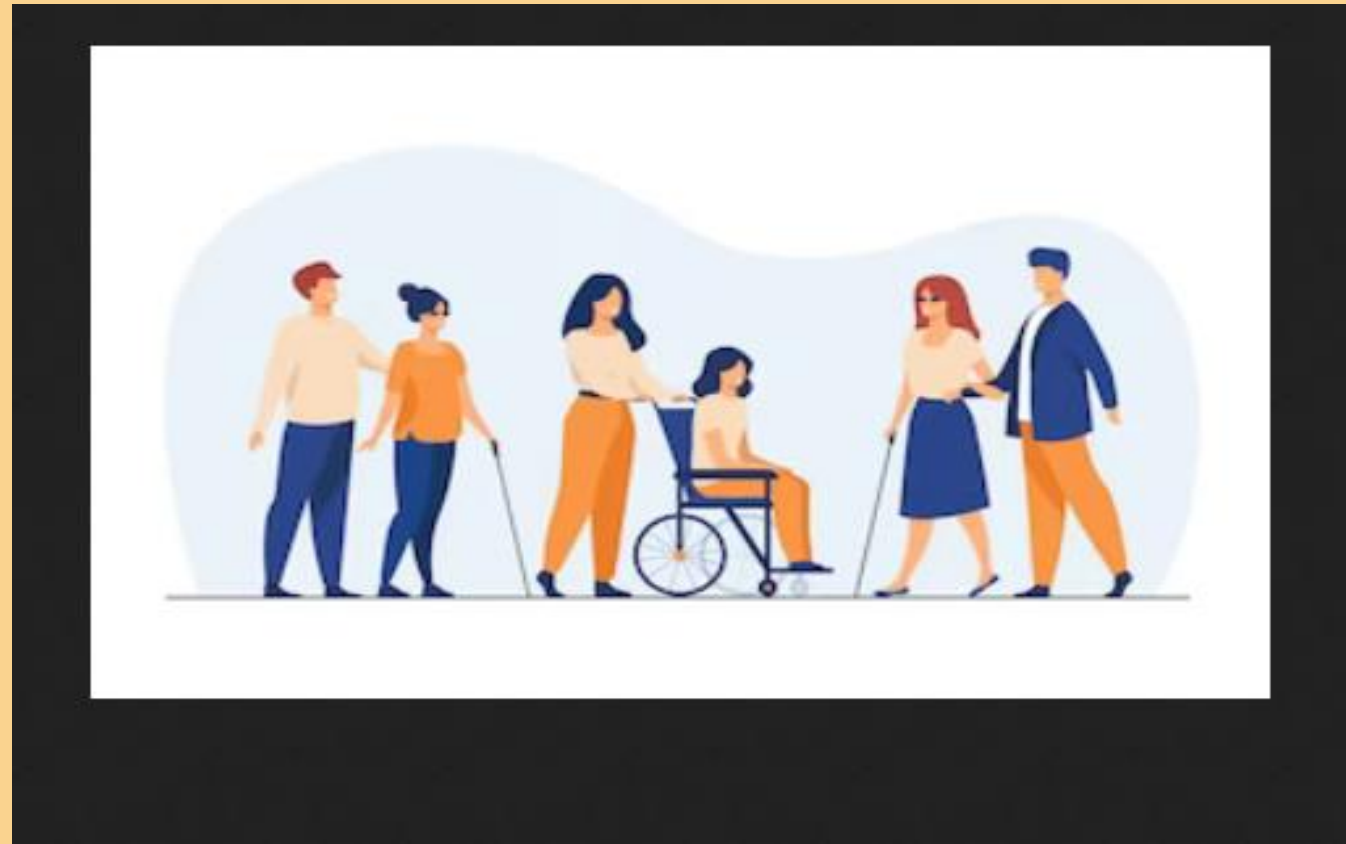
Closing ceremony



It took place in Iran.



This birthday party **held** at home.



Physical disabilities

Competition

vector illustration





popular



Indoor court



carry

FACTFILE

The Paralympic Games

The **International Paralympic Committee** website (www.paralympic.org) tells us these facts:

First official Paralympic Games: 1960. They were held in Rome, Italy and there was a special opening and closing ceremony.

Number of sports: Around 25

Celebrated: Every two years. There are summer Games and winter Games.



Paralympic
SPORTS



Paralympic SPORTS

The Paralympic Games take place every two years. There are winter Games and summer Games.

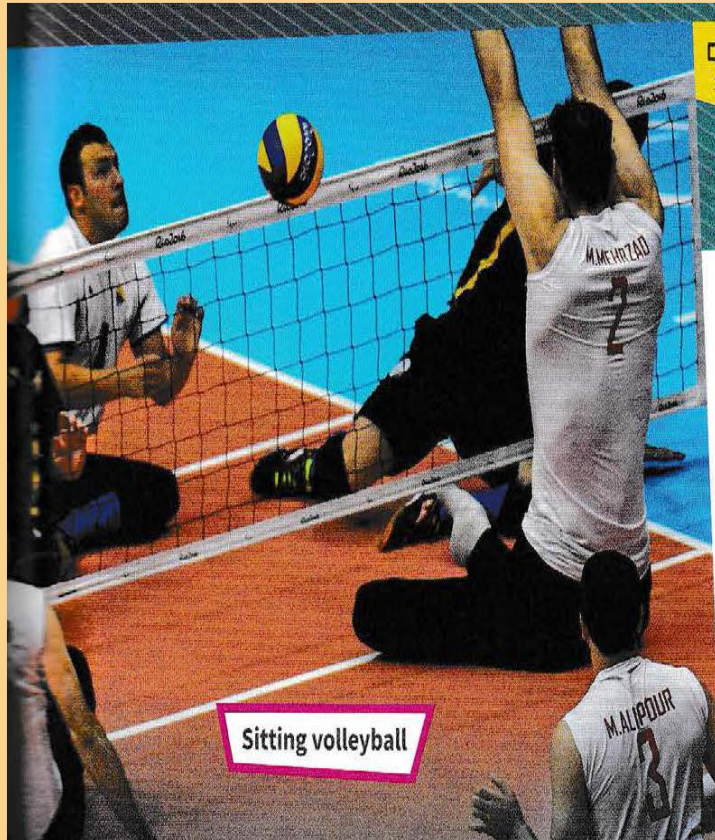
Athletes with physical disabilities from different countries compete for gold, silver and bronze medals.

The Paralympic Games have a lot of different competitions for a lot of different sports. There are 22 sports in the summer Games and five sports in the winter Games.

Here's a description of two popular sports played in the Paralympic Games.



Wheelchair rugby



Sitting volleyball



1

WR You play this sport on an indoor court. **Players** are in **wheelchairs**. They need a ball. They pass the ball from one person to another.

You play this sport on a court inside. Players sit on the floor. They need a net and a ball. Teams need to hit the ball over the net in three turns using their arms.

2

3

Each team has six players on the **court**. Each team is on a different side of the net.

_____ There are 12 players on a team, but there are only four players on the court for each team at one time. For a goal, the team carries the ball over the opposite team's line and two wheels need to cross the line.

4

5

_____ The net is lower than in the Olympic version. In the Olympic version, the players stand.

_____ The indoor court is smaller than in the game played outside. It is the same size as a basketball court. The **goal lines** are at the far ends of the court.

6



TALKING POINTS

Which sport do you like best – sitting volleyball or wheelchair rugby. Why?





5

Listen to an interview with Martha Dirksen about a Paralympic sport. What sport does she do?



Wheelchair
basketball

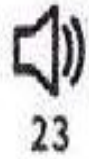


Wheelchair
tennis



Wheelchair
rugby





6

Listen again and answer the questions.

- 1 How old is Martha?
- 2 Where is the court?
- 3 What does she want to be in one day?
- 4 What has her sports hero got?
- 5 Where is David Wagner from?
- 6 Does Martha play tennis on Tuesdays?
- 7 Does Martha rest at weekends?



PROJECT

An interview

Imagine you work for a radio station. In pairs, write interview questions to ask a Paralympic athlete.

- Find out:
 - Their name.
 - What sport they do.
 - Where they are from.
 - How many medals they have.
- Write three questions you can ask the athlete.
- Find information on a Paralympic athlete. Answer the questions.
- Tell the class what you found out.





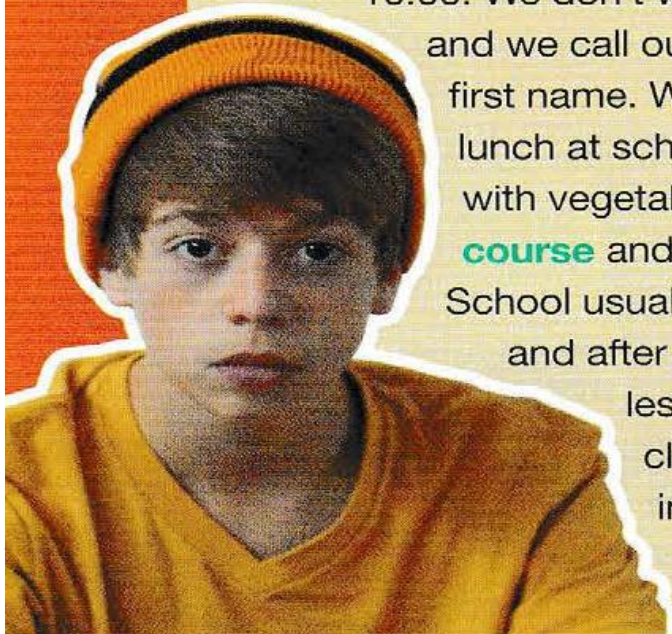
Tell us about your day...

Three young people from around the world describe a typical school day

B Diego - Mexico

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.

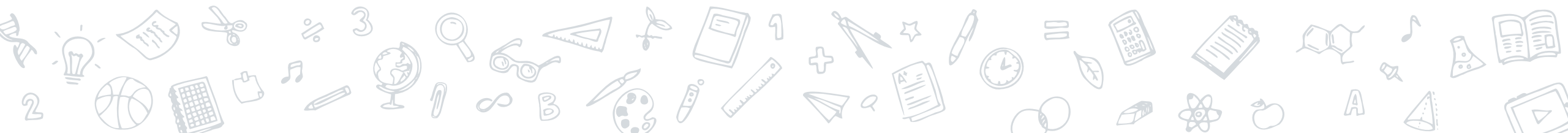
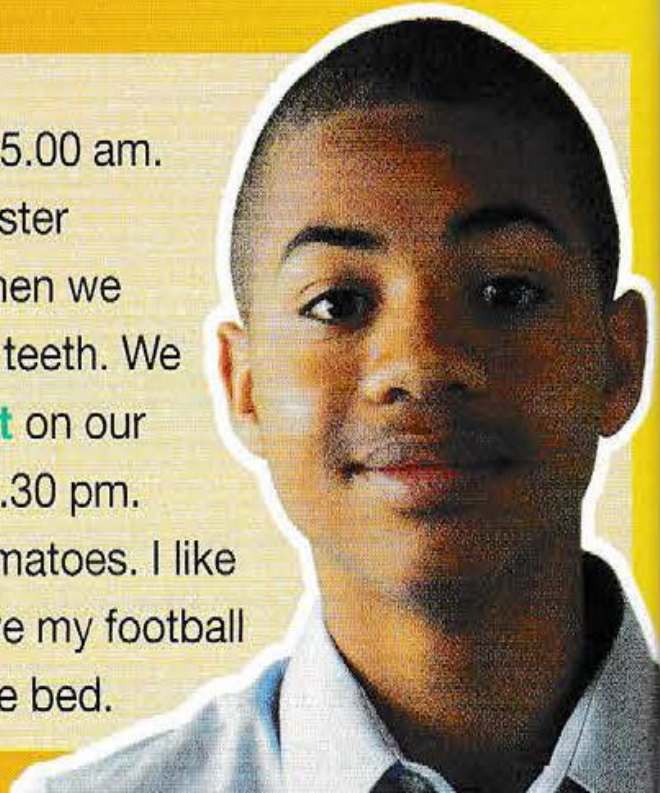



B Diego - Mexico

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.

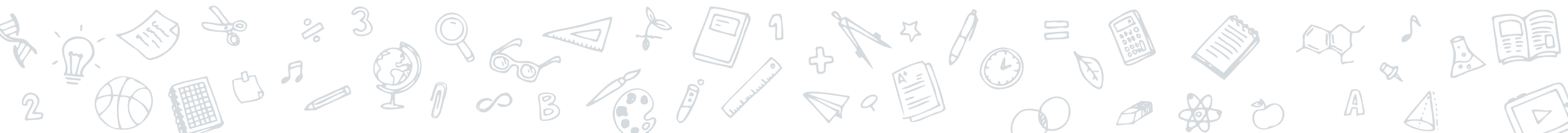
C Aban – Ghana

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? **D**
- 2 Who can choose what he wears to school? **O**
- 3 Who doesn't have breakfast at home? **A**
- 4 Who goes to school by car? **D**
- 5 Who doesn't start school at the same time each day? **O**
- 6 Who does sport after school? **A**
- 7 Who has a hot drink in the morning? **D**



Juice, main course, dessert, Snack Lunch, Dinner, Breakfast

1 Look at the texts and find these **words**.

- 0** This is the first meal of the day. *breakfast*
- 1** This is sweet and you have it at the end of the meal. **Dessert**
- 2** You have this when you don't need a big meal. **Snack**
- 3** You have this meal in the middle of the day. **Lunch**
- 4** This is a drink made from fruit. **Juice**
- 5** This is the last meal of the day. **Dinner**
- 6** This is the largest or most important part of the meal. **Breakfast**

2 Match the photos to the words in the box.

EP

avocado P bread F cabbage I cereal K
cheese J cucumber L fish C fruit D honey G
hot chocolate N jam B mango A pasta O toast Q
tomatoes H rice M vegetables E yoghurt R



Listen and check. Then repeat.



20 UNIT 2



Listen to the radio show. You will hear a woman asking six students about getting up in the morning. Match each student to the correct tip. There is one tip you do not need.

- | | |
|-----------|-------|
| Student 1 | Tip A |
| Student 2 | Tip B |
| Student 3 | Tip C |
| Student 4 | Tip D |
| Student 5 | Tip E |
| Student 6 | Tip F |
| | Tip G |



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

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



7 tips to help you feel great in the morning!

A have a cold shower



B tidy your room



C let in the sun



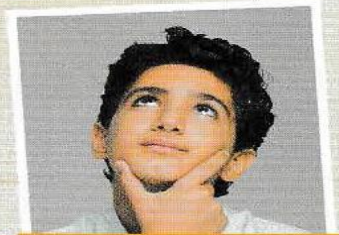
D drink fruit juice



E move!



F use your brain!



G don't keep your alarm by your bed







CULTURE

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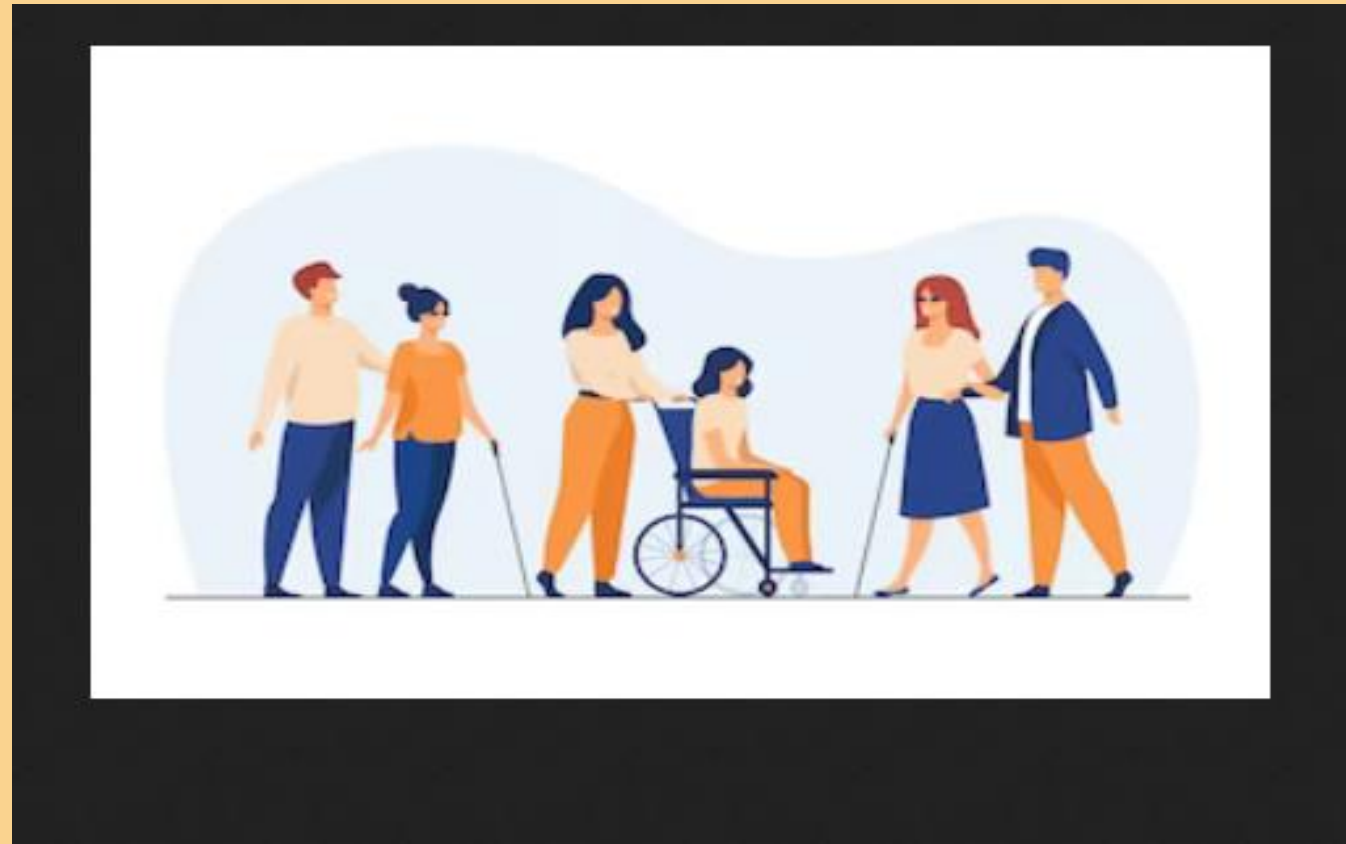
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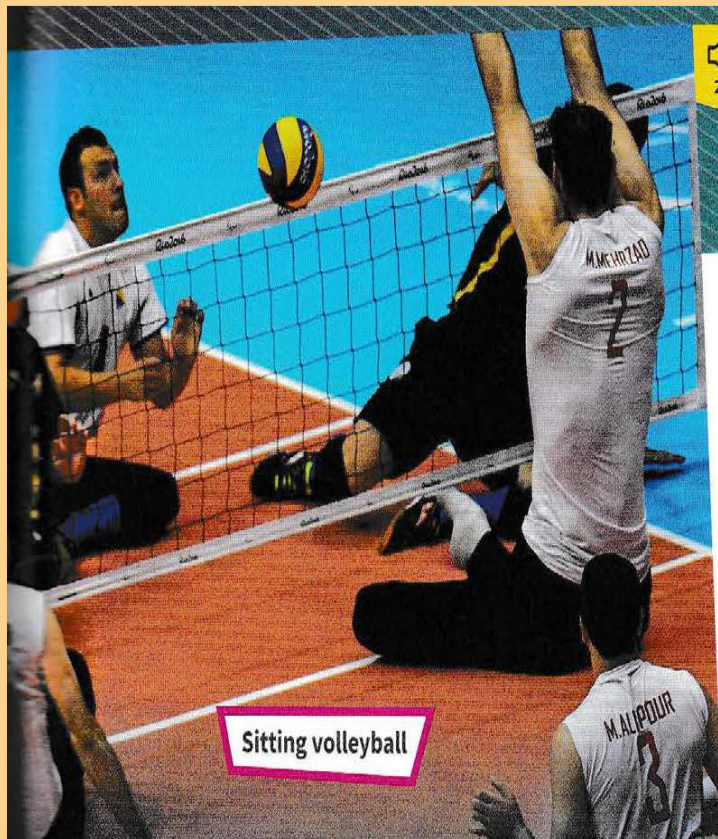
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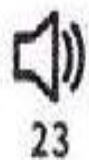


Wheelchair
tennis



Wheelchair
rugby





6

Listen again and answer the questions.

- 1 How old is Martha? **Martha is eleven.**
- 2 Where is the court? **It is near her school.**
- 3 What does she want to be in one day? **she wants to be in paralympic game**
- 4 What has her sports hero got? **David Wagner.**
- 5 Where is David Wagner from? **He is from United States.**
- 6 Does Martha play tennis on Tuesdays? **No. she doesn't**
- 7 Does Martha rest at weekends? **No. she doesn't**



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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_____ |

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?

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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