

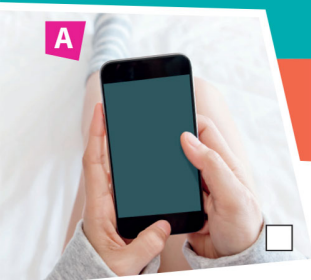
2

THIS IS MY DAY



ABOUT YOU

What time does your alarm go off on a school day?
What do you do in the morning before you go to school?



0:03 / 4:05

MY MORNING ROUTINE

11,345 views

1k

Share



Maddie's mad life

FOLLOW



VOCABULARY

AND

LISTENING

Daily routines

1 Match the photos to the phrases in the box.

EP

brush your hair check your messages
clean your teeth get dressed have breakfast
leave the house prepare your school bag
put on your shoes tidy your room wake up



Listen and check. Then repeat.



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

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	

- My alarm goes off at _____.
- I get up at _____.
- I clean my teeth at _____.
- I get dressed at _____.
- I prepare my school bag at _____.
- I put my shoes on and leave home at _____.



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.

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 _____, _____ and _____.

We often use the **present continuous** with words like _____, _____ and _____.

GRAMMAR REFERENCE AND PRACTICE PAGE 139

- 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 _____ (cook) nice food.

2 The teachers usually _____ (give) us a lot of homework on Monday.

3 I _____ (stay) at home today. I _____ (not go) to school.

4 It's five o'clock now and I _____ (watch) TV with my sister.

5 What time _____ your dad usually _____ (get up) on a Sunday?

6 It's OK, Jack's _____ (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 write to you to give you some news.

2 What do you do at the moment?

3 My brother and I are not going swimming every day.

4 My mum is only working in the mornings.

5 We usually are eating a big breakfast on Sunday.

- 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

- 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.

- 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?

No

Are you taking a photo?

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.



READING

1 Read the texts once. Who starts school the earliest?

Tell us about your day...

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

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).

- Who says he uses the computer in the evening?
- Who can choose what he wears to school?
- Who doesn't have breakfast at home?
- Who goes to school by car?
- Who doesn't start school at the same time each day?
- Who does sport after school?
- Who has a hot drink in the morning?



TALKING POINTS

Whose school day is like yours? Whose is different?

Was any of the information surprising to you?

VOCABULARY

Food

1 Look at the texts and find these words.

- This is the first meal of the day. **breakfast**
- This is sweet and you have it at the end of the meal.
- You have this when you don't need a big meal.
- You have this meal in the middle of the day.
- This is a drink made from fruit.
- This is the last meal of the day.
- This is the largest or most important part of the meal.

2 Match the photos to the words in the box.



avocado bread cabbage cereal
cheese cucumber fish fruit honey
hot chocolate jam mango pasta toast
tomatoes rice vegetables yoghurt



Listen and check. Then repeat.



3 Think of ten more food words. In pairs, compare your words. Then ask and answer these questions.

- 1 What's your favourite food? What don't you like?
- 2 What do you have for breakfast?
- 3 What time do you have dinner? What do you have?
- 4 What snacks do you have every day?



PRONUNCIATION

The sound /ə/



4 Listen and repeat.

breakfast dinner vegetables



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

LISTENING

1 Read the poster. What do you think of these tips?



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.

- 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?

WRITING



PREPARE TO WRITE

A paragraph about your routine

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 sentences.

- 1 We don't get chocolate or crisps *or / but* at school.
- 2 I walk to school my brother *but / or* gets the bus.
- 3 I eat lots of fruit drink lots *and / or* of water.
- 4 I like staying up late I can't *but / and* do that during the week.
- 5 I don't like carrots 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.

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

UNIT 2

PRESENT CONTINUOUS AND PRESENT SIMPLE

SEE GRAMMAR REFERENCE, STARTER, PRESENT SIMPLE PAGE 138

Present continuous

Positive	I'm (am) waking up. You/We/They're (are) getting dressed. He/She/It's (is) eating breakfast.
Negative	I'm (am) not brushing my hair. You/We/They aren't (are not) going to school. (or You/We/They're not going to school.) He/She/It isn't (is not) helping. (or He/She/ It's not helping.)
Questions	Am I eating lunch? Are you/we/they making breakfast? Is he/she/it drinking hot chocolate?
Short answers	Yes, I am. No, I'm not. Yes, you/we/they are. No, you/we/they aren't. (or you/we/they're not.) Yes, he/she/it is. No, he/she/it isn't. (or he/she/it's not.)

SPELLING: -ING FORM

Present continuous

most verbs add -ing	go → going brush → brushing eat → eating
verbs ending in -e: remove -e and add -ing	wake → waking have → having
verbs ending in -ie: change the -ie to -y and add -ing	lie → lying
one-syllable verbs ending in a consonant + a vowel + a consonant (except w, x or y): double the consonant and add -ing	get dressed → getting dressed shop → shopping
two-syllable verbs ending in a stressed vowel + a consonant: double the consonant and add -ing	begin → beginning (but open → opening)
In British English, we double the final l in travel.	travel → travelling (American English: travel → traveling)

We use:

- the **present simple** to talk about things we do often or every day. We often use it with frequency adverbs such as *often*, *usually* *always* and *never*.
We often eat salad in the summer.
- the **present continuous** to talk about things we're doing now or at the moment. We often use it with words such as *now*, *at the moment* and *today*.
I'm preparing my school bag at the moment.

Practice

1 Write complete sentences in the present continuous.

- My brother / make sandwiches at the moment.
My brother's making sandwiches at the moment.
- We / serve dinner now.
- I / not going to school this morning.
- What / you make?
- My friends / not go cycling at the moment.
- your best friend / sit next to you?

2 Choose the correct words to complete the sentences.

- We never eat / 're never eating dinner at a restaurant.
- I go / 'm going swimming after school every day.
- Shh! My baby brother sleeps / 's sleeping at the moment.
- What do you usually have / are you usually having for breakfast?
- Are you watch / watching TV now? No, I'm not / it isn't.
- My mum doesn't work / isn't working today. She's on holiday.
- We always go / are always going to school by bus.

3 Complete the sentences so they are true for you.

- For breakfast, I often _____.
- My friends and I sometimes _____ after school.
- At the moment, my best friend _____.
- I'm _____ and shoes today.
- On Friday afternoon, I usually _____.
- I _____ now.