

2

THIS IS MY DAY

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 _____ your room
- 2 _____ the house
- 3 _____ up
- 4 _____ breakfast
- 5 _____ your messages
- 6 _____ dressed
- 7 _____ your school bag
- 8 _____ on your shoes
- 9 _____ your hair

2 Match the phrases in Exercise 1 to the photos.



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____

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 _____ on my phone. Then, I ² _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ _____ in my room. I usually wear jeans and a T-shirt. Then, I ⁴ _____ (I do this at least twice a day and after every meal!) and brush my hair. After, I ⁵ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ _____ 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 _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

- 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) my room. My mum hates it!
- 2 They usually _____ (watch) films at the weekend.
- 3 My dad _____ (cook) breakfast today.
- 4 My mum _____ (not work) in a school. She's a police officer.
- 5 Jack _____ (not work) today because he's not very well.
- 6 What book _____ (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.

- 2 Are you knowing Katy? She's my sister.

- 3 My brother watching TV with his friends.

- 4 My mum is a doctor. She is usually working at weekends.

- 5 Every day we are drinking tea for breakfast.

VOCABULARY

Food

- 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).

- 1 Who has a hot drink in the morning?
- 2 Who uses the computer in the evening?
- 3 Who goes to school by bus or car?
- 4 Who does sport in the afternoon?
- 5 Who can't choose what she wears to school?
- 6 Who goes home before 2 pm?
- 7 Who takes her lunch to school?

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?
..... | 4 What does Anna usually have for lunch?
..... |
| 2 How does Yuko travel to school?
..... | 5 What does Lena do after dinner?
..... |
| 3 What time does school start for Lena?
..... | 6 When does Yuko do her homework?
..... |

LISTENING

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

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

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

3 Listen again and choose the correct answers.

- 1 Jasmine's mum is *working* / *on holiday* at the moment.
- 2 The people in the football team are *at home* / *on holiday*.
- 3 George's sister wants to *make eggs* / *go to university*.
- 4 George's sister wants to have lunch at *1.15* / *1.30* pm.
- 5 Jasmine wants to buy *biscuits* / *chocolate*.
- 6 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 | | a have dinner |
| 2 8.00 am | | b go home |
| 3 8.30 am | | c go to bed |
| 4 1.00 pm | | d get dressed |
| 5 3.00 pm | | e leave the house |
| 6 7.30 pm | | f start school |
| 7 9.30 pm | | 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 Hamish.
- 2 Do you go to school at 8 o'clock at 8.30?
- 3 For breakfast, I have cereal, I don't have toast.
- 4 I have tea hot chocolate. I don't have both.
- 5 I like football, I don't like basketball.
- 6 In the evening, I do my homework 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.

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