

A day in the life of a teenager in Australia

BY DAYNA BROWN

Zione Phiri was born in Malawi, but she lives in Australia. She is thirteen. Her routine is very similar to some Brazilian teenagers during the pandemic. She rarely gets up early. She wakes up at 8 a.m. She brushes her teeth and takes a shower at 8:20. Then she has breakfast. She usually drinks juice and eats some fruits. After that, she has online classes from 9 a.m. to 3 p.m. She has lunch at 12:30. After school, she does her homework, and she has music classes at 6 p.m. She watches TV at night and also talks to her friends on a chat app. She never exercises at night. She always goes to bed at 10 p.m.



Match the questions to the appropriate answers.

- a) How often does Zione eat fruit for breakfast?
- b) How often does she get up early?
- c) How often does she exercise at night?
- d) How often does she go to bed at 10 p.m.

- ☐ She **never** exercises at night.
- ☐ She **rarely** gets up early.
- ☐ She **usually** eats fruit for breakfast.
- ☐ She **always** goes to bed at 10 p.m.