

MY ECO-FRIENDLY DAILY ROUTINE

Read the text and answer orally the questions.



Hello! My name is Elena. I am 13 years old. This is my eco-friendly, daily routine.

Usually, I get up at 6:00 o'clock in the morning. I take a shower in the morning. I use plastic-free shampoo. I brush my teeth. I use a biodegradable toothbrush. Then I get dressed. Usually, I wear recycled clothing. I have breakfast at 7:00



o'clock. I eat a plant-based breakfast. For example: an apple, cereals, an orange juice and an avocado sandwich. I attend my online-classes from 8:00am to 12:00pm. I unplug my laptop or mobile phone when I finish. I have lunch at 1:00pm in the afternoon. I don't eat packaged products. Generally, I wash the dishes. I ride my bike in the afternoon. I chat with my friends on the phone. I do my homework in the afternoon. Generally, I water the garden in the afternoon. I use recycled water for the plants. I watch TV in the evening. I unplug the TV when I finish. Usually, I have dinner at 7:00 pm in the evening. Finally, I go to bed at 10:00 at night.



1. How often does she get up at 6:00 o'clock in the morning?

2. What kind of toothbrush does she use?

3. What does she have for breakfast?

4. When does she do her homework?

5. What does she use for the plants?
