Unit 1: Exercise 2

Read the text. Then complete the exercise on the next screen.

How to have a great day every day
Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day *every* day.

A Get up early
Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas and you will be able to work faster. Many well-known writers and musicians from the past believed that it was important to get up early – and to go to bed early too. You should also try to get up at the same time every day, because this is good for your body and brain.

B Eat breakfast
Breakfast is the most important meal of the day. People often say that they don't have time to eat breakfast, but they will find it more difficult to start work, and they will soon feel very hungry. A healthy meal of toast, eggs, and fruit juice will help you to work well all morning – and stop you from eating unhealthy food like crisps and chocolate later in the morning!

C Go for a walk
If you usually spend a lot of time in your office or in the classroom, it is very important to go outside and get some fresh air. If you spend just 30 minutes a day walking outside, you will feel less tired and you will be able to do more when you get back to work or school. A walk in the park every day will make you feel much healthier and will help you to do your best work.

Choose the correct paragraph to match the information. Read the text on the first screen again to help you.

1 A lot of people don't have time to do this.

◯ A ◯ B ◯ C

2 This will stop you from feeling tired.

◯ A ◯ B ◯ C

3 This will stop you from eating food that is bad for you.

◯ A ◯ B ◯ C

4 In the past, famous people thought that this was a good idea.

◯ A ◯ B ◯ C

5 You should do this at the same time every day.

◯ A ◯ B ◯ C

6 Many people don't want to do this.

◯ A ◯ B ◯ C

LIVEWORKSHEETS