

6B A day in my life

1 VOCABULARY a typical day

a Complete the verb phrases.



1 get _____ up



2 f _____ work



3 g _____ shopping



4 h _____ a shower



5 d _____ housework



6 m _____ dinner



7 w _____ TV



8 g _____ to bed

b Write the words in the chart.

a bath to bed breakfast a coffee to the gym
home lunch a sandwich to school to work

have	go
a bath	to bed

c Complete the text with the correct verb.

do finish
get up go (x4)
have (x3) watch

I'm Hannah and I'm a nurse.
I work at night and I sleep
during the day. I ¹ finish
work at eight o'clock in the
morning and then I ² _____
home and I ³ _____ to
bed. I ⁴ _____ at about
four o'clock in the afternoon
and I ⁵ _____ some
cereal and orange juice for
breakfast. Then I ⁶ _____ shopping
and I ⁷ _____ the housework or
⁸ _____ TV. At seven o'clock in the
evening I ⁹ _____ a shower and I
¹⁰ _____ dinner before I ¹¹ _____
to work again.



2 PRONUNCIATION /j/: sentence rhythm

a **iChecker** Listen and tick (✓) if the word has a  sound.

- 1 usually ✓
- 2 umbrella ✗
- 3 study
- 4 student
- 5 you
- 6 your
- 7 music
- 8 newspaper
- 9 hurry
- 10 yellow

b Listen again and repeat the words.

c **iChecker** Listen and repeat. Copy the rhythm.

- 1 I **start work** at **nine** in the **morning**.
- 2 She has a **coffee** at a **quarter** past **ten**.
- 3 They have a **sandwich** at a **café**.
- 4 You **finish work** at **six thirty**.
- 5 We do **housework** at the **weekend**.
- 6 He **watches TV** in the **evening**.

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

- 1 I get up early. (always)
I always get up early.
- 2 Yasmin goes to school by bus. (usually)
_____.
- 3 You do housework. (never)
_____.
- 4 They have fish for dinner. (sometimes)
_____.
- 5 Andy has lunch at home. (always)
_____.
- 6 I watch TV in the morning. (never)
_____.
- 7 We go shopping at the weekend. (sometimes)
_____.
- 8 They have coffee for breakfast. (usually)
_____.

b Look at the chart and complete the sentences.

✓✓✓✓ = always
✓✓✓ = usually
✓ = sometimes
✗ = never



	Diego	Jen
go to the gym	✗	✓✓✓✓✓
read magazines	✓	✓✓✓
watch football on TV	✓✓✓✓✓	✓
get up early	✓✓✓	✗

- 1 Diego never goes to the gym.
- 2 He _____ magazines.
- 3 He _____ football on TV.
- 4 He _____ early.
- 5 Jen _____ to the gym.
- 6 She _____ magazines.
- 7 She _____ football on TV.
- 8 She _____ early.

4 LISTENING

iChecker Listen to the conversation. Mark the sentences T (true) or F (false).

- 1 Olivia gets up early at the weekend. F
- 2 She has a shower before she has breakfast. _____
- 3 She doesn't have a hot drink for breakfast. _____
- 4 After breakfast she always does the housework. _____
- 5 She usually reads the newspaper after lunch. _____
- 6 She's never at home in the evening. _____

WORDS AND PHRASES TO LEARN

Learn these words and phrases.

Are you a **morning person**? /ɑː ju ə 'mɔːnɪŋ 'pɜːsn/
hurry (v) /'hʌri/

What time do you get up? /wɒt taɪm də ju get ʌp/
At **eight o'clock**. /æt eɪt ə'klɒk/

He gets up at **about** 9.30.
/hiː gets ʌp ət ə'baʊt naɪn 'θɜːti/

then /ðen/

before (after) **lunch** /bɪ'fɔː ('ɑːftə) lʌntʃ/

until two o'clock /ʊn'tɪl tuː ə'klɒk/

often /'ɒfn/