

DAILY ROUTINES

AI

Before

A typical day

VOCABULARY BANK

a (3) (4) Listen and repeat the phrases.

1 IN THE MORNING /'mɔːnɪŋ/



get up
/get ap/

have breakfast
/haev 'brekfəst/

take a shower
/teik ə 'ʃaʊər/

go to school
/gou tu skul/

go to work
/gou tu work/
(by bus, train,
car, etc.)
/bus/ /train/ /kar/

have a coffee
/haev ə 'kofi/

have a
sandwich
/haev ə 'sændwitʃ/

2 IN THE AFTERNOON /æftər'nun/



have lunch
/haev lʌntʃ/

finish work
/finiʃ 'wɜːk/

go home
/gou hum/

go shopping
/gou 'ʃɒpɪŋ/

go to the gym
/gou tu ðə dʒɪm/

3 IN THE EVENING /'evnɪŋ/



make dinner
/meik 'dɪnər/

have dinner
/haev 'dɪnər/

do housework
/du 'haʊsəwɜːk/

watch TV
/wɔːtʃ ti 'viː/

take a bath
/teik ə bæθ/

go to bed
/gou tu bed/

make and do
make dinner / coffee BUT do housework

go with to and the
go to the gym, go to the movies /'muːvɪz/
go to work, go to school, go to bed
go home

b (3) (5) Listen and point to the picture.

c In pairs, look at the pictures and describe their day.

They get up at quarter to seven. ↗ They have breakfast. ↘

◀ p.36



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After

Directions: Look at the daily routines pictures and match them with the correct phrases.

1 IN THE MORNING



go to work

have a coffee

get up

have a sandwich

take a shower

go to school

have breakfast

2 IN THE AFTERNOON



go to the gym

go home

have lunch

finish work

go shopping

3 IN THE EVENING



have dinner

do housework

take a bath

go to bed

watch TV

make dinner



DAILY ROUTINES

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Before

c Complete the text.



I'm Mike and I'm a factory worker. 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 ³ _____ to bed. I ⁴ _____ up at about two-thirty in the afternoon, and I ⁵ _____ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I ⁶ _____ to the gym after breakfast, then I ⁷ _____ a shower and I ⁸ _____ TV. At seven o'clock in the evening, I ⁹ _____ dinner. Then I ¹⁰ _____ to work again.

After

Directions: Complete the text with the verbs in the box.

go get go take go have go finish get watch



I'm Mike and I'm a factory worker. 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 ³ _____ to bed. I ⁴ _____ up at about two-thirty in the afternoon, and I ⁵ _____ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I ⁶ _____ to the gym after breakfast, then I ⁷ _____ a shower and I ⁸ _____ TV. At seven o'clock in the evening, I ⁹ _____ dinner. Then I ¹⁰ _____ to work again.

Exercise 2



DAILY ROUTINES

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Before

1 VOCABULARY a typical day

a Complete the verb phrases.



1 **w**atch TV



2 **d**o housework



5 **g**et up



3 **g**o to work



4 **h**ave a sandwich



7 **g**o shopping



6 **m**ake dinner



8 **g**o to bed

After

Direction: Complete the daily routines with the missing verb phrases. Follow the example.

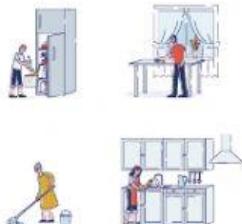


1 **g**et up

2 **g**o to work

3 **h**ave a sandwich

4 **g**o shopping



5 **m**ake dinner

6 **d**o housework

7 **w**atch TV

8 **g**o to bed

Exercise 3



No
changes

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4 GRAMMAR adverbs of frequency

a Match sentences 1–4 with a–d.

	M	T	W	Th	F
1 <input type="checkbox"/> I always get up at 8:00 ...	✓	✓	✓	✓	✓
2 <input type="checkbox"/> I never drink coffee ...	✗	✗	✗	✗	✗
3 <input type="checkbox"/> I usually finish work at 6:00 ...	✓	✓	✗	✓	✓
4 <input type="checkbox"/> I sometimes watch a DVD ...	✗	✓	✗	✗	✓

a but on Wednesdays I finish at 7:00.

b or I read and listen to music.

c because I start work at 9:00.

d because I don't like it.

No
changes

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in parentheses.

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 goes to the gym. (always)

6 I watch TV in the morning. (never)

7 We go shopping on weekends. (sometimes)

8 They have coffee for breakfast. (usually)



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Before

4 LISTENING

a  **Checker** Listen to the interview with Tony. Circle the things he usually or always does on the weekend.



b  **Checker** Listen again. Put an X over the things he never does on the weekend.

After

Direction: Listen to the audio with Tony and pay attention to the activities he usually, always, or never does on the weekend. Mark his activities T (true) or F (false).



1



He always gets up at early.

2



He always takes a shower.

T/F

3



I usually drink coffee or tea.

T/F

4



I usually read the newspaper.

T/F

5



He never does housework.

T/F

6



He never goes the gym.

T/F

7



He always goes out with his friends.

T/F

