

# What a life!

## 1 VOCABULARY

everyday activities

a ))) Listen to the sounds and number the phrases 1–6.

- get dressed
- I get up
- have breakfast
- take a shower
- go to work / school
- have a coffee

b What order do you do these things in the morning? Tell your partner.

First, I get up. Then I...

c ► Vocabulary Bank Everyday activities.

## 2 PRONUNCIATION

linking and sentence stress



### Connected speech

Remember, when people speak, they usually link words together. Sometimes three linked words sound like one word, e.g., I get up at seven.

a ))) Listen and write five sentences.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

b ))) Listen and repeat the sentences.

Copy the rhythm.

I get up at seven.  
 I take a shower.  
 I go to work.  
 I have a sandwich for lunch.  
 I get home at six.  
 I have pizza for dinner.  
 I go to bed at ten.  
 What a life!

## 3 READING & LISTENING

a Read the article. How do you think Nico feels at the end of a typical day? Why? Choose from the adjectives in the list.

bored happy stressed sad tired worried relaxed

b Read the article again. Guess the meaning of the highlighted words and phrases. Then underline words and phrases connected with restaurants, e.g., chef.

c ► Communication Nico's day A p.101 B p.107.

A Ask B questions.

B Find the answers in the text. Then change roles.

What time does Nico get up? } He gets up at...



# FATHER & DAUGHTER



– whose day is more stressful?

Nico is a chef and has his own restaurant, the Blue Jar. He lives in Chile with his wife and her three children, aged 16, 12, and 9.

**6:30 a.m.** I get up and make breakfast for the children. Then I have breakfast – a coffee and cereal – and I read the sports section of the paper.

**7:15 a.m.** I go to the market to buy fruit and vegetables for the restaurant.

**8:45 a.m.** When I get to the restaurant, I check the reservations and my emails and plan the special menu of the day. I have my second cup of coffee.

**10:30 a.m.** I start cooking. The radio is on, and we are busy with breakfast orders, but we also have to prepare the food for lunch.

**12:00 p.m.** I check the tables and have my third coffee.

**1:30 p.m.** Suddenly everyone arrives at the same time and the restaurant is full (on a good day). I start to shout instructions at the chefs and waiters. We make lunch for 85 people in about an hour and a half.

**2:45 p.m.** I come into the restaurant and talk to the customers and ask if they are happy with the food. I'm really hungry now.

**3:30 p.m.** Finally, I have lunch. I don't enjoy it very much because I don't have time to relax.

- d  Listen to Amelia, Nico's 16-year-old stepdaughter, talking about her day. Fill in the blanks with a word, a number, or a time.

**Morning**

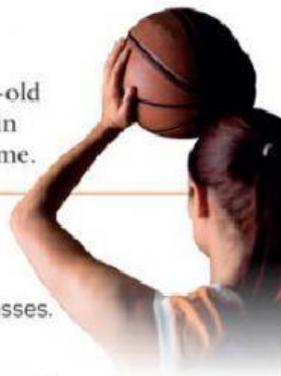
6:30 \_\_\_\_\_ She gets up.  
 \_\_\_\_\_ She starts school.  
 She has \_\_\_\_\_ or \_\_\_\_\_ classes.

**Afternoon**

\_\_\_\_\_ She has lunch. She only has \_\_\_\_\_ minutes for lunch.  
 She has \_\_\_\_\_ or \_\_\_\_\_ classes.  
 \_\_\_\_\_ She finishes school.  
 On Mondays and \_\_\_\_\_ she has extra classes to prepare for the college entrance exam.  
 On Tuesdays and \_\_\_\_\_ she has \_\_\_\_\_ practice.

**Evening**

\_\_\_\_\_ She does \_\_\_\_\_ and studies until dinner.  
 After dinner, she studies until \_\_\_\_\_.  
 \_\_\_\_\_ She goes to bed.



- e Look back at the text and the information in d. Whose day do you think is more stressful, Nico's or Amelia's? Why?

**4 GRAMMAR** prepositions of time (*at, in, on*) and place (*at, in, to*)

- a Look at some sentences from Amelia's day. Complete them with *in, on, at, or to*.

- I get up \_\_\_\_\_ six thirty.
- \_\_\_\_\_ the morning we usually have five classes, sometimes six.
- We have lunch \_\_\_\_\_ school in the cafeteria.
- \_\_\_\_\_ Mondays and Wednesdays I go \_\_\_\_\_ extra classes.

- b  Listen and check.

- c  **Grammar Bank 4B.** Learn more about prepositions and practice them.

- d  Listen and say the time phrases with the right preposition.

 the weekend  on the weekend

**5 SPEAKING & WRITING**

- a Work in pairs. Interview your partner about a typical weekday with the questions.

What time / get up?

/ have breakfast in the morning? What / have?

How / go to work or school?

What time / start work or school?

/ have a long lunch break? How long?

What time / finish work or school?

What / do after work or school?

/ relax in the evening? What / do?

When / do English homework?

What time / go to bed?

How / feel at the end of the day?



**When you can't be exact**

What time do you get up? At **about** 7:15.

What do you have for breakfast? **It depends.** If I have time, I have toast or cereal.

- b Who do you think has a more stressful day, you or your partner? Why?



- 4:00 p.m.** After lunch, I go back to the kitchen and plan the food for the evening menu.
- 5:30 p.m.** I go home to be with the family for a couple of hours. The children do their homework and I make their dinner.
- 7:30 p.m.** I go back to the restaurant, which is full again, and I check that everything is OK.
- 10:00 p.m.** I go home and take a shower. Then I collapse on the sofa with a sandwich.
- 11:00 p.m.** I go to bed, ready to start again the next day.

a Match the verbs and pictures.

### Suzy Stressed

- take a shower
- have a coffee
- do housework
- start work at 8:30
- finish work at 6:30
- get dressed
- wake up at 7:00
- have lunch at work
- go shopping
- go to bed late
- have pizza for dinner
- get home late
- go to work by bus
- watch TV and check emails

### Henry Healthy

- go to Italian classes
- do Italian homework
- get up at 8:00
- have breakfast
- exercise
- go home early
- walk to work
- relax
- take the dog for a walk
- sleep for eight hours
- make dinner
- take a bath

b ))) Listen and check.

c In pairs, cover the phrases and look at the pictures. **A** describe Suzy's day. **B** describe Henry's day. Then change roles.

### have

Have has two meanings.

- 1 For family and possessions, e.g., *I have three children. He has a big house.*
- 2 For activities, e.g., *I have lunch at 1:30. She has a coffee in the afternoon.*

### Suzy Stressed



### Henry Healthy



# GRAMMAR BANK

prepositions: (at, in, on, to)

Time

in	on	at
the morning the afternoon the evening the summer	Monday Tuesday (morning) the weekend	three o'clock noon / midnight lunchtime night

- We use *in* for parts of the day and seasons.
- We use *on* for days and *the weekend*.
- We use *at* for times of the day and *night*.



### Other uses of *in* and *on*

We also use *in* with months and years.  
e.g., *in* December, *in* 2015

We also use *on* with dates.  
e.g., *on* January 1

Movement and place

- 1 He goes **to** work at 8:00.
- 2 He has lunch **at** work.  
He works **in** an office.

- 1 We use *to* for movement or direction: *She goes to the gym.*  
**NOT** *She goes at the gym.*  
We don't use *to* before *home*: *go home* **NOT** *go to home*
- 2 We use *at* and *in* for position.
  - We use *at* + work, home, school.
  - We use *in* + other places: *an apartment, an office, a room, etc.*
  - We can use *in* or *at* with some public places: *a restaurant, the movies, etc.*  
*On Saturdays he usually has lunch in | at a restaurant.*

a Complete with *in, on, or at*.

*on* Saturday

- 1 \_\_\_\_\_ the evening
- 2 \_\_\_\_\_ September 22nd
- 3 \_\_\_\_\_ the summer
- 4 \_\_\_\_\_ 7:30
- 5 \_\_\_\_\_ night
- 6 \_\_\_\_\_ Monday mornings
- 7 \_\_\_\_\_ the weekend
- 8 \_\_\_\_\_ January

b Complete with *to, at, in, or -*.

We go *to* school by bus. They get *-* home late.

- 1 Sorry, John's not here. He's \_\_\_\_\_ work.
- 2 It's a great day. Let's go \_\_\_\_\_ the beach.
- 3 Laura's husband works \_\_\_\_\_ an office.
- 4 My brother studies math \_\_\_\_\_ the University of Chicago.
- 5 I go \_\_\_\_\_ the gym on Tuesdays and Thursdays.
- 6 What time do you go \_\_\_\_\_ home?
- 7 We live \_\_\_\_\_ an apartment.
- 8 It's Monday. The children are \_\_\_\_\_ school.
- 9 My father's a doctor. He works \_\_\_\_\_ a hospital.
- 10 Jack isn't \_\_\_\_\_ the store. He's on vacation.