

1

Time

1.1 Do you live in the past, present or future?

Vocabulary daily life

- 1 What do you do? Match situations 1-8 to verb phrases a-h.
- | | |
|--------------------------------|---|
| 1 You need a holiday. | a spend time with relatives |
| 2 You go to a party. | b do some work |
| 3 It's raining. | c eat healthy food and you'll feel better |
| 4 Your boss arrives. | d have fun |
| 5 You're bored. | e make a to-do list |
| 6 It's your cousin's birthday. | f stay in |
| 7 You're ill. | g go on a trip |
| 8 You have a busy weekend. | h chat with friends online |
- 2 Complete the to-do list with the correct verbs.

THINGS TO DO

SATURDAY	SUNDAY
1 <u>do</u> housework	6 _____ a lie-in!
2 _____ the shopping (buy something for lunch!)	7 _____ a family meal
3 _____ some exercise (football 3 p.m.)	8 _____ future plans (holiday with family this year?)
Go dancing – 4 _____ a good time!	9 _____ English homework
5 _____ to bed late	10 _____ an early night

- 3 Match verbs in A to phrases in B to make verb phrases. Then complete the information sheet.

A	do eat go go have have spend stay
B	an early night a good time healthy food in shopping some exercise time with relatives to bed late

TOP TIPS FOR STAYING HEALTHY



1 Eat healthy food

Doctors say we need to have seven pieces of fruit and vegetables every day. When you can, 2 _____ at a market and buy apples and tomatoes that are fresh.

3 _____

Doctors say the sun is good for us and we need to go out and walk or play sport. Don't 4 _____ all day in front of the TV – it's bad for you.

5 _____

Doctors say that we need eight hours' sleep every night. Don't 6 _____ when you need to get up early in the morning.

7 _____ and friends

Doctors say that happy people live for a long time. Go out and 8 _____ two or three times every week. It isn't good for you to be always on your own.