16 Daily routines

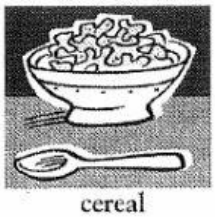
A Sleep

"During the week I usually **wake up**[1] about 7.30 am. If I don't, my mum **wakes me up**. I **get up**[2] a few minutes later. In the evenings I **go to bed** about 10.30 pm, and usually **go to sleep**[3] **straight away**[4]. If I **have a late night**[5] I try to **have a sleep**[6] in the afternoon when I get home from college."

[1] stop sleeping
[2] get out of bed
[3] start sleeping; *syn* **fall asleep**
[4] immediately
[5] go to bed very late; *opp* **have an early night**
[6] a short period of sleeping, e.g. half an hour

B Food

"I have coffee and **cereal** for breakfast, then **have a light lunch**[1], maybe a sandwich and an apple, and a **snack**[2] in the afternoon. We have our **main meal** in the evening. If Mum's late home from work, she **doesn't bother**[3] to cook; we just get a **takeaway**[4] instead. One of us has to **feed**[5] the cat as well."


cereal

[1] have a small meal
[2] a small amount of food you eat between meals
[3] doesn't do something because there is no reason or because it is too much work
[4] a meal you buy in a restaurant but eat at home
[5] give food

C Bathroom routines

"I usually **have a shower** when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to **have a wash**, **clean my teeth** (*syn* **brush my teeth**) and **put on** a bit of **make-up**. In the winter I sometimes **have a bath instead of**[1] a shower. I like to lie in the bath and listen to music."

[1] in place of (a shower)


Marcus having a shave


Rosie putting on make-up

D Housework*

"**Fortunately**[1] we've got a **cleaner**[2] who does a lot of the **housework**, and that includes **doing** my **washing**[3]. But I still have to **make** my **bed** and do some of my **ironing**, and I sometimes **do the shopping** with Mum."

* the work of keeping a home clean and tidy
[1] happening because of good luck; *syn* **luckily**
[2] a person who cleans
[3] washing my clothes

Language help
When we **do the shopping** we buy food at the supermarket; when we **go shopping**, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.


ironing

E Spare time*

"On weekdays I usually **stay in**[1] and watch TV in the evening. At the weekend I go out quite a lot with my friends, either to the cinema or just to a café, and I **eat out**[2] once a week. Sometimes friends **come round**[3] and we **chat**[4] about clothes, music and college."

* time when you are not working
[1] stay at home
[2] eat in a restaurant; *opp* eat in
[3] visit me in my home
[4] have an informal conversation

LIVEWORKSHEETS

Exercises

16.1 Find seven more expressions with *have* + [noun] and *do* + [noun] from the opposite page.

have a shower	have	have	have .....
do	do	do	do .....

16.2 Match the words on the left with the words on the right.

1 get up	g	a the dog
2 fall		b my teeth
3 make		c make-up
4 put on		d a week
5 go		e the bed
6 clean		f to sleep
7 feed		g early
8 once		h asleep

16.3 One word is missing in each sentence. What is it and where does it go?

1 Does it cost much to have a cleaner to do the housework?
2 My mother usually me up around 7:30, then I get up about 7:45.
3 If I have a in the afternoon, I usually eat fruit instead of chocolate.
4 I always go on Friday and Saturday, often to the cinema or a club.
5 Sometimes friends round to the flat and we play computer games.
6 I eat at the weekend, usually in a local Italian or French restaurant.
7 I don't with a full meal at lunchtime; I usually just have a light lunch, like a salad.
8 I often have for breakfast – usually cornflakes or something like that.
9 I don't like doing housework; I have a husband who does most of it.
10 When I get emails, I try to reply to them straight.

16.4 Complete the dialogue with a word or phrasal verb from the opposite page in each gap.

A: Don't [1] bother ..... to cook dinner tonight.
B: Why not?
A: We could go out [2] ..... of eating here.
B: Yeah. Where?
A: Well, I'd like to try that new Korean restaurant.
B: That's miles away. No, I think I'd rather [3] ..... and have an [4] ..... night.
A: But it's Friday.
B: Yes, I know, but I'm tired. Why don't we ask Ryan and Charlotte to [5] ..... ? You don't have to cook, we can order a [6] ..... . And we can have a nice [7] ..... round the dining table; much better than a noisy restaurant.

16.5 **Over to you**

Find three facts from the opposite page that are similar in your routine, and three that are different. Complete the table.

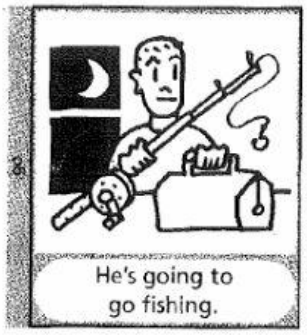
	similar	different
1	.....	.....
2	.....	.....
3	.....	.....

LIVEWORKSHEETS

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Our Free Time

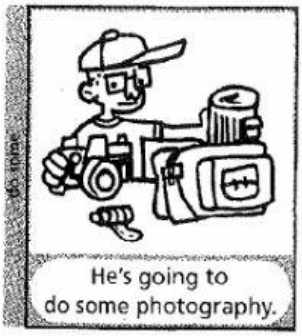
1. It's Friday night - no school for two days! Everyone is preparing their bags for Saturday morning when they will do their favourite free time activity. Look at the pictures and say what they are going to do. Use the clues under the pictures to help you.











Use the verbs at the sides of the pictures and choose the correct unscrambled words to make going to sentences.

1. eth tuirag 2. cidnang 3. nisten 4. gidrin
5. ggigonj 6. mingwism 7. shingif 8. deovi magse
9. lerlor tingkas 10. intaping 11. sesch 12. ingvid
13. phyragothop 14. wingirdbacht



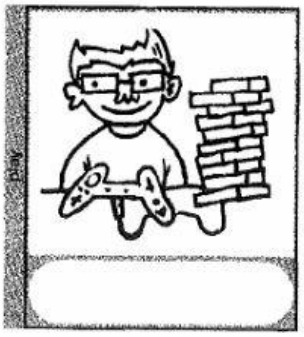
















LIVEWORKSHEETS