

# Daily Activities

UNIT  
5

## Lesson A Vocabulary and Grammar

A What time is it? Write the time in complete sentences.

1. 9:15 \_\_\_\_\_
2. 8:30 \_\_\_\_\_
3. 6:45 \_\_\_\_\_
4. 11:00 \_\_\_\_\_
5. Now \_\_\_\_\_

B What time do you do these things? Write sentences.



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

C Circle the correct word to complete the questions and statements.





1. What time (do / does) you (has / have) lunch?
2. I (doesn't / don't) (get / gets) up early on weekends.
3. Ramon (takes / take) a shower at six o'clock.
4. Lara and Chiara (has / have) lunch in their office.
5. (Does / Do) your husband (go / goes) to work on weekends?

D Complete the sentences with the verbs from the box. Remember -s for *he* and *she*.




1. In our family, we \_\_\_\_\_ up at seven o'clock on weekdays.
2. Tim \_\_\_\_\_ work at eight o'clock and \_\_\_\_\_ at five thirty.
3. I \_\_\_\_\_ a shower at half past six.
4. My friend, Idris, \_\_\_\_\_ home on the six o'clock bus.

finish   get   go  
start   take

## Lesson **B** Listening

  **B**   Listen to the conversation. Match the times to the sentences.


- |               |                             |
|---------------|-----------------------------|
| 1. 6:45 _____ | a. Kiko gets to work.       |
| 2. 5:00 _____ | b. Pamela's classes finish. |
| 3. 5:30 _____ | c. Kiko leaves work.        |
| 4. 8:00 _____ | d. Kiko gets up.            |
| 5. 6:30 _____ | e. Kiko goes to work.       |
| 6. 3:00 _____ | f. Pamela gets up.          |

  **C**   Listen again. Circle the correct word or phrase.

1. Pamela's classes (are / aren't) interesting.
2. Kiko's commute is (two hours / two hours and thirty minutes).
3. Kiko works in (New York City / Mexico City).
4. There (are / aren't) a lot of cars in his city.
5. On weekdays, Kiko gets home at (nine o'clock / half past nine).
6. (Kiko / Pamela) has an easy routine.

 **A** Match the columns to make phrases.

- |                 |                           |
|-----------------|---------------------------|
| 1. check _____  | a. to other countries     |
| 2. go _____     | b. a test                 |
| 3. travel _____ | c. to class               |
| 4. meet _____   | d. email                  |
| 5. take _____   | e. to people on the phone |
| 6. write _____  | f. clients                |
| 7. talk _____   | g. reports                |

 **B** Write questions and answers about these people's jobs.

	Simon and Elena: flight attendants	Nikita: lawyer
travel	yes	no
meet clients	no	yes
talk to people	yes	yes

**Simon and Elena**

1. Q: *Do Simon and Elena travel* \_\_\_\_\_ ? A: *Yes, they do* \_\_\_\_\_
2. Q: \_\_\_\_\_ ? A: \_\_\_\_\_
3. Q: \_\_\_\_\_ ? A: \_\_\_\_\_

**Nikita**

1. Q: \_\_\_\_\_ ? A: \_\_\_\_\_
2. Q: \_\_\_\_\_ ? A: \_\_\_\_\_
3. Q: \_\_\_\_\_ ? A: \_\_\_\_\_

 **C** Unscramble the sentences.

- (check / sometimes / I / email / my) \_\_\_\_\_
- (Jennifer / her friends / texts / every day) \_\_\_\_\_
- (my sister / to the gym / never / goes) \_\_\_\_\_
- (take / a test / the students / every month) \_\_\_\_\_
- (always / we / to class / go) \_\_\_\_\_
- (on the phone / talk / to my family / every weekend / I) \_\_\_\_\_



## A Good Night's Sleep

Eight hours of sleep every night is perfect. But a lot of people don't sleep eight hours. The answers in the 2011 *Sleep in America Poll* by the National Sleep Foundation (NSF) show people's sleep routine. A lot of people in America sleep less than seven hours every night.

This graph shows the answers to the questions in the *Sleep in America Poll*. Forty three percent of Americans don't have a good night's sleep on weekdays. Sixty percent have sleep-related problems every night. Maybe they can't fall asleep, or wake up very early, like at three or four o'clock. And 15 percent of adult Americans (19–64) and seven percent of Americans aged 13–18 sleep less than six hours on weekdays.

The poll shows a connection between sleep problems and screen time at night. Ninety-five percent of people in the poll use a screen at night. They don't relax. Young and old people watch television. People work at night and check their email. Young people play video games and text their friends. It's not relaxing.

Do you use a screen at night? Do you have sleep problems? A relaxing bedtime routine is useful. Make your bedroom a relaxing place. Go to bed at the same time every night. A good night's sleep is important.

 **B** Read the text. Circle **T** for *True* or **F** for *False*.

1. Six hours of sleep is good for you. T / F
2. Americans always sleep eight hours. T / F
3. Young people (13–18) never sleep less than six hours. T / F
4. Sleep problems and screen time are connected. T / F
5. Old people play video games. T / F
6. A good night's sleep isn't important. T / F

 **C** Circle the correct word(s) to complete the sentence about the reading.

1. Many people don't sleep eight hours on (weekdays / weekends).
2. The poll shows how people sleep (around the world / in America).
3. A lot of people (relax / use screens) at night.
4. Young and old people (watch TV / check email) at night.
5. It's useful to always go to (bed / work) at the same time.

 **D** Complete the sentences with the numbers in the box.


3   6   8   43   95   2011

1. \_\_\_\_\_ percent of Americans don't get a good night's sleep on weekdays.
2. Seven percent of young people don't sleep \_\_\_\_\_ hours on weekdays.
3. People sometimes wake up at \_\_\_\_\_ o'clock.
4. \_\_\_\_\_ is the year of the *Sleep in America Poll*.
5. \_\_\_\_\_ percent of Americans spend time on screens at night.
6. \_\_\_\_\_ hours of sleep every night is good.

## Lesson E Writing

 **A** Circle the errors. Rewrite each sentence.

1. We doesn't work on weekends. \_\_\_\_\_
2. I have English class on nine thirty. \_\_\_\_\_
3. Jesse go to college with his friends. \_\_\_\_\_
4. What time you start work? \_\_\_\_\_
5. Nuria no have lunch in her office. \_\_\_\_\_
6. My father take a shower every day. \_\_\_\_\_

 **B** Complete this to-do list with the imperative verbs in the box.

check   don't go   don't have   finish   meet   talk   text

1. get to work at 7:30 am
2. \_\_\_\_\_ emails
3. \_\_\_\_\_ sales report
4. \_\_\_\_\_ Sofia
5. \_\_\_\_\_ lunch in the office—\_\_\_\_\_ Mr. Sato at *Rino's* at 1 pm
6. \_\_\_\_\_ to new sales team—Guy, Faby, Lin, and Noemi
7. \_\_\_\_\_ to the gym—go to French class at 6 pm!
8. go to bed at 10 pm

 **C** Circle the correct imperatives in the message.

Hi class,

Today we (1. have / don't have) class, but (2. go / don't go) to the classroom. (3. Go / Don't go) to room W3. It's the computer lab. Our class is there. (4. Use / Don't use) the computers in the lab or bring your laptop or tablet. (5. Take / Don't take) your books to check your homework. (6. Be / Don't be) late.

Miss Tyler



**A** Match the times.

- |               |                               |
|---------------|-------------------------------|
| 1. 5:00 _____ | a. It's half past three.      |
| 2. 5:45 _____ | b. It's a quarter after six.  |
| 3. 6:15 _____ | c. It's five thirty.          |
| 4. 5:30 _____ | d. It's a quarter after five. |
| 5. 5:15 _____ | e. It's a quarter to six.     |
| 6. 3:30 _____ | f. It's five o'clock.         |

**B** Complete the text with the verbs in parentheses. Remember -s for *he* and *she*.

On weekends, Gerardo (1) \_\_\_\_\_ (not / go) to work. He (2) \_\_\_\_\_ (get) up at ten o'clock. He (3) \_\_\_\_\_ (have) breakfast at eleven o'clock. He (4) \_\_\_\_\_ (not / have) lunch at home. He (5) \_\_\_\_\_ (go) to a restaurant with his friends. They (6) \_\_\_\_\_ (finish) lunch at around four thirty and (7) \_\_\_\_\_ (go) to the park. Gerardo (8) \_\_\_\_\_ (take) a shower at nine thirty and (9) \_\_\_\_\_ (go) to bed.

**C** Complete the conversations with *do*, *does*, *don't*, or *doesn't*.

1. **Joy:** (1) \_\_\_\_\_ you have a new job, Alessandro?  
**Alessandro:** No, I (2) \_\_\_\_\_. But my brother (3) \_\_\_\_\_  
**Joy:** (4) \_\_\_\_\_ he like it?  
**Alessandro:** Yes, he loves it.
2. **Irina:** (5) \_\_\_\_\_ you start work at nine o'clock?  
**Lino:** No, I (6) \_\_\_\_\_. I'm always in the office at eight o'clock.
3. **Mrs. DuPont:** (7) \_\_\_\_\_ Ms. Agrawal work in this office?  
**Mr. Sainz:** No, she (8) \_\_\_\_\_.

**D** Match the questions to the answers.

- |  |  |
|--|--|
| 1. Do you travel to other countries in your job? _____ | a. Yes. There are a lot of cars in my city.                    |
| 2. What time does Mike finish work? _____              | b. He always checks his email.                                 |
| 3. Is Dominika's job interesting? _____                | c. I talk to people on the phone and I sometimes meet clients. |
| 4. Is your commute long? _____                         | d. Yes, I do. I sometimes go to Tokyo or Singapore.            |
| 5. What do you do in the morning? _____                | e. No. She doesn't like it.                                    |
| 6. What does Mr. Nair do at ten o'clock? _____         | f. He leaves the office at half past six every day.            |

## Video Around the World in 24 Hours 🎥



Food trucks in Portland, Oregon

👉 **A** Watch the video. Put the places in the order you see them.

- |                                   |                             |
|-----------------------------------|-----------------------------|
| _____ a national park, Namibia    | _____ a casino, Monte Carlo |
| _____ the northern lights, Norway | _____ a blue ocean, Croatia |
| _____ a nightclub, Bogotá         | _____ volcanoes, Hawaii     |
| _____ the Eiffel Tower, Paris     | _____ food trucks, Portland |

👉 **B** Watch the video again. Complete the table.

Time of day	Place	Activity
(1) _____	Hawaii	(2) _____
6 am	(3) _____	(4) _____
(5) _____	(6) _____	do exercise
(7) _____	Portland	(8) _____
(9) _____	Kerala	(10) _____

👉 **C** Watch the video again. Answer the questions.

- Where is there a food market? \_\_\_\_\_
- Where is there a beautiful sunset? \_\_\_\_\_
- Where is there a park inside the city? \_\_\_\_\_
- Where is the fisherman from? \_\_\_\_\_
- What color are the northern lights? \_\_\_\_\_
- After lunch, what do people do in Croatia? \_\_\_\_\_