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** and **clean my teeth** (*syn* **brush my teeth**), before Rosie comes in to **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



ironing

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.

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 the housework? *do*
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