

# MY ECO-FRIENDLY DAILY ROUTINE

**Read the text and answer orally the questions.**



Hello! My name is Elena. I am 13 years old. This is my eco-friendly, daily routine.

Usually, I get up at 6:00 o'clock in the morning. I take a shower in the morning. I use plastic-free shampoo. I brush my teeth. I use a biodegradable toothbrush. Then I get dressed. Usually, I wear recycled clothing. I have breakfast at 7:00



o'clock. I eat a plant-based breakfast. For example: an apple, cereals, an orange juice and an avocado sandwich. I attend my online-classes from 8:00am to

12:00pm. I unplug my laptop or mobile phone when I finish. I have lunch at 1:00pm in the afternoon. I don't eat packaged products. Generally, I wash the dishes. I ride my bike in the afternoon. I chat with my friends on the phone. I do my homework in the afternoon. Generally, I water the garden in the afternoon. I use recycled water for the plants. I watch TV in the evening. I unplug the TV when I finish. Usually, I have dinner at 7:00 pm in the evening. Finally, I go to bed at 10:00 at night.



1. How often does she get up at 6:00 o'clock in the morning?

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2. What kind of toothbrush does she use?

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3. What does she have for breakfast?

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4. When does she do her homework?

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5. What does she use for the plants?

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