@LizaPrav

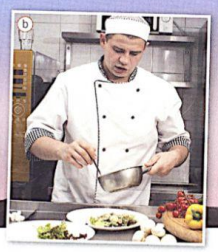
goals
reading
daily routine
verbs + nouns

1 Read about Beatriz and Anneti. Match what they say with pictures a and b.

A Good Night's Sleep

People say it's good to sleep for eight hours every night ... but is it true? Some people sleep for only five or six hours and they feel fine in the morning. And some people sleep twice every night ...

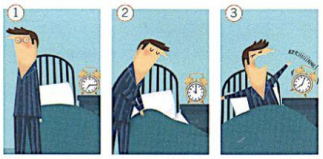
Anneli Hanka, 24, Finland
I always **wake up** at about 4:00 in the morning. I don't want to sleep, so I **get up** and I do yoga. Then I **go to bed** again. Then I get up at 8:00 in the morning and I go to work. I feel fine – I never feel tired.





Beatriz Romero, 32, USA
I finish work at 6:00 in the evening and I arrive home at 6:30. I read a book or phone a friend. Then I go to bed for three hours. My husband works in a restaurant and he gets home at about 12:00 at night. So I get up, and we have dinner and then we watch TV until about 3:00. Then I sleep until 7:00.

2 Match the **marked** words in the text with pictures 1–3.



3 Complete the verbs phrases with the words in the box.

have	watch	go
arrive / get	finish	

1. _____ to work
2. _____ home
3. _____ dinner
4. _____ TV
5. _____ work

Read the text again to check your answers.

4 2.7A Listen to Danny's daily routine and complete the times.



1 Danny **wakes up** at _____



2 He **gets up** at _____



3 He **has breakfast** at _____



4 He **goes to work** at _____



5 He **starts work** at _____



6 He **has lunch** at _____



7 He **finishes work** at _____



8 He **gets home** at _____



9 He **has dinner** at _____



10 He **goes to bed** at _____

Add new words to your personal Quizlet.

5 2.7B Listen and repeat the verb phrases.

wake get	up	have	a shower breakfast lunch dinner coffee	go	to school to work to bed	start finish	work	get arrive	home

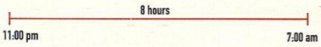
have breakfast / lunch / dinner NOT ~~*have the breakfast, have a lunch*~~
go to work NOT ~~*go to the work*~~
go to bed NOT ~~*go in the bed*~~

Read about Misha's daily routine. Then complete the sentences about him with words in a and b.

I sleep from 11:00 to 7:00 every night.
In the morning, I get up and have breakfast. I finish at 7:30.
It's 30 minutes by bus to go to work.
I work from 8:30 until 12:30, then I have lunch for half an hour.
Then I work for three hours until I go home.

1 He _____ at 7:00.
2 He _____ at 7:30.
3 He _____ at 8:00.
4 He _____ at 8:30.
5 He _____ at 12:30.
6 He _____ at 4:00.
7 He _____ at 11:00 in the evening.

Language Plus *for, from ... to ... , until*



*I sleep **for** eight hours.*
*I sleep **from** 11:00 **to** 7:00.*
*I sleep **until** 7:00.*

Sound and spelling Consonant groups

1 2.7C These words start with two consonant sounds together. Listen and practise saying them.
sleep **br**eakfast **tw**elve

2 2.7D Listen to the words in the box. **Notice** the two consonant sounds that are together.

play	small	bread	fruit	flat	study	speak

3 Practise saying the words.

6* Click the link. Complete the game.

click hereclick hereclick hereclick hereclick hereclick hereclick here

LIVEWORKSHEETS