

A typical day

VOCABULARY BANK

a 3 4 Listen and repeat the phrases.

1 IN THE MORNING /ˈmɔːnɪŋ/



get up
/get ʌp/



have breakfast
/hæv ˈbrekfəst/



take a shower
/teɪk ə ˈʃaʊər/



go to school
/ɡoʊ tu skuːl/



go to work
/ɡoʊ tu wɜːk/
(by bus, train,
car, etc.)
/bʌs/ /treɪn/ /kɑːr/



have a coffee
/hæv ə ˈkafi/



have a sandwich
/hæv ə ˈsændwɪtʃ/

2 IN THE AFTERNOON /æftərˈnuːn/



have lunch
/hæv lʌntʃ/



finish work
/ˈfɪnɪʃ wɜːk/



go home
/ɡoʊ hoʊm/



go shopping
/ɡoʊ ˈʃɑːpɪŋ/



go to the gym
/ɡoʊ tu ðə dʒɪm/

3 IN THE EVENING /ˈiːvɪŋ/



make dinner
/meɪk ˈdɪnər/



have dinner
/hæv ˈdɪnər/



do housework
/du ˈhaʊswɜːk/



watch TV
/wɒtʃ ti ˈvi/



take a bath
/teɪk ə bæθ/



go to bed
/ɡoʊ tu bed/



make and do

make dinner / coffee BUT do housework

go with to and the

go to the gym, go to the movies /ˈmuːvɪz/

go to work, go to school, go to bed

go home

b 3 5 Listen and point to the picture.

c In pairs, look at the pictures and describe their day.

They get up at quarter to seven. They have breakfast.

◀ p.36

DAILY ROUTINES

AI

After

Directions: Look at the daily routines pictures and match them with the correct phrases.

1 IN THE MORNING



go to
work

have a
coffee

get up

have a
sandwich

take a
shower

go to
school

have
breakfast

2 IN THE AFTERNOON



go to the gym

go home

have lunch

finish work

go shopping

3 IN THE EVENING



have
dinner

do
housework

take
a bath

go to
bed

watch
TV

make
dinner

Exercise 1

DAILY ROUTINES

AI

Before

c Complete the text.



I'm Mike and I'm a factory worker. I work at night and I sleep during the day. I ¹ *finish* work at eight o'clock in the morning, and then I ² _____ home and ³ _____ to bed. I ⁴ _____ up at about two-thirty in the afternoon, and I ⁵ _____ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I ⁶ _____ to the gym after breakfast, then I ⁷ _____ a shower and I ⁸ _____ TV. At seven o'clock in the evening, I ⁹ _____ dinner. Then I ¹⁰ _____ to work again.

After

Directions: Complete the text with the verbs in the box.

go get go take go have go finish get watch



I'm Mike and I'm a factory worker. I work at night and I sleep during the day. I ¹ *finish* work at eight o'clock in the morning, and then I ² _____ home and ³ _____ to bed. I ⁴ _____ up at about two-thirty in the afternoon, and I ⁵ _____ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I ⁶ _____ to the gym after breakfast, then I ⁷ _____ a shower and I ⁸ _____ TV. At seven o'clock in the evening, I ⁹ _____ dinner. Then I ¹⁰ _____ to work again.

Exercise 2

DAILY ROUTINES

AI

Before

1 VOCABULARY a typical day

a Complete the verb phrases.



1 watch _____ TV



2 d _____ housework



5 g _____ up



6 m _____ dinner



3 g _____ to work



4 h _____ a sandwich



7 g _____ shopping



8 g _____ to bed

After

Direction: Complete the daily routines with the missing verb phrases. Follow the example.



1 g et _____ up



2 g _____ to work



3 h _____ a sandwich



4 g _____ shopping



5 m _____ dinner



6 d _____ housework



7 w _____ TV



8 g _____ to bed

Exercise 3

No changes

4 GRAMMAR adverbs of frequency

a Match sentences 1–4 with a–d.

	M	T	W	Th	F
1 ☐ I always get up at 8:00 ...	✓	✓	✓	✓	✓
2 ☐ I never drink coffee ...	x	x	x	x	x
3 ☐ I usually finish work at 6:00 ...	✓	✓	x	✓	✓
4 ☐ I sometimes watch a DVD ...	x	✓	x	x	✓

- a but on Wednesdays I finish at 7:00.
 b or I read and listen to music.
 c because I start work at 9:00.
 d because I don't like it.

No changes

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in parentheses.

- I get up early. (always)
I always get up early
- Yasmin goes to school by bus. (usually)
- You do housework. (never)
- They have fish for dinner. (sometimes)
- Andy goes to the gym. (always)
- I watch TV in the morning. (never)
- We go shopping on weekends. (sometimes)
- They have coffee for breakfast. (usually)



DAILY ROUTINES

AI

Before

4 LISTENING

a **Checker** Listen to the interview with Tony. Circle the things he usually or always does on the weekend.



b **Checker** Listen again. Put an X over the things he never does on the weekend.

After

Direction: Listen to the audio with Tony and pay attention to the activities he usually, always, or never does on the weekend. Mark his activities **T** (true) or **F** (false).



1



He always gets up at early.

T/F ☐

2



He always takes a shower.

T/F ☐

3



I usually drink coffee or tea.

T/F ☐

4



I usually read the newspaper.

T/F ☐

5



He never does housework.

T/F ☐

6



He never goes the gym.

T/F ☐

7



He always goes out with his friends.

T/F ☐

