

# Unit 4 - Beginner

## A- Daily routine

### 1 VOCABULARY a typical day

#### a Complete the verb phrases.



1 go to bed



2 work



3 have a coffee / sandwich



4 do shopping



5 cook dinner



6 watch TV



7 do housework



8 get up

#### b Write the words in the chart.

breakfast to work a shower home to university  
lunch to the gym dinner to bed a coffee

Have	Go
breakfast	to work

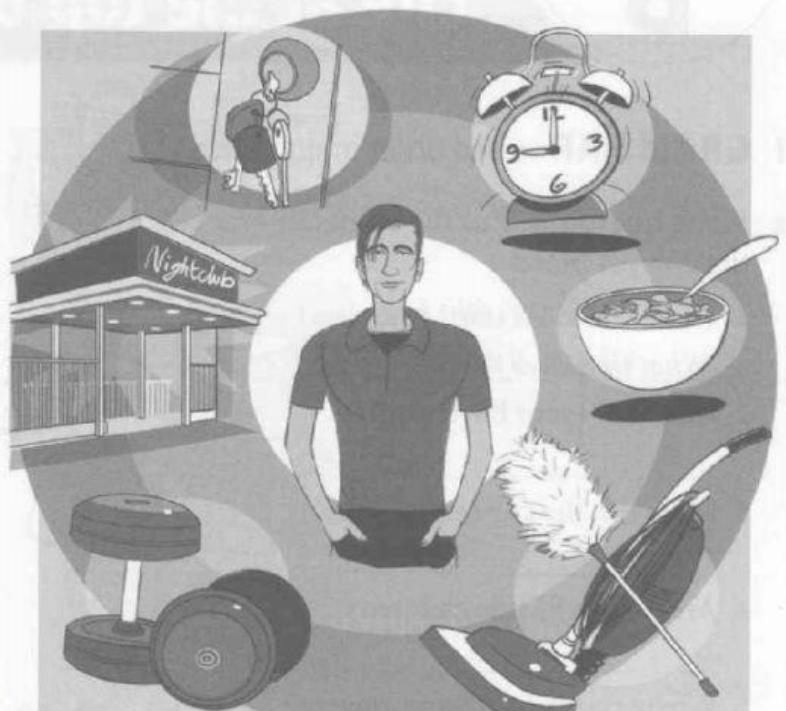
#### c Complete the text.

I'm Hannah and I'm a nurse. I work at night and I sleep during the day. I <sup>1</sup> finish work at eight o'clock in the morning and then I <sup>2</sup> go home to bed. I <sup>3</sup> get up at about four o'clock in the afternoon and I <sup>4</sup> have some cereal and orange juice for breakfast. Then I <sup>5</sup> do shopping and I <sup>6</sup> do housework or <sup>7</sup> watch TV. At seven o'clock in the evening I <sup>8</sup> have a shower and I <sup>9</sup> eat dinner before I <sup>10</sup> go to work again.



### Words and phrases to learn

#### Complete the interview.



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### 3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

1 I have cereal for breakfast. (always)

I always have cereal for breakfast.

2 Amy goes to the gym. (never)

3 They do housework at the weekend. (sometimes)

4 Jamie watches TV in the evening. (usually)

5 You make the dinner. (never)

6 My sister goes to work by train. (usually)

7 We go to bed late. (always)

8 I have a sandwich for lunch. (sometimes)

b Look at the chart and complete the sentences.

	Oscar	Daisy
✓✓✓✓✓ = always		
✓✓✓ = usually		
✓ = sometimes		
✗ = never		
listen to classical music	✓	✓✓✓
read a newspaper	✓✓✓	✓✓✓✓✓
go to Chinese restaurants	✓✓✓✓✓	✗
drink wine	✗	✓

1 Oscar sometimes listens to classical music.

2 He usually reads a newspaper.

3 He always goes to Chinese restaurants.

4 He never drinks wine.

5 Daisy always listens to classical music.

6 She always reads a newspaper.

7 She always goes to Chinese restaurants.

8 She sometimes drinks wine.

A Tony, <sup>1</sup>what time do you get up at the weekend?

B I usually get up <sup>2</sup>at nine o'clock.

A Do you have breakfast <sup>3</sup>before you have a shower?

B No, I don't. First I have a shower, and <sup>4</sup>then I have breakfast.

A What do you usually wear?

B I always <sup>5</sup>wear jeans and a T-shirt.

A What do you do <sup>6</sup>at breakfast?

B I usually <sup>7</sup>clean the house.

A What do you do in the afternoon?

B I often go <sup>8</sup>to the gym and I sometimes go to the gym.

A What do you do in the evening?

B I sometimes go to a <sup>9</sup>club with my friends. Then, before I go to bed, I always <sup>10</sup>close the doors.

4. Writing: Write about your typical day:

[Click here to see the answers!](#)



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