

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 eat 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

breakfast

Go

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 ¹ finish work at eight o'clock in the morning and then I

² go home to bed. I ³ get up at about four o'clock in the afternoon

and I ⁴ have some cereal and orange juice for breakfast.

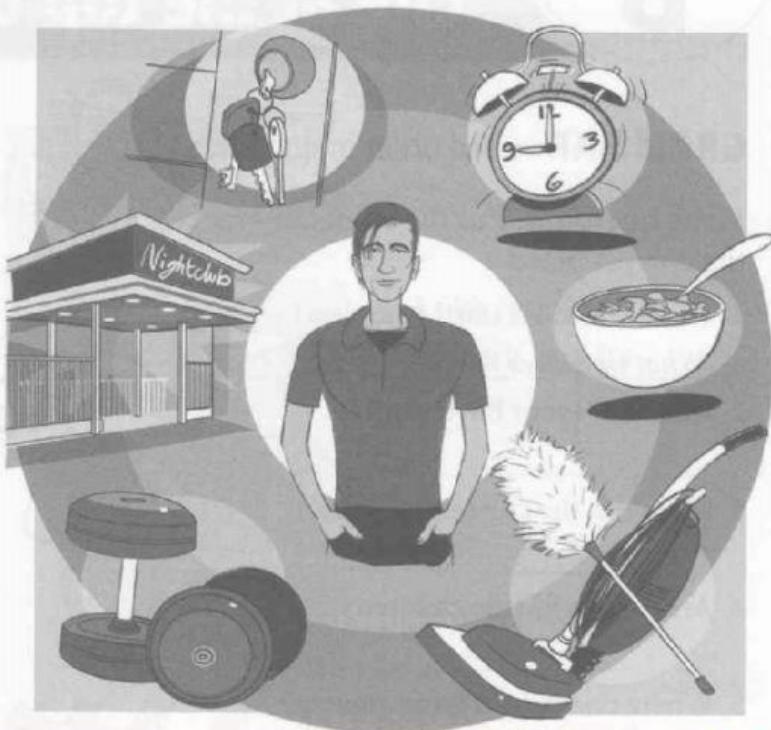
Then I ⁵ do shopping and I ⁶ do housework

or ⁷ watch TV. At seven o'clock in the evening I ⁸ take a shower and I ⁹ eat dinner before I ¹⁰ 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 never reads a newspaper.
- 3 He usually goes to Chinese restaurants.
- 4 He sometimes drinks wine.
- 5 Daisy never listens to classical music.
- 6 She always reads a newspaper.
- 7 She never goes to Chinese restaurants.
- 8 She usually drinks wine.

A Tony, ¹what time do you get up at the weekend?

B I usually get up ²a nine o'clock.

A Do you have breakfast ³b you have a shower?

B No, I don't. First I have a shower, and ⁴t I have breakfast.

A What do you usually wear?

B I always ⁵w jeans and a T-shirt.

A What do you do ⁶a breakfast?

B I usually ⁷cl the house.

A What do you do in the afternoon?

B I often go ⁸o and I sometimes go to the gym.

A What do you do in the evening?

B I sometimes go to a ⁹cl with my friends. Then, before I go to bed, I always ¹⁰l the doors.

4. Writing: Write about your typical day:

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



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