



## Are you a **morning** person?

- 1 What time do you usually get up?  
\_\_\_\_\_
- 2 Do you have a shower or a bath in the morning?  
\_\_\_\_\_
- 3 Where do you have breakfast?  
\_\_\_\_\_
- 4 What do you have for breakfast?  
\_\_\_\_\_
- 5 What time do you go to work (school)?  
\_\_\_\_\_
- 6 Do you need to hurry in the morning?  
\_\_\_\_\_
- 7 Do you like mornings? Why (not)?  
\_\_\_\_\_

**b** (2 63)) Read the questions in the questionnaire. Now listen to Sue, a teacher, answer the questions. Does she like mornings?

**c** Listen again and write her answers to 1–7.

**d** (2 64)) Listen and repeat questions 1–7.

**e** Ask your partner the questions. Are you ‘morning people’?

**a** (2 65)) Listen and repeat the phrases.

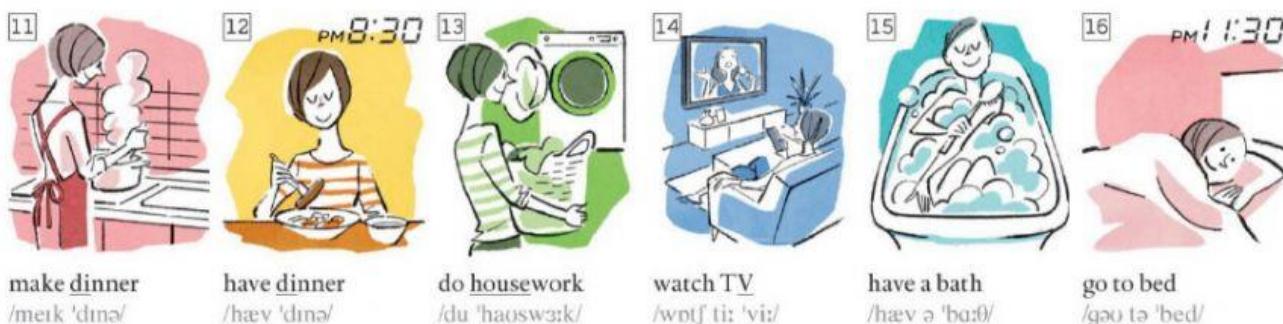
## 1 IN THE MORNING



## 2 IN THE AFTERNOON



## 3 IN THE EVENING





**make and do**

make dinner / coffee BUT do housework,  
do homework

**go with to and the**

go to the gym, go to the cinema  
go to work, go to school, go to bed  
go home

**b** 2 66)) Listen and point to the picture.

She has lunch at one o'clock.  Picture six.

**c** In pairs, describe Lisa's day. Say the times where there are clocks.

She gets up at a quarter to seven.  She has breakfast. 

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### 3 PRONUNCIATION /j/; sentence rhythm

**a** 2 67)) Listen and repeat the words and sound.



yacht

you usually yes  
student music beautiful

**b** 2 68)) Listen and repeat. Copy the rhythm.

**What time** do you usually have **lunch**?

At **half past one**.

**What time** do you usually have **dinner**?

At **eight o'clock**.

**What time** do you usually go to **bed**?

At **half past eleven**.

**c** Ask and answer the questions with a partner.

## 4 GRAMMAR adverbs of frequency

a Match sentences 1–4 with a–d.



	M	Tu	W	Th	F
1 <input type="checkbox"/> <b>c</b> I <b>always</b> get up at 8.00...	✓	✓	✓	✓	✓
2 <input type="checkbox"/> I <b>never</b> drink coffee...	✗	✗	✗	✗	✗
3 <input type="checkbox"/> I <b>usually</b> finish work at 6.00, ...	✓	✓	✓	✓	✗
4 <input type="checkbox"/> I <b>sometimes</b> watch a DVD...	✗	✓	✗	✗	✓

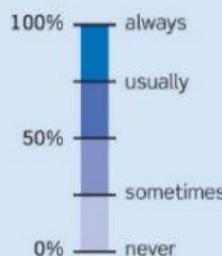
a but on Fridays I finish at 3.00.  
b or I read and listen to music.  
c because I start work at 9.00.  
d because I don't like it.

### 6B adverbs of frequency

2 69 Listen and repeat the examples.  
Then read the rules.

I **always** have breakfast.  
They **usually** finish work at 5.00.  
She **sometimes** watches TV in the evening.  
He **never** eats meat.

- Be careful with the position of adverbs of frequency:  
*I always have breakfast.* NOT *Always I have breakfast.*  
*I have always breakfast.*
- With **never**, use a **+ verb**: *He never eats meat.*  
NOT *He doesn't never eat meat.*



He never eats meat.

c In pairs, make true sentences about you. Use *always*, *usually*, *sometimes*, or *never*.

- listen to the radio in the car
- read a newspaper in the morning
- speak English outside class
- watch TV in the evening
- have pasta for lunch
- do housework at the weekend
- eat fast food
- drink espresso

*I always listen to the radio in the car.  
I listen to Radio 5 Live.*

