



Sophie's daily routine

Sophie is eleven years old and she lives in Brighton, England.

She usually gets up at eight o'clock she has a shower and gets dressed. After that, she goes downstairs and has breakfast. For breakfast she usually has milk, toast and orange juice. Then she brushes her teeth because she likes them white and healthy!

Then she grabs her school bag and goes to the bus stop to catch the school bus. Classes start at nine o'clock and finish at half past four. She usually has lunch at the school canteen with her schoolmates at about 12 o'clock. Her best friend is Amy and Sophie always sits next to her at lunch. They usually eat rice, soup, salad and meat.

After school she returns home and does her homework. She is a very hard-working pupil and she never misses a school task! After homework, she usually listens to music and watches television a bit.

At ten o'clock it is time for dinner. She eats a sandwich with strawberry juice. Then she usually reads a book or chats with her parents for a while.

Finally, she goes to bed at eleven o'clock but before that she brushes her teeth.



ORDER SOPHIE'S DAILY ROUTINE.

She catches the bus to school.	
She has lunch at the school canteen.	
She listens to music.	
She gets up.	
She does her homework.	

MATCH THE ACTIVITY WITH THE HOUR

- a. She has dinner at
- b. She has lunch at
- c. She gets up at
- d. Classes start at
- e. She goes to bed at

12:00
8:00
9:00
10:00
11:00

Drag and drop the food in the correct meal.

BREAKFAST

LUNCH

DINNER