

## DAILY ROUTINE

### Suzy Stressed



### Suzy Stressed

- ☐ have a shower
- ☐ have a coffee
- ☐ do the housework
- ☐ start work at 8.30
- ☐ finish work at 6.30
- ☐ get dressed
- ☒ 1 wake up at 7.00
- ☐ have lunch at work
- ☐ go shopping
- ☐ go to bed late
- ☐ have pizza for dinner
- ☐ get home late
- ☐ go to work by bus
- ☐ watch TV and check mails

## Henry Healthy




### Henry Healthy

- ☐ go to Italian classes
- ☐ do Italian homework
- ☒ get up at 8.00
- ☐ have breakfast
- ☐ do exercise
- ☐ go home early
- ☐ walk to work
- ☐ relax
- ☐ take the dog for a walk
- ☐ sleep for eight hours
- ☐ make the dinner
- ☐ have a bath




Read the story, learn the words (click here) and answer the questions.



# FATHER & DAUGHTER

– whose day is more stressful?



**N**ico is a chef and has his **own** restaurant, the Blue Jar. He lives in Chile with his wife and her three children, aged 16, 12, and 9.

**0630** I get up and make breakfast for the children. Then I have breakfast – a coffee and cereal – and I read the sports section of the paper.

**0715** I go to the market to buy fruit and vegetables for the restaurant.

**0845** When I get to the restaurant I check the reservations and my emails, and plan the special menu of the day. I have my second cup of coffee.

**1030** I start cooking. The radio is on, and we are **busy** with breakfast orders, but we **also** have to prepare the food for lunch.

**1200** I check the tables, and have my third coffee.

**1330** Suddenly **everyone** arrives at the same time and the restaurant is full (on a good day). I start to shout instructions at the chefs and waiters. We make lunch for 85 people in about an hour and a half.

**1445** I come into the restaurant and talk to the customers, and ask if they are happy with the food. I'm really hungry now.

**1530** Finally I have lunch. **I don't enjoy it** very much because I don't have time to relax.

What time does Nico get up?.....

What does he have for breakfast?.....

What two things does he check at the restaurant?.....

What time do all the customers arrive?.....

How many customers do they have in the restaurant at lunchtime?.....

What does Nico ask the customers?.....

What does Nico do after lunch?.....

What time does he go home in the afternoon?.....

What does Nico do at 7:30? .....

What time does Nico go home?.....



**1600** After lunch I go back to the kitchen and plan the food for the evening menu.

**1730** I go home to be with the family for a couple of hours. The children do their homework and I make their dinner.

**1930** I go back to the restaurant, which is full again, and I check everything is OK.

**2200** I go home and have a shower. Then I collapse on the sofa with a sandwich and a glass of wine.

**2300** I go to bed, ready to start again the next day.

What part of the newspaper does Nico read?.....

Where does he go after breakfast?.....

What time does he start cooking food for lunch?.....

How many cups of coffee does he have in the morning?.....

What time does Nico have lunch?.....

How long does he spend with the children in the afternoon?.....

What do Nico and the children do between 5:30 and 7:30?.....

What is the first thing Nico does when he gets home?.....

What time does he go to bed?.....