Reading

Daily Routines of Yesteryear

Read the text and match 1-6 to (A-H). There are 2 extra variants you don't need to use.

Throughout history, daily routines have taken on intriguing and sometimes mind-blowing forms. Let's dive deeper into the fascinating details and examples of these historical routines.



1. _____

In ancient Rome and medieval Europe, people had a fascinating sleep routine. They got an early night, and had their "first sleep." But here's the interesting part: they didn't stay asleep all night! Around midnight, they naturally woke up for what they called the "midnight vigil." This was the perfect time to complete many tasks. Some used this time to think about life, say their prayers, or write heartfelt letters to their loved ones. But it wasn't just a time for personal stuff. The midnight vigil was also a chance to meet up with friends and have a little party! People would gather in places like the marketplace or the bathhouses. They would chat, share news, and even do some business. It was like a mini social event in the middle of the night!

2. _____

Back in the medieval times, people had different ways of staying clean compared to today. They didn't take baths as often as we do now. In fact, many only had a bath once a year. Can you believe it? They were sure that washing themselves too much could actually make them sick. Instead, they used things like perfumes, scented oils, and changed their clothes more often to smell nice and stay fresh. They didn't have access to the showers and regular bathing routines we have now. It's hard to imagine going a whole year with just one bath! But it's important to remember that things were different back then, and people had their own ways of staying hygienic.



3. _____

Throughout history, fashion and hairstyles have changed a lot. Let's go back to the 17th and 18th centuries when women had really fancy hairstyles! During this time, women's hairstyles were very extravagant and creative. They wore wigs with feathers, ribbons, and even small gardens! These hairstyles were so complicated that women would often go for weeks or even months without washing their hair. Instead, they used special powders to make their hair smell good and absorb any oils. Can you imagine not washing your hair for so long? It's very different from how we take care of our hair today. But these extravagant hairstyles were a way for women to express themselves and show their social status. It's interesting to see how hairstyles have changed over time, from the elaborate wigs in the past to the more natural and flexible styles we have now.

4. _____

In the past, people relied on seasonal and local food sources because they didn't have the luxury of refrigeration or global food transportation like we do today. They had to make the most of what nature provided during each season. Preserving food was a crucial part of daily life. People used different methods to make their harvest last longer. For example, they would pickle vegetables by soaking them in vinegar, creating food that could be enjoyed even when the fresh produce wasn't available. Drying was another technique, where fruits and herbs were laid out in the sun or near a warm fire until they became dry and could be stored for months. They also made jams by cooking fruits with sugar. Cooking was a long and difficult process. Gathering firewood or charcoal, lighting a fire, and heating water for cooking required effort and time. Families would gather around the fire, taking turns stirring pots and adding ingredients. Cooking meals was a communal activity that brought people together. It's fascinating to think about the complexity involved in preparing a meal in the past. It wasn't as simple as turning on a stove or opening a fridge.

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LIVEWORKSHEETS

Reading

5. _____

People didn't have clocks like we do today. So, they had to use natural clues to know what time it was. One of the main clues was the sun. People looked at where the sun was in the sky to guess the time. When the sun rose in the east and got higher, they knew it was morning. When it was at its highest point, it was noon. And when it started going down, they knew it was getting closer to evening. They also listened to sounds around them. Church bells were important because they rang at specific times, like when it was time to eat or go to church. People also listened for roosters, as they crow in the early morning, to know when it was close to sunrise. Of course, there were challenges. On cloudy or rainy days, it was harder to use the sun as a clue. But even that way, people managed to plan their day. They knew when to wake up, eat, and rest based on the natural rhythm of the day. It was a simpler way of keeping time, and it kept them connected to the world around them.

6. _____

In the evenings, when there were no TVs or smartphones, people had to get creative to have fun and entertain themselves. One popular form of entertainment was storytelling. Imagine gathering around a fire and listening to legends. These stories transported people to different worlds and taught important lessons. It was a way to pass down knowledge and keep the imagination alive. Music was another source of entertainment. People played musical instruments like the harp, flute, and lute. They created beautiful melodies and sang along. Music brought joy and helped people connect with their emotions. Board games were also a hit. Chess and backgammon were among the favorites. These games required strategy and skill, and they were a great way to challenge the mind and have friendly competitions. But the best way to have a good time was to spend it with family and neighbors. People came together to chat, laugh, and share stories It was a time to strengthen relationships and build community bonds. So, even without modern gadgets, people in the past knew how to have a blast.



Which paragraph says that:

A	*people stayed up all night to work or socialize;*
B	*storytelling helped people to share wisdom;*
C	*there were different techniques to keep food fresh;*
D	*a hairstyle indicated the position in society;*
E	*night was the time to do many things;*
F	*rich women couldn't wash their hair;*
G	*frequent bathing was believed to lead to illness;*
H	*people depended on different signs to tell them the hour.*