



Activity III

Instructions

- Read the paragraph carefully
- Choose and circle the correct option

DAILY ROUTINES

- Every day, I **1.** early in the morning. The first thing I do is head straight to the bathroom to **2.** and **3.** Once I am done with my hygiene routine, I move on to the kitchen, and I **4.**, which is usually a bowl of cereal or some toast with jam. After breakfast, I **5.**, which takes me 30 minutes. I spend most of my day at school, where I am constantly occupied with my studies. After I **6.**, rice with roast chicken and fruit juice gives me the energy I need to power through the rest of the day. After, I like to **7.**, which helps me to stay healthy and relieves my stress. In the evening, I **8.** for the next day when I finished, I **9.**, I eat with my family. Finally, before going to bed, I wind down by reading a book or watching some TV, which helps me to **10.** peacefully throughout the night.

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|-------------------------|-----------------|------------------|
| • 1. a.wake up | b.take a shower | c. brush teeth |
| • 2. a. have breakfast | b.brush teeth | c. take a shower |
| • 3. a. have lunch | b. brush teeth | c. have dinner |
| • 4. a. Have breakfast | b.do exercises | c. have lunch |
| • 5. a. Have breakfast | b. sleep | c. go to school |
| • 6. a. have lunch | b. do exercise | c. have dinner |
| • 7. a. Have breakfast | b. do exercise | c. wake up |
| • 8. a. wake up | b.do homework | c. brush teeth |
| • 9. a. Have dinner | b. sleep | c. go to school |
| • 10. a. have breakfast | b.brush teeth | c. sleep |