PRACTICE: READING

My eco-friendly, Daily routine

Let's go green
MISS MELISSA

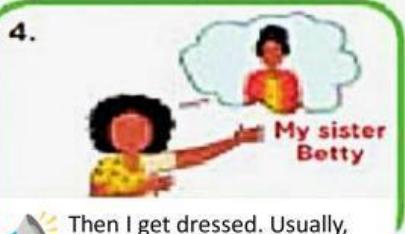Hello! My name is Elena. I am 13 years old. This is my eco-friendly, daiy routine.

1. Usually, I get up at 6:00 o'clock in the morning.
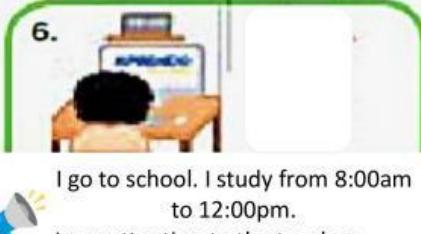
2. I take a shower in the morning. I use plastic-free

3. I brush my teeth. I use a biodegradable toothbrush.

4. My sister Betty
Then I get dressed. Usually, I wear recycle clothing.

5. I have breakfast at 7:00 o'clock eat a plant-based breakfast. For example: an apple, cereals, an orange juice and an avocado sandwich.

6. I go to school. I study from 8:00am to 12:00pm. I pay attention to the teacher.

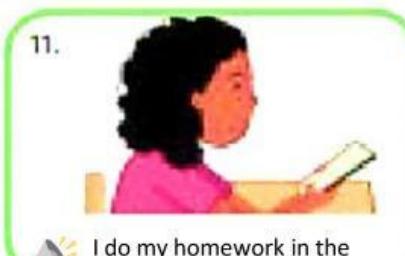**7.** I have lunch at 1:00pm in the afternoon. I don't eat packaged products

8. Generally, I wash the dishes.

9. I ride my bike in the afternoon.

10. I talking with my friend on the phone.

11. I do my homework in the afternoon

12. Generally, I water the garden in the afternoon. I use recycled water for the plants.

13. I watch TV in the afternoon.

14. Usually, I have dinner at 7:00pm in the evening.

15. Finally, I go to bed at 10:00 at night.