

# A day in the life of Sally Smith

## Reading

1 Read the article. What is Sally's job?

2 Match questions 1–7 with answers a–g in the text.

- 1 What do you have for dinner? f
- 2 Do you work on Saturdays and Sundays?
- 3 What do you have for lunch?
- 4 Tell us about your day. What time do you usually get up?
- 5 How do you travel to work?
- 6 What do you have for breakfast?
- 7 Do you have lunch at work?

3 Are these sentences from Sally true (T) or false (F)?

- 1 I always get up early. F
- 2 I always have a big breakfast.
- 3 I usually walk to work.
- 4 I have lunch at work.
- 5 I work from 9 to 5.
- 6 I sometimes have healthy food.
- 7 I have dinner in a restaurant on Thursdays.
- 8 I don't work on Thursday.

4 Match the words in the box with the meals.

bread cake cheese chicken chocolate  
coffee eggs fish green tea milk  
salad sandwich tea water

1 Breakfast: eggs, \_\_\_\_\_

2 Lunch: \_\_\_\_\_

3 Dinner: \_\_\_\_\_



In this article, we ask football player Sally Smith about her daily routine.

**a** \_\_\_\_\_  
I usually get up early – at 6 or 7 o'clock. I have breakfast and I go to work.

**b** \_\_\_\_\_  
I always have a big breakfast. Usually, I have two or three eggs, with bread and cheese. To drink, I have milk. I never have tea or coffee.

**c** \_\_\_\_\_  
I usually drive to work. Sometimes I cycle or walk.

**d** \_\_\_\_\_  
Yes, I work from 9 o'clock to 4 o'clock. I have lunch in a café.

**e** \_\_\_\_\_  
I always have healthy food. I usually have a salad. Sometimes I have a cheese sandwich. And I have water and a cup of green tea. I never have chocolate or cakes.

**f** \_\_\_\_\_  
I always have chicken or fish. I usually go home, have dinner, watch TV and go to bed early. On Wednesdays, I often have dinner in a restaurant with my friends and go home late. I don't work on Thursdays and I don't get up early!

**g** \_\_\_\_\_  
Yes, we usually play football games on Saturdays!