

- 4 ●● Look at the table. Complete the sentences with *always*, *usually*, *often*, *sometimes* or *never*.

	toast	fruit and yoghurt	cereal
Monday	X	X	✓
Tuesday	X	✓	✓
Wednesday	X	X	✓
Thursday	X	X	✓
Friday	X	X	X
Saturday	X	✓	X
Sunday	✓	✓	X

- I never have toast for breakfast on weekdays.
- I _____ have toast for breakfast at the weekend.
- I _____ have cereal for breakfast.
- I _____ have fruit and yoghurt for breakfast at the weekend.
- I _____ have cereal for breakfast from Monday to Friday.

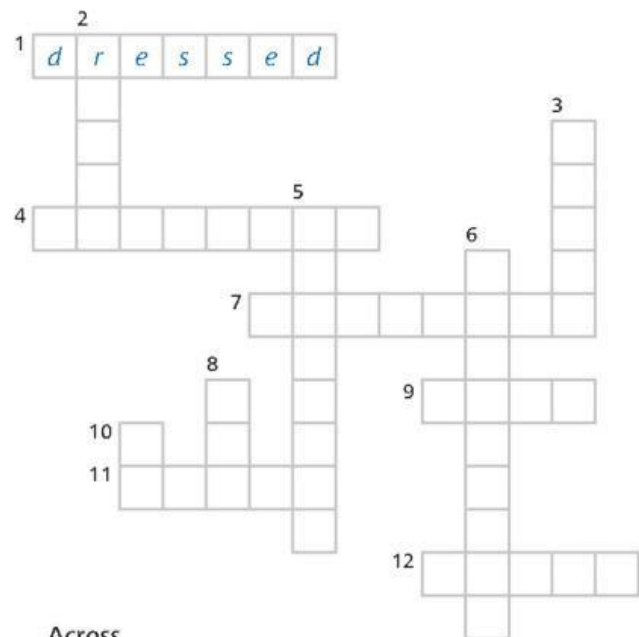
- 5 ● **WORD FRIENDS** Match the sentence halves.

- d Let's go to
 - ☐ When I go to school, I meet
 - ☐ I check
 - ☐ Lots of people go
 - ☐ Teenagers love to message
 - ☐ I always do
- my friend, Sue, at the bus stop.
 - friends on social media.
 - swimming to exercise.
 - ~~the cinema today.~~
 - my emails on my computer.
 - the housework on Saturday.

- 6 ●● Complete the sentences with expressions from Exercise 5.

- I like films. I often go to the cinema with my friends.
- My friends write a lot of emails. I _____ after every lesson.
- I go to school by bus. I often _____ at the bus stop so we can go together.
- I _____ at the pool on Fridays.
- After school, I sometimes _____ on my phone.

- 7 ●● Complete the crossword.



Across

- I get _____ after I have a shower.
- You do _____ at the gym.
- Our teacher gives us a lot of _____.
- I often _____ my friends at the bus stop.
- Not sometimes but _____.
- Not always but _____.

Down

- It's important to _____ before you go to bed, e.g. read a book.
- I _____ my emails every hour.
- I usually go _____ for clothes with my friends.
- Not often but _____.
- I _____ up five minutes after I wake up.
- I often _____ swimming in the sea during summer.

- 8 ●●● Complete the text with one word in each gap.

I'm Jenny Middleton. I'm a teacher. I ¹ wake up at 7.30 and I ² _____ up five minutes later. I ³ _____ a shower and then I ⁴ _____ breakfast. I ⁵ _____ to school by car at 8.30. Lessons start at 9.15. I ⁶ _____ lunch at 12.30. I ⁷ _____ home at 4.30. I sometimes ⁸ _____ after school at the gym. I have dinner with my husband and children at 6.30. I sometimes ⁹ _____ my friends on social media after dinner and then I ¹⁰ _____ watch TV or read a book – I do that every day! I ¹¹ _____ my emails before bed. I ¹² _____ go to bed before 11.30 p.m. – I'm a night owl!