


a  4.7 Listen to the sounds and number the phrases 1–6.

- get dressed
- 1 wake up
- have breakfast
- take a shower
- go to work / school
- have a coffee / tea



Vocabulary (page 32)

a Match the verb phrases and pictures.

Busy Belinda

- take a shower
- have a coffee
- do the housework
- start work at 8:30
- finish work at 6:30
- get dressed
- 1 wake up at 7:00
- have lunch at work
- go shopping
- go to bed
- have pizza for dinner
- get home late
- go to work by bus
- put on make-up
- check emails
- get to work

Busy Belinda



Chill Charlie

- go to Spanish classes
- 17 get up at 8:00
- have breakfast
- shave
- go home early
- walk to work
- relax
- take the dog for a walk
- sleep for eight hours
- make dinner
- take a bath
- see friends

Chill Charlie



- a Read the article. Use the glossary to help you. How do you think Marjan feels at the end of a typical day? Choose from the adjectives in the list.

bored happy relaxed sad stressed tired

Busy lives

MOTHER...



...AND SON



Marjan Jahangiri, originally from Iran, is one of the only women professors of cardiac surgery in Europe. She does more than 300 operations a year. She lives in London with her husband and their 17-year-old son, Darius.

Glossary

cardiac surgery an operation to repair somebody's heart

a lecture a talk to a group of people to teach them about something, e.g., at a university

be on call be available for work if necessary

do research study something to learn more about it

- a Read the article. Use the glossary to help you. How do you think Marjan feels at the end of a typical day? Choose from the adjectives in the list.

bored happy relaxed sad stressed tired

Can you describe your daily routine?




I get up between 6:00 and 6:30 a.m., I get to work at 7:00, and my meetings usually start at 7:30. After that, I don't have a break. I have lunch at my desk. I often do two operations a day, and I also have lectures and more meetings. At home, I have dinner with my son. Between 9:30 and 11:30 p.m., I do research and I watch the news on TV. One or two nights a week I'm on call, so I probably need to do operations during the night. I often work on weekends, too. But that's OK – I think I have a great life because I love my work.

How do you balance work with your family life?


I spend a lot of time with my son. I want him to learn about hard work and good values, and I want to be an example for him. My husband is away a lot, but we talk on the phone every day. I think one reason why I am successful in my professional life is because he isn't at home all the time!

What do you do to relax?

I play the piano for an hour every day, late at night. I think it helps me with my operations – it's technical in the same way. I also go to the hair stylist twice a week. I do a lot of my research there! They turn the music off for me, and I use the time to read all my academic papers.

b Read the article again. In pairs, answer the questions from memory. 

- 1 What time does Marjan get up?
- 2 What does she do when she's at work?
- 3 Where does she have lunch?
- 4 What does she do in the evening?
- 5 Is her job a 9–5 job? Why (not)?
- 6 Does she see her family a lot?
- 7 How does she relax?
- 8 Does she like her job?

c  4.11 Listen to Darius, Marjan's 17-year-old son, talking about his day. Complete blanks 1–12.

...AND SON



MORNING

¹ 7:30 He gets up.
He has breakfast and then he goes to school by Tube.
8:20 ² He to school.
9:00 Classes start. ³ He has or classes before lunch.

AFTERNOON

1:00 He has lunch at ⁴ .
⁵ His classes start again.
4:15 He finishes school. He doesn't ⁶ then. He studies in the library or plays music. On Tuesdays, he ⁷ in the school choir and on ⁸ he ⁹ percussion in the school orchestra.

EVENING

6:00 He gets home. ¹⁰ He a and then has dinner. After dinner, he does homework for ¹¹ or hours.
¹² He goes to bed.

Glossary

the Tube the London subway
choir a group of people who sing together
percussion musical instruments, e.g., drums
A levels exams that UK students take in the final year of school



a Look at some sentences from Darius's day.
Complete them with *at*, *in*, *on*, or *to*.

- 1 I get up 7:30.
- 2 I usually go school by Tube.
- 3 I have lunch school.
- 4 I usually have two or three classes the afternoon.
- 5 I sing in the school choir Tuesdays.

Grammar Bank 4B (Page 131)

4B

a Complete with *at*, *in*, or *on*.


on Saturday

- 1 the evening
- 2 September 22nd
- 3 the summer
- 4 7:30
- 5 night
- 6 Wednesday afternoon
- 7 the weekend
- 8 January
- 9 2020

b Complete with *at*, *in*, or *to*.

We go to school by bus.

- 1 Sorry, John isn't here. He's work.
- 2 It's a beautiful day. Let's go the beach.
- 3 Sally's boyfriend works a factory.
- 4 My brother studies math New York University.
- 5 I go the gym on Tuesdays and Thursdays.
- 6 I work an office.
- 7 We live a modern apartment.
- 8 It's Monday. The children are school.
- 9 My father is a doctor. He works a hospital.
- 10 Jack isn't home. He's with a friend.

a Look at the questions to ask your partner. What two words are missing? 

What time / get up?

/ have breakfast in the morning? What / have?

How / go to work or school?

What time / start work or school?

What time / have lunch? Where?

/ have a long lunch break? How long?

What time / finish work or school?

What / do after work or school?

/ go out during the week? Where / go?

/ relax in the evening? What / do?

When / do English homework?

What time / go to bed?

How / feel at the end of the day?

