



# Shannon Walker

## *A Day in the Life of an Astronaut*



Astronaut Shannon Walker tells our readers what life is like in space.



- 1 We usually start the day quite early, at about six in the morning. We get dressed and have breakfast. At around half past seven, the work day starts. We break for lunch at about twelve o'clock.
- 2 In the afternoon, we often exercise for about two and a half hours. It helps us keep fit and healthy.
- 3 At the end of the day, around half past seven, we have dinner. After dinner, we usually make phone calls to friends and family or we just read. Our sleep time starts at half past nine at night. Life in space is different, but we still have a routine to follow!

\*\*\*Parçayı dinleyiniz ve aşağıda verilen günün bölümleri ile o bölümlerde astronotların neler yaptıklarını anlatan paragraf numaralarını eşleştiriniz.

**1** **Paragraph 1**

describes what astronauts do

**2** **Paragraph 2**

describes what astronauts do

**3** **Paragraph 3**

describes what astronauts do

**a** in the afternoon.

**b** in the evening.

**c** in the morning.