Name:	Grade:	Date:

Criteria	Performance
Identifies actions that happen at different moments of the day..	
Recognizes and uses vocabulary related to daily routines to communicate simple idea	

1. Complete the vocabulary

a. _____ **up.**

b. _____ **my face**

c. _____ **dressed.**

d. _____ **my hair.**

e. _____ **breakfast**

f. _____ **my teeth**

g. _____ **a shower.**

2. Write the letter under the correct picture.

3. Read the text and fill in the blanks using the vocabulary above.

My Daily Routine

By Lionel Messi

Hi! My name is Lionel Messi. I am a football player, and this is my daily routine.

Every morning, I _____up at 7:00 a.m. First, I _____my teeth and _____ my face. Then, I _____a healthy breakfast with my family. I usually eat fruit, eggs, and cereal because I need energy for training.

After breakfast, I go to the training center. I practice with my teammates for several hours. We run, pass the ball, and play football. I always listen to my coach and do my best.

In the afternoon, I _____ lunch and rest for a while. Then, I spend time with my family or exercise again if I have a match. Sometimes, I watch football games to learn new things.

In the evening, I _____dinner with my family. After dinner, I relax, _____a book, or watch television. Finally, I _____to bed at about 10:00 p.m. because getting enough sleep is important for my health.

I love football, but I also love spending time with my family. A good routine helps me stay healthy, happy, and ready to play every day.

3. Put (T) for True and (F) for False according to the reading.

_____ Messi wakes up at 7:00 a.m.
_____ He eats unhealthy food for breakfast.
_____ He trains with his teammates.
_____ Sometimes he watches football games.
_____ He goes to bed after midnight.

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4. Choose the correct answer.

1. **What time does Messi wake up?**
   a) 6:00 a.m.
   b) 7:00 a.m.
   c) 8:30 a.m.

2. What does he eat for breakfast?
a) Pizza and soda
b) Sandwiches
c) Fruit, eggs, and cereal

3. What does he do in the afternoon?
a) Sleeps all afternoon
b) Spends time with his family or exercises
c) Goes shopping

4. Where does he go after breakfast?
a) To school
b) To the training center
c) To the supermarket

5. Why does he go to bed at 10:00 p.m.?
a) Because he is tired of watching TV.
b) Because he likes sleeping early.
c) Because sleep is important for his health.

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