A Day in the Life of Laura

Reading A2 Daily routines & habits

Hi! My name is Laura. I am 25 years old and I am a nurse. I live in a small apartment with my cat, Milo.

I always wake up at 6:00 a.m. First, I drink a big glass of water. Then I take a shower and get dressed. I usually have a healthy breakfast: fruit, yogurt and a cup of tea. I never drink coffee in the morning.

I go to work by bike. It takes 20 minutes. I start work at 7:30 and I finish at 3:00 p.m. My job is busy, but I love helping people.

After work, I go to the park and walk for 30 minutes. Sometimes I go to a yoga class with my sister on Tuesdays and Thursdays. In the evening, I cook dinner at home. I like vegetables, rice and chicken. I don't often eat fast food.

After dinner, I read a book or call my parents. I don't use my phone in bed because it is bad for my sleep. I usually go to bed at 10:00 p.m. I sleep 8 hours every night.

I think healthy habits make me happy and full of energy!

Read the text carefully. Then go to page 2 and answer the questions.

LIVEWORKSHEETS

A. Choose the correct answer.

1. What is Laura's job?

2. What does Laura do first in the morning?

3. How does Laura go to work?

4. Why doesn't Laura use her phone in bed?

B. True or False?

5. Laura drinks coffee every morning.

6. Laura goes to yoga with her sister on Tuesdays and Thursdays.

7. Laura sleeps 6 hours every night.

C. Match the activity with the time.

8. Laura wakes up

9. Laura finishes work

10. Laura goes to bed

a) at 3:00 p.m.

b) at 10:00 p.m.

c) at 6:00 a.m.

LIVEWORKSHEETS