A Balanced School Day

Read the text and complete all 10 activities.

Name: _____	Class: _____	Date: _____

READING

A Balanced School Day

Mateo is fifteen years old and lives with his family in a small town. On school days, his alarm rings at 6:15 a.m. He usually gets up at 6:30, makes his bed and takes a shower. At 6:50, he has breakfast with his parents. He often eats eggs, bread and fruit. Before leaving home, he checks that his schoolbag is ready.

Mateo walks to the bus stop at 7:20 and takes the bus at 7:30. His classes start at 8:00. He has a short break at 10:00, when he talks with his friends or eats a snack. At 12:30, he has lunch in the school cafeteria. His classes finish at 2:30 p.m.

When Mateo gets home at 3:00, he rests for a while. He usually does his homework at 4:00. Three times a week, he plays basketball with his friends at 5:30. In the evening, he has dinner with his family at 7:30. He turns off his phone at 9:00, reads for a few minutes and goes to bed at 10:00.

At weekends, Mateo wakes up later, at about 8:30. He sometimes visits his grandparents or rides his bicycle. He thinks that having a routine helps him organize his time, but he also believes that free time is important.

A. MULTIPLE CHOICE

Choose the correct answer: A, B, C or D.

1. What time does Mateo usually get up?

A. At 6:15 a.m.
B. At 6:30 a.m.
C. At 7:20 a.m.
D. At 7:30 a.m.

2. How does Mateo go to school?

A. By car.
B. On foot all the way.
C. By bus.
D. By bicycle.

LIVEWORKSHEETS

A. MULTIPLE CHOICE (CONTINUED)

Choose the correct answer: A, B, C or D.

3. Where does Mateo have lunch?

A. At home.
B. In the school cafeteria.
C. At his grandparents' house.
D. At a restaurant.

4. What does Mateo do at 5:30 p.m. three times a week?

A. He reads a book.
B. He plays basketball.
C. He watches television.
D. He visits his grandparents.

B. TRUE OR FALSE

Write T (True) or F (False) in the box.

5. Mateo's classes start at 7:30 a.m.	T / F
6. Mateo usually does his homework at 4:00 p.m.	T / F
7. At weekends, Mateo wakes up at 6:30 a.m.	T / F

C. MATCHING

Match each expression (8-10) with its meaning (A-C). Write the correct letter.

Expressions	Meanings
8. wake up	A. Put your clothes on.
9. get dressed	B. Stop sleeping.
10. wind down	C. Relax before going to sleep.

Matching answers: 8. _____ 9. _____ 10. _____

Check your answers before submitting your work.

LIVEWORKSHEETS