

# tom's daily routine



Hello, I am tom, and this is my daily routine. I always get up at 8 am in the morning, and I go to the bathroom and take a shower and get dressed. After that I usually have breakfast at 9 am and I eat eggs and sandwich and a glass orange juice. Then I brush my teeth and leave my house.

I go to work filming a movie at 11 am, I film with my friends Zendaya and Jacob. After that I have lunch at 2 pm and I sometimes eat meat and fries, as well as a soda. I finish my job at about 7 pm and I go home to try and relax. When I get home I have dinner at 9 pm and usually eat a salad and drink iced tea. Then I relax by watching Netflix or listening to music, sometimes I go to the gym at night and exercise.

Finally I go to bed at 12 at night.

## I. Choose the correct option.

### 1.What does tom do to relax?

- a) Watch Netflix and listen to music.
- b) Going to the gym and exercise in the morning.
- c) Watch movies in bed.

### 2.His friends are...

- a) Robert Downey jr, Zendaya, Jacob.
- b) iron man – captain America
- c) Zendaya, Jacob.

### 3. he works is...

- a) he is an actor.
- b) filming a movie.
- c) spiderman

## II. Match the activity with the hour.

a) breakfast	9 pm
b) go to work	12 at night
c) have lunch	9 am
d) have dinner	11 am
d) go to bed	2pm

## III. Order tom's routine

Have breakfast and brush his teeth.	
Relax with Netflix or music	
Sometimes going to the gym and exercise	
Firstly, get up, take a shower, get dressed.	
Finish job and go have dinner	

## IV. match the food with the meal of the day

Breakfast	Lunch	Dinner
-----------	-------	--------

