

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

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| 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

