



Listening and Writing

- 1) Watch the video and describe his favourite day of the week. Answer these questions. (75–100 words)

- a) What is his favourite day of the week? Why?
- b) What does he usually do in the morning / afternoon / evening?
- c) Does he always do the same thing? Why?
- d) What time does he go to bed?

His favourite day of the week

His favourite day is

2) Read the text and tick (✓) A, B, or C.

A week in the life of ...

Two busy people take time to tell readers about their lives.

William Jones lives in Winchester. He works in a museum in the city centre. William usually gets up at half past seven and has a shower. He makes some sandwiches for his lunch and then he has breakfast (tea and cereal) with his wife and their son, John. At half past eight William drives John to school, then he goes to the museum. When William arrives he has another cup of tea and plans his day. At five o'clock William closes the museum and drives home. He usually has dinner and watches TV with his family in the evening, but on Fridays he plays football with his friends. William works from Monday to Saturday, but he always has Sundays with his family. They get up late, have breakfast, and read the Sunday newspapers. In the evening, they usually go to William's parents' house for dinner.

Christina Sanders is a police officer in Fort William, a small town on the west coast of Scotland. She gets up at six o'clock every morning, has a shower, and takes her two dogs for a long walk. After her breakfast of fruit and cereal, Christina puts on her uniform and goes to work. Christina works hard. Her job isn't easy and she is sometimes stressed. She thinks that it is important to do exercise and have a healthy diet. She usually has fish or pasta for dinner. She hardly ever eats meat and she doesn't drink alcohol. Christina has a very good social life. Her friends often visit her in the evening and she cooks dinner for them. She doesn't have a TV, but once or twice a month she goes to the cinema. Christina also loves sport. She usually works at the weekend, but on her days off she always plays basketball and tennis.

Example: William _____ at half past seven.

A gets up ☒ B has a shower ☐ C has breakfast ☐

- William _____ to work.
walks ☐ takes the bus ☐ drives ☐
- He doesn't usually _____ in the evening.
watch TV ☐ have dinner ☐ have a shower ☐
- He meets his friends _____ a week.
once ☐ twice ☐ three times ☐
- He _____ on Sundays.
plays football ☐ visits his parents ☐ works ☐
- Christina has breakfast _____.
at home ☐ at work ☐ in her car ☐
- She never _____.
eats fish ☐ drinks alcohol ☐ cooks ☐
- She _____ sees her friends after work.
often ☐ hardly ever ☐ sometimes ☐
- She _____ goes to the cinema.
hardly ever ☐ sometimes ☐ never ☐

3) Read the text again and write Christina or William.

Example: Christina is a police officer.

- _____ lives in a city.
- _____ gets up very early.
- _____ eats sandwiches for lunch
- _____ is sometimes stressed because of the job.
- _____ goes for long walks every day.

6 _____ plays football on Fridays.

7 _____ never works on Sundays.

Speaking

9) Ask your partner these questions.

- a) What time do you usually get up?
- b) What do you do when you arrive home after school / work?
- c) Do you do exercise? Why? / Why not?
- d) How often do you eat fast food?
- e) Do you have a good social life?
- f) How often do you meet your friends?

4) Now answer your partner's questions.

11) Read the information about Mike and answer your partner's questions.

Name:	Mike Smith
Occupation:	student
Gets up:	11 a.m.
Eats:	fast food
Exercise:	No
Free time:	Plays computer games, watches TV, goes out with friends
Goes to bed:	1–2 a.m.

12) Ask your partner questions about Mike's sister, Andrea.

- What / do?
- What time / get up?
- have a healthy diet?
- How often / do exercise?
- What / do in free time?
- When / go to bed?