

6B A day in my life

1 VOCABULARY a typical day

a Complete the verb phrases.



1 **g** et up



2 **f** work



3 **g** o shopping



4 **h** a shower



5 **d** o housework



6 **m** dinner



7 **w** TV



8 **g** o to bed

b Write the words in the chart.

a bath	to bed	breakfast	a coffee	to the gym
home	lunch	a sandwich	to school	to work

have	go
a bath	to bed

c Complete the text with the correct verb.

do	finish
get up	go (x4)
have (x3)	watch

I'm Hannah and I'm a nurse. I work at night and I sleep during the day. I¹ finish work at eight o'clock in the morning and then I² home and I³ to bed. I⁴ at about four o'clock in the afternoon and I⁵ some cereal and orange juice for breakfast. Then I⁶ shopping and I⁷ the housework or I⁸ TV. At seven o'clock in the evening I⁹ a shower and I¹⁰ dinner before I¹¹ to work again.



2 PRONUNCIATION /j/; sentence rhythm

a **iChecker** Listen and tick (✓) if the word has a  sound.

- 1 usually ✓
- 2 umbrella ✗
- 3 study
- 4 student
- 5 you
- 6 your
- 7 music
- 8 newspaper
- 9 hurry
- 10 yellow

b Listen again and repeat the words.

c **iChecker** Listen and repeat. Copy the rhythm.

- 1 I **start work** at **nine** in the **morning**.
- 2 She has a **coffee** at a **quarter** past **ten**.
- 3 They have a **sandwich** at a **café**.
- 4 You **finish work** at **six thirty**.
- 5 We do **housework** at the **weekend**.
- 6 He **watches TV** in the **evening**.

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

- 1 I get up early. (always)
I always get up early
- 2 Yasmin goes to school by bus. (usually)
.
- 3 You do housework. (never)
.
- 4 They have fish for dinner. (sometimes)
.
- 5 Andy has lunch at home. (always)
.
- 6 I watch TV in the morning. (never)
.
- 7 We go shopping at the weekend. (sometimes)
.
- 8 They have coffee for breakfast. (usually)
.

b Look at the chart and complete the sentences.

✓✓✓✓✓ = always
✓✓✓ = usually
✓ = sometimes
✗ = never

		
	Diego	Jen
go to the gym	✗	✓✓✓✓✓
read magazines	✓	✓✓✓
watch football on TV	✓✓✓✓✓	✓
get up early	✓✓✓	✗

- 1 Diego never goes to the gym.
- 2 He magazines.
- 3 He football on TV.
- 4 He early.
- 5 Jen to the gym.
- 6 She magazines.
- 7 She football on TV.
- 8 She early.

4 LISTENING

iChecker Listen to the conversation. Mark the sentences T (true) or F (false).

- 1 Olivia gets up early at the weekend. F
- 2 She has a shower before she has breakfast.
- 3 She doesn't have a hot drink for breakfast.
- 4 After breakfast she always does the housework.
- 5 She usually reads the newspaper after lunch.
- 6 She's never at home in the evening.

WORDS AND PHRASES TO LEARN

Learn these words and phrases.

Are you a **morning person**? /ə: ju ə 'mɔ:nɪŋ 'pɜ:sn/
hurry (v) /'hʌri/

What time do you get up? /wɒt taɪm də ju get ʌp/
At eight o'clock. /æt eɪt ə'klɒk/

He gets up **at about** 9.30.

/hɪt ɡets ʌp ət ə'baʊt naʊ ˈθɜ:ti:/

then /ðen/

before (after) **lunch** /bɪ'fɔ: (ə'ftə) lʌntʃ/

until **two o'clock** /ən'tɪl tu: ə'klɒk/

often /'ɒfn/