

# 6B A day in my life

## 1 VOCABULARY a typical day

a Complete the verb phrases.



1 get \_\_\_\_\_ up



2 f \_\_\_\_\_ work



3 g \_\_\_\_\_ shopping



4 h \_\_\_\_\_ a shower



5 d \_\_\_\_\_ housework



6 m \_\_\_\_\_ dinner



7 w \_\_\_\_\_ TV



8 g \_\_\_\_\_ 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. I <sup>1</sup> finish  
work at eight o'clock in the  
morning and then I <sup>2</sup> \_\_\_\_\_  
home and I <sup>3</sup> \_\_\_\_\_ to  
bed. I <sup>4</sup> \_\_\_\_\_ at about  
four o'clock in the afternoon  
and I <sup>5</sup> \_\_\_\_\_ some  
cereal and orange juice for  
breakfast. Then I <sup>6</sup> \_\_\_\_\_ shopping  
and I <sup>7</sup> \_\_\_\_\_ the housework or  
<sup>8</sup> \_\_\_\_\_ TV. At seven o'clock in the  
evening I <sup>9</sup> \_\_\_\_\_ a shower and I  
<sup>10</sup> \_\_\_\_\_ dinner before I <sup>11</sup> \_\_\_\_\_  
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**? /ɑː ju ə 'mɔːnɪŋ 'pɜːsn/  
**hurry** (v) /'hʌrɪ/

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.  
/hiː gets ʌp ət ə'baʊt naɪn 'θɜːti/

**then** /ðen/

**before** (after) **lunch** /bɪ'fɔː ('ɑːftə) lʌntʃ/

**until** **two o'clock** /ʊn'tɪl tuː ə'klɒk/

**often** /'ɒfn/