

Daily Routines

Sleep

"During the week I usually wake up**1** about **7.30** am. If I don't, my mum wakes me up. I get up**2** a few minutes later. In the evenings I go to bed about **10.30** pm, and usually go to sleep**3** straight away**4**. If I have a late night**5** I try to have a sleep**6** in the afternoon when I get home from college."



Connect selected words from the text with their meanings.

wake up

get up

go to sleep

straight away

have a late night

have a sleep

get out of bed

immediately

a short period of sleeping, e.g. half an hour

stop sleeping

start sleeping; syn fall asleep

go to bed very late; opp have an early night



Food

"I have coffee and cereal for breakfast, then have a light lunch**1**, maybe a sandwich and an apple, and a snack**2** in the afternoon. We have our main meal in the evening. If Mum's late home from work, she doesn't bother**3** to cook; we just get a takeaway**4** instead. One of us has to feed**5** the cat as well."

Connect selected words from the text with their meanings.

have a cereal

have a light lunch

have a snack

don't bother

takeaway

feed

give food

doesn't do something because there is no reason or because it is too much work

have a small meal

a small amount of food you eat between meals

a meal you buy in a restaurant but eat at home

Bathroom routines

I usually have a shower when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to have a wash and clean my teeth (syn brush my teeth), before Rosie comes in to put on a bit of make-up. In the winter I sometimes have a bath instead of 1 a shower. I like to lie in the bath and listen to music.



Marcus having a shave



Rosie putting on make-up

Write the meaning of the expression in English

have a bath instead of - _____

Housework*

Fortunately 1 we've got a cleaner 2 who does a lot of the housework, and that includes doing my washing 3. But I still have to make my bed and do some of my ironing, and I sometimes do the shopping with Mum.



Write the expressions using the clues from the text.

a person who cleans _____

the work of keeping a home clean and tidy _____

washing my clothes _____

happening because of good luck; syn luckily _____

Language help

When we do the shopping, we buy food at the supermarket; when we go shopping, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.

Spare time*

On weekdays I usually stay in 1 and watch TV in the evening. At the weekend I go out quite a lot with my friends, either to the cinema or just to a café, and I eat out 2 once a week. Sometimes friends come round 3 and we chat 4 about clothes, music and college.

Connect selected words from the text with their meanings.

stay in

go out

eat out once a week

come round

chat

stay at home

have an informal conversation

eat in a restaurant; opp eat in

visit me in my home

time when you are not working