C. Reading

Exercise 1: Match the activities with the pictures. Use the words in the box.

do homework	do the housework	go for a walk	go shopping
go to the gym	make dinner	meet friends	play computer games



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



4. _____



5. _____

LIVEWORKSHEETS

Exercise 2: Read the text. Then complete the exercise on the next screen.

HOW TO HAVE A GREAT DAY EVERY DAY

Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day every day.

A Get up early

Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas and you will be able to work faster. Many well-known writers and musicians from the past believed that it was important to get up early – and to go to bed early too. You should also try to get up at the same time every day, because this is good for your body and brain.

B Eat breakfast

Breakfast is the most important meal of the day. People often say that they don't have time to eat breakfast, but they will find it more difficult to start work, and they will soon feel very hungry. A healthy meal of toast, eggs, and fruit juice will help you to work well all morning – and stop you from eating unhealthy food like crisps and chocolate later in the morning!

C Go for a walk

If you usually spend a lot of time in your office or in the classroom, it is very important to go outside and get some fresh air. If you spend just 30 minutes a day walking outside, you will feel less tired and you will be able to do more when you get back to work or school. A walk in the park every day will make you feel much healthier and will help you to do your best work.

Choose the correct paragraph to match the information. Read the text on the first screen again to help you.

1. A lot of people don't have time to do this.

   ○A ○B ○C

2. This will stop you from feeling tired.

   ○ A ○ B ○ C

3. This will stop you from eating food that is bad for you.

   ○ A ○ B ○ C

4. In the past, famous people thought that this was a good idea.

   ○ A ○ B ○ C

5. You should do this at the time every day.

   ○A ○ B ○ C

6. Many people don't want to do this.

   ○ A ○ B ○ C

LIVEWORKSHEETS

Exercise 3: Choose the correct verbs to complete the email.

Dear Jane,

Thank you for your email. It was very interesting to hear about your daily life in Cambridge, England. I am writing to tell you about my typical day in Rome. On school days I usually (do/get/have) up at 7:00 a.m. I have a shower and (do/get/make). In Italy, we don't have to wear a school uniform, so I normally wear jeans and a tee-shirt. Then I (do/have/take) breakfast with my parents and sister. I usually eat bread with jam and drink orange juice. My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and (do/go/have) lunch with my mum. In Italy we often eat a lot for lunch, including pasta, meat and salad, but we have a much smaller dinner. In the afternoon I do my homework and help my mum to (do/have/make) the housework. I do the washing up and (do/have/take) out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons. I have dinner at about 7:00 p.m. Every day after dinner, I (go/have/take) for a walk with my family around the town. We often stop and have an ice cream in my favourite ice cream shop. I usually (go/have/make) to bed at about 10:00 p.m., because I have school the next day.

Hope to hear from you soon.
Best wishes,
Alessia

LIVEWORKSHEETS

LIVEWORKSHEETS