

## A typical day

### VOCABULARY BANK

a 3 4 Listen and repeat the phrases.

### 1 IN THE MORNING /ˈmɔːnɪŋ/



get up  
/get ʌp/



have breakfast  
/hæv ˈbrekfəst/



take a shower  
/teɪk ə ˈʃaʊər/



go to school  
/ɡoʊ tu skuːl/



go to work  
/ɡoʊ tu wɜːk/  
(by bus, train,  
car, etc.)  
/bʌs/ /treɪn/ /kɑːr/



have a coffee  
/hæv ə ˈkafi/



have a sandwich  
/hæv ə ˈsændwɪtʃ/

### 2 IN THE AFTERNOON /æftərˈnuːn/



have lunch  
/hæv lʌntʃ/



finish work  
/ˈfɪnɪʃ wɜːk/



go home  
/ɡoʊ hoʊm/



go shopping  
/ɡoʊ ˈʃɒpɪŋ/



go to the gym  
/ɡoʊ tu ðə dʒɪm/

### 3 IN THE EVENING /ˈiːvɪŋ/



make dinner  
/meɪk ˈdɪnər/



have dinner  
/hæv ˈdɪnər/



do housework  
/du ˈhaʊswɜːk/



watch TV  
/wɒtʃ ti ˈvi/



take a bath  
/teɪk ə bæθ/



go to bed  
/ɡoʊ tu bed/



**make and do**

make dinner / coffee BUT do housework

**go with to and the**

go to the gym, go to the movies /ˈmuːvɪz/

go to work, go to school, go to bed

go home

b 3 5 Listen and point to the picture.

c In pairs, look at the pictures and describe their day.

They get up at quarter to seven. They have breakfast.

◀ p.36



# DAILY ROUTINES

AI

After

**Directions:** Look at the daily routines pictures and match them with the correct phrases.

## 1 IN THE MORNING



go to  
work

have a  
coffee

get up

have a  
sandwich

take a  
shower

go to  
school

have  
breakfast

## 2 IN THE AFTERNOON



go to the gym

go home

have lunch

finish work

go shopping

## 3 IN THE EVENING



have  
dinner

do  
housework

take  
a bath

go to  
bed

watch  
TV

make  
dinner

Exercise 1

# DAILY ROUTINES

AI

Before

c Complete the text.



I'm Mike and I'm a factory worker. 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 <sup>3</sup> \_\_\_\_\_ to bed. I <sup>4</sup> \_\_\_\_\_ up at about two-thirty in the afternoon, and I <sup>5</sup> \_\_\_\_\_ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I <sup>6</sup> \_\_\_\_\_ to the gym after breakfast, then I <sup>7</sup> \_\_\_\_\_ a shower and I <sup>8</sup> \_\_\_\_\_ TV. At seven o'clock in the evening, I <sup>9</sup> \_\_\_\_\_ dinner. Then I <sup>10</sup> \_\_\_\_\_ to work again.

After

**Directions:** Complete the text with the verbs in the box.

go   get   go   take   go   have   go   finish   get   watch



I'm Mike and I'm a factory worker. 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 <sup>3</sup> \_\_\_\_\_ to bed. I <sup>4</sup> \_\_\_\_\_ up at about two-thirty in the afternoon, and I <sup>5</sup> \_\_\_\_\_ a big breakfast – eggs, potatoes, sausage, and of course a lot of coffee! I <sup>6</sup> \_\_\_\_\_ to the gym after breakfast, then I <sup>7</sup> \_\_\_\_\_ a shower and I <sup>8</sup> \_\_\_\_\_ TV. At seven o'clock in the evening, I <sup>9</sup> \_\_\_\_\_ dinner. Then I <sup>10</sup> \_\_\_\_\_ to work again.

Exercise 2



# DAILY ROUTINES

AI

Before

## 1 VOCABULARY a typical day

a Complete the verb phrases.



1 watch \_\_\_\_\_ TV



2 d \_\_\_\_\_ housework



5 g \_\_\_\_\_ up



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



3 g \_\_\_\_\_ to work



4 h \_\_\_\_\_ a sandwich



7 g \_\_\_\_\_ shopping



8 g \_\_\_\_\_ to bed

After

**Direction:** Complete the daily routines with the missing verb phrases. Follow the example.



1 g et \_\_\_\_\_ up



2 g \_\_\_\_\_ to work



3 h \_\_\_\_\_ a sandwich



4 g \_\_\_\_\_ shopping



5 m \_\_\_\_\_ dinner



6 d \_\_\_\_\_ housework



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



8 g \_\_\_\_\_ to bed

Exercise 3

No changes

## 4 GRAMMAR adverbs of frequency

a Match sentences 1–4 with a–d.

|                                                              | M | T | W | Th | F |
|--------------------------------------------------------------|---|---|---|----|---|
| 1 <input type="checkbox"/> I always get up at 8:00 ...       | ✓ | ✓ | ✓ | ✓  | ✓ |
| 2 <input type="checkbox"/> I never drink coffee ...          | x | x | x | x  | x |
| 3 <input type="checkbox"/> I usually finish work at 6:00 ... | ✓ | ✓ | x | ✓  | ✓ |
| 4 <input type="checkbox"/> I sometimes watch a DVD ...       | x | ✓ | x | x  | ✓ |

- a but on Wednesdays I finish at 7:00.  
 b or I read and listen to music.  
 c because I start work at 9:00.  
 d because I don't like it.

No changes

## 3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in parentheses.

- I get up early. (always)  
I always get up early
- Yasmin goes to school by bus. (usually)
- You do housework. (never)
- They have fish for dinner. (sometimes)
- Andy goes to the gym. (always)
- I watch TV in the morning. (never)
- We go shopping on weekends. (sometimes)
- They have coffee for breakfast. (usually)



# DAILY ROUTINES

AI

Before

## 4 LISTENING

a **Checker** Listen to the interview with Tony. Circle the things he usually or always does on the weekend.



b **Checker** Listen again. Put an X over the things he never does on the weekend.

After

**Direction:** Listen to the audio with Tony and pay attention to the activities he usually, always, or never does on the weekend. Mark his activities **T** (true) or **F** (false).



1



He always gets up at early.

T/F ☐

2



He always takes a shower.

T/F ☐

3



I usually drink coffee or tea.

T/F ☐

4



I usually read the newspaper.

T/F ☐

5



He never does housework.

T/F ☐

6



He never goes the gym.

T/F ☐

7



He always goes out with his friends.

T/F ☐

