

Unit 4 - Beginner

A- Daily routine

1 VOCABULARY a typical day

a Complete the verb phrases.



1 go to bed



2 work



3 have a coffee / sandwich



4 do shopping



5 cook dinner



6 watch TV



7 do housework



8 get up

b Write the words in the chart.

breakfast to work a shower home to university
lunch to the gym dinner to bed a coffee

Have	Go
breakfast	to work

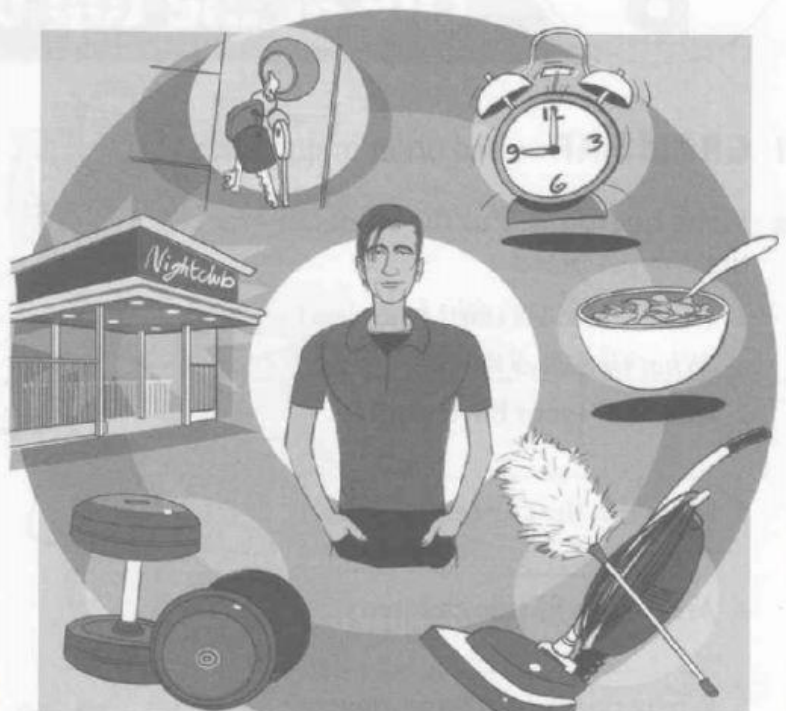
c Complete the text.

I'm Hannah and I'm a nurse. I work at night and I sleep during the day. I ¹ finish work at eight o'clock in the morning and then I ² home to bed. I ³ up at about four o'clock in the afternoon and I ⁴ some cereal and orange juice for breakfast. Then I ⁵ shopping and I ⁶ housework or ⁷ TV. At seven o'clock in the evening I ⁸ a shower and I ⁹ dinner before I ¹⁰ to work again.



Words and phrases to learn

Complete the interview.



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3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

1 I have cereal for breakfast. (always)

I always have cereal for breakfast.

2 Amy goes to the gym. (never)

3 They do housework at the weekend. (sometimes)

4 Jamie watches TV in the evening. (usually)

5 You make the dinner. (never)

6 My sister goes to work by train. (usually)

7 We go to bed late. (always)

8 I have a sandwich for lunch. (sometimes)

b Look at the chart and complete the sentences.

	Oscar	Daisy
☒ ☒ ☒ ☒ ☒ = always ☒ ☒ ☒ = usually ☒ = sometimes ☒ = never		
listen to classical music	☒	☒ ☒ ☒
read a newspaper	☒ ☒ ☒	☒ ☒ ☒ ☒ ☒
go to Chinese restaurants	☒ ☒ ☒ ☒ ☒	☒
drink wine	☒	☒

1 Oscar sometimes listens to classical music.

2 He usually reads a newspaper.

3 He always goes to Chinese restaurants.

4 He never drinks wine.

5 Daisy usually listens to classical music.

6 She always reads a newspaper.

7 She always goes to Chinese restaurants.

8 She never drinks wine.

A Tony, ¹what time do you get up at the weekend?

B I usually get up ²at nine o'clock.

A Do you have breakfast ³before you have a shower?

B No, I don't. First I have a shower, and ⁴then I have breakfast.

A What do you usually wear?

B I always ⁵wear jeans and a T-shirt.

A What do you do ⁶at breakfast?

B I usually ⁷clean the house.

A What do you do in the afternoon?

B I often go ⁸to the gym and I sometimes go to the gym.

A What do you do in the evening?

B I sometimes go to a ⁹club with my friends. Then, before I go to bed, I always ¹⁰close the doors.

4. Writing: Write about your typical day:

[Click here to see the answers!](#)



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