

Starter unit

VOCABULARY • Routines

I can talk about routines and say when I do things.

- 1 Study the phrases in the box. Which of these things do you do every day? What other things do you do in a typical day?

cook do my homework finish get home
get up go shopping go to bed go to school
go to work have breakfast listen to music
relax tidy my room wake up watch videos

- 2  1.02 Complete the interviews using the correct form of the verb phrases in exercise 1. Then listen and check.

Kate Excuse me. I'm asking people about their morning routines. Have you got a minute?
Dylan Yes, sure.
Kate What are you doing in town this morning?
Dylan I'm looking for a present for my mum.
Kate Do you always ¹ _____ on Saturday mornings?
Dylan No, I don't. I normally play football, but I'm not playing this morning.
Kate Oh, right. What time do you ² _____ in the morning?
Dylan It depends. My mum usually ³ _____ me ⁴ _____ at seven o'clock, before she ⁵ _____.
Kate Do you ⁶ _____?
Dylan Yes, I have some cereal or toast. Then my sister and I ⁷ _____.
Kate What time do you start school?
Dylan I start school at nine.
Kate Thanks for your help! Have a good day.

- 3 Look at the words in blue in the dialogues in exercise 2. Where do adverbs of frequency go in a sentence? Think of more adverbs.

Remember!

on Mondays / on Tuesday evenings
on weekdays
at the weekend / at night / at (about) seven o'clock
in the morning / in the afternoon / in the evening
once or twice a day / week / month
every Saturday

- 4  **USE IT!** Work in pairs. Ask and answer questions to compare your daily routines. Use time expressions, adverbs of frequency and the words and phrases in exercises 1 and 2. Are your routines similar?

What time do you get up?

I usually get up at seven o'clock on weekdays. I get up later at the weekend.

- 5  **USE IT!** Use the information about your partner in exercise 4 to write a paragraph about their daily routine.

Kate Hello. Do you have a minute to answer some questions? I'm asking people about how they spend their evenings.
Lucy OK.
Kate Do you usually go home straight after school?
Lucy Usually, yes. I ¹ _____ school at four and I like to ² _____ when I ³ _____. Then I can relax in the evening.
Kate How do you ⁴ _____? I see you've got some headphones. Do you ⁵ _____?
Lucy Yes, I like hip hop. I also go on my laptop and chat online or ⁶ _____.
Kate Do you help at home much after school? Does someone ⁷ _____ and cook your meals?
Lucy I don't often tidy my room. My mum does it. My dad always ⁸ _____ dinner and I sometimes help him.
Kate And what time do you ⁹ _____?
Lucy Around ten o'clock. Sometimes a bit earlier if I'm tired.
Kate OK, great. Thanks very much.



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- 1 ★ Match 1–7 with a–g. Then use the time expressions to say how often you do each activity.

at the weekend every day on weekdays
in the morning / afternoon / evening
once or twice a day / week / month

- | | |
|----------|-----------------|
| 1 tidy | a to music |
| 2 do | b breakfast |
| 3 watch | c your room |
| 4 go | d your homework |
| 5 listen | e up |
| 6 have | f videos |
| 7 wake | g to school |

1 I tidy my room once a week.

2

3

4

5

6

7

- 2 ★★ Correct the words.

I finish school at 3.00 and I usually ~~get to home~~ at 3.45. get home

1 What time do you usually wake you up?

2 We relax always after dinner.

3 They go shopping in the weekend.

4 Do you always make your homework?

5 My brother doesn't listen music much, but he watches videos every day.

6 My mum goes to work at eight on the morning.

7 On Saturdays I often have the breakfast late.

8 We go to bed later the Fridays.

- 3 ★★ Complete the sentences with the correct verbs.

Mum and Dad always cook on weekdays, but sometimes I do it at the weekend. I normally make pasta and salad for dinner.



1 I don't usually _____ immediately after waking up. I like to stay in bed for a few minutes and think about my day.

2 I always _____ before school. I often have juice, some toast and some fruit. Then I'm not hungry until lunchtime.

3 I usually _____ as soon as I get home from school. When it's finished, I can enjoy the rest of my evening.

4 I try to _____ for a while every day. Sometimes I go for a walk, and other times I watch videos or listen to music.



5 I don't _____ very often because I haven't got much money to spend. I sometimes go running with my friends instead. We like exercising.

6 I _____ every morning by bus. It takes about twenty-five minutes. The bus arrives at 8.05, and lessons start at 9.00, so I'm never late.

- 4 ★★★ Write four or five complete sentences comparing your typical daily routine with what you do on holiday. What's the same and what's different?

I always wake up at 6.30 on weekdays and at around 8.30 at the weekend. When I'm on holiday, I usually get up later ...
