



Are you a **morning** person?

- 1 What time do you usually get up?

- 2 Do you have a shower or a bath in the morning?

- 3 Where do you have breakfast?

- 4 What do you have for breakfast?

- 5 What time do you go to work (school)?

- 6 Do you need to hurry in the morning?

- 7 Do you like mornings? Why (not)?

b (263)) Read the questions in the questionnaire. Now listen to Sue, a teacher, answer the questions. Does she like mornings?

c Listen again and write her answers to 1–7.

d (264)) Listen and repeat questions 1–7.

e Ask your partner the questions. Are you 'morning people'?

a (265)) Listen and repeat the phrases.

1 IN THE MORNING



get up
/get 'ʌp/



have breakfast
/hæv 'brekfəst/



have a shower
/hæv ə 'ʃaʊə/



go to work
/gəʊ tə 'wɜ:k/
(by bus, train, car, etc.)



have a coffee
/hæv ə 'kɒfi/

2 IN THE AFTERNOON



have lunch
/hæv 'lʌntʃ/



finish work
/fɪnɪʃ 'wɜ:k/



go home
/gəʊ 'həʊm/



go shopping
/gəʊ 'ʃɒpɪŋ/



go to the gym
/gəʊ tə ðə 'dʒɪm/

3 IN THE EVENING



make dinner
/meɪk 'dɪnə/



have dinner
/hæv 'dɪnə/



do housework
/du 'haʊswɜ:k/



watch TV
/wɒtʃ ti: 'vi:/



have a bath
/hæv ə 'bɑ:θ/



go to bed
/gəʊ tə 'bed/



make and do

make dinner / coffee BUT **do** housework,
do homework

go with to and the

go **to the** gym, go **to the** cinema
go **to** work, go **to** school, go **to** bed
go home

b 266))) Listen and point to the picture.

))) She has lunch at one o'clock. Picture six.

c In pairs, describe Lisa's day. Say the times where there are clocks.

She gets up at a quarter to seven. She has breakfast.

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3 PRONUNCIATION /j/; sentence rhythm

a 267))) Listen and repeat the words and sound.



yacht

you usually yes

student music beautiful

b 268))) Listen and repeat. Copy the rhythm.

What time do you usually have lunch?

At half past one.

What time do you usually have dinner?

At eight o'clock.

What time do you usually go to bed?

At half past eleven.

c Ask and answer the questions with a partner.

4 GRAMMAR adverbs of frequency

a Match sentences 1–4 with a–d.

	M	Tu	W	Th	F
1 ☒ c I always get up at 8.00...	✓	✓	✓	✓	✓
2 ☐ I never drink coffee...	✗	✗	✗	✗	✗
3 ☐ I usually finish work at 6.00, ...	✓	✓	✓	✓	✗
4 ☐ I sometimes watch a DVD...	✗	✓	✗	✗	✓

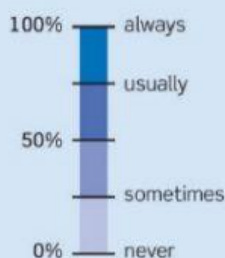
- a but on Fridays I finish at 3.00.
 b or I read and listen to music.
 c because I start work at 9.00.
 d because I don't like it.

6B adverbs of frequency

2 69))) Listen and repeat the examples.
 Then read the rules.

I **always** have breakfast.
 They **usually** finish work at 5.00.
 She **sometimes** watches TV in the evening.
 He **never** eats meat.

- Be careful with the position of adverbs of frequency:
I always have breakfast. NOT *Always I have breakfast.*
I have always breakfast.
- With *never*, use a ☒ verb: *He never eats meat.*
 NOT *He doesn't never eat meat.*



He never eats meat.

c In pairs, make true sentences about you. Use *always*, *usually*, *sometimes*, or *never*.

- listen to the radio in the car
- read a newspaper in the morning
- speak English outside class
- watch TV in the evening
- have pasta for lunch
- do housework at the weekend
- eat fast food
- drink espresso

*I always listen to the radio in the car.
I listen to Radio 5 Live.*

