

# 16 Daily routines

## A Sleep

“During the week I usually wake up<sup>1</sup> about 7.30 am. If I don’t, my mum wakes me up. I get up<sup>2</sup> a few minutes later. In the evenings I go to bed about 10.30 pm, and usually go to sleep<sup>3</sup> straight away<sup>4</sup>. If I have a late night<sup>5</sup> I try to have a sleep<sup>6</sup> in the afternoon when I get home from college.”

<sup>1</sup> stop sleeping

<sup>4</sup> immediately

<sup>2</sup> get out of bed

<sup>5</sup> go to bed very late; *opp* have an early night

<sup>3</sup> start sleeping; *syn* fall asleep

<sup>6</sup> a short period of sleeping, e.g. half an hour

## B Food

“I have coffee and cereal for breakfast, then have a light lunch<sup>1</sup>, maybe a sandwich and an apple, and a snack<sup>2</sup> in the afternoon. We have our main meal in the evening. If Mum’s late home from work, she doesn’t bother<sup>3</sup> to cook; we just get a takeaway<sup>4</sup> instead. One of us has to feed<sup>5</sup> the cat as well.”

<sup>1</sup> have a small meal

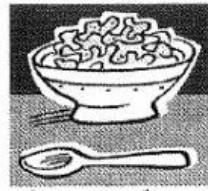
<sup>4</sup> a meal you buy in a restaurant

<sup>2</sup> a small amount of food you eat between meals

<sup>5</sup> but eat at home

<sup>3</sup> doesn’t do something because there is no reason or because it is too much work

<sup>5</sup> give food



cereal

## C Bathroom routines

“I usually have a shower when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to have a wash, clean my teeth (*syn* brush my teeth) and put on a bit of make-up. In the winter I sometimes have a bath instead of<sup>1</sup> a shower. I like to lie in the bath and listen to music.”

<sup>1</sup> in place of (a shower)



Marcus having a shave



Rosie putting on make-up

## D Housework\*

“Fortunately<sup>1</sup> we’ve got a cleaner<sup>2</sup> who does a lot of the housework, and that includes doing my washing<sup>3</sup>. But I still have to make my bed and do some of my ironing, and I sometimes do the shopping with Mum.”

<sup>1</sup> the work of keeping a home clean and tidy

<sup>2</sup> a person who cleans

<sup>1</sup> happening because of good luck; *syn* luckily

<sup>3</sup> washing my clothes



ironing

### Language help

When we do the shopping we buy food at the supermarket; when we go shopping, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.

## E Spare time\*

“On weekdays I usually stay in<sup>1</sup> and watch TV in the evening. At the weekend I go out quite a lot with my friends, either to the cinema or just to a café, and I eat out<sup>2</sup> once a week. Sometimes friends come round<sup>3</sup> and we chat<sup>4</sup> about clothes, music and college.”

<sup>1</sup> time when you are not working

<sup>3</sup> visit me in my home

<sup>1</sup> stay at home

<sup>4</sup> have an informal conversation

<sup>2</sup> eat in a restaurant; *opp* eat in

## Exercises

16.1 Find seven more expressions with *have* + [noun] and *do* + [noun] from the opposite page.

have <i>a shower</i> .....	have .....	have .....	have .....
do .....	do .....	do .....	do .....

16.2 Match the words on the left with the words on the right.

1 get up	<input type="checkbox"/> <b>g</b>	a the dog
2 fall	<input type="checkbox"/>	b my teeth
3 make	<input type="checkbox"/>	c make-up
4 put on	<input type="checkbox"/>	d a week
5 go	<input type="checkbox"/>	e the bed
6 clean	<input type="checkbox"/>	f to sleep
7 feed	<input type="checkbox"/>	g early
8 once	<input type="checkbox"/>	h asleep

16.3 One word is missing in each sentence. What is it and where does it go?

- 1 Does it cost much to have a cleaner <sup>do</sup> the housework?
- 2 My mother usually me up around 7:30, then I get up about 7:45.
- 3 If I have a in the afternoon, I usually eat fruit instead of chocolate.
- 4 I always go on Friday and Saturday, often to the cinema or a club.
- 5 Sometimes friends round to the flat and we play computer games.
- 6 I eat at the weekend, usually in a local Italian or French restaurant.
- 7 I don't with a full meal at lunchtime; I usually just have a light lunch, like a salad.
- 8 I often have for breakfast – usually cornflakes or something like that.
- 9 I don't like doing housework; I have a husband who does most of it.
- 10 When I get emails, I try to reply to them straight.

16.4 Complete the dialogue with a word or phrasal verb from the opposite page in each gap.

A: Don't <sup>1</sup>bother ..... to cook dinner tonight.  
 B: Why not?  
 A: We could go out <sup>2</sup> ..... of eating here.  
 B: Yeah. Where?  
 A: Well, I'd like to try that new Korean restaurant.  
 B: That's miles away. No, I think I'd rather <sup>3</sup> ..... and have an <sup>4</sup> ..... night.  
 A: But it's Friday.  
 B: Yes, I know, but I'm tired. Why don't we ask Ryan and Charlotte to <sup>5</sup> ..... ? You don't have to cook, we can order a <sup>6</sup> ..... . And we can have a nice <sup>7</sup> ..... round the dining table; much better than a noisy restaurant.

16.5

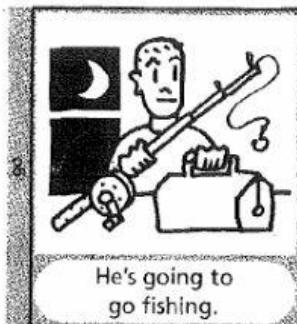
### Over to you

Find three facts from the opposite page that are similar in your routine, and three that are different. Complete the table.

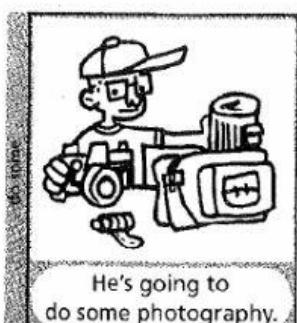
similar	different
1 .....	.....
2 .....	.....
3 .....	.....

**Our Free Time**

1. It's Friday night - no school for two days! Everyone is preparing their bags for Saturday morning when they will do their favourite free time activity. Look at the pictures and say what they are going to do. Use the clues under the pictures to help you.



He's going to go fishing.



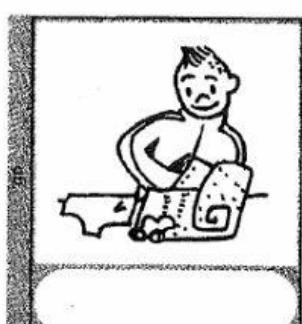
He's going to do some photography.

Use the verbs at the sides of the pictures and choose the correct unscrambled words to make going to sentences.

1. eth tuirag 2. cidnang 3. nisten 4. gidrin  
 5. ggigonj 6. mingwism 7. shingif 8. deovi magse  
 9. lerlor tingkas 10. intaping 11. sesch 12. ingvid  
 13. phragothop 14. wingirdbacht



He's going to go diving.



She's going to play tennis.

