

1 VOCABULARY a typical day

a Complete the verb phrases.



1 get _____ up



2 f _____
work



3 g _____
shopping



4 h _____ a
shower



5 d _____
housework



6 m _____
dinner



7 w _____ TV



8 g _____ to
bed

b Write the words in the chart.

a-bath a coffee breakfast dinner home
lunch to bed to school to the gym to work

have	go
a bath	home

c Complete the text with the correct verbs.

do finish get up go (x4) have (x3) watch

I'm Hannah, and I'm a nurse. I work at night and I sleep during the day. I ¹finish_____ work at eight o'clock in the morning, and then I ²_____ home and I ³_____ to bed. I ⁴_____ at about four o'clock in the afternoon, and I ⁵_____ some cereal and orange juice for breakfast. Then I ⁶_____ shopping and I ⁷_____ the housework or ⁸_____ TV. At seven o'clock in the evening I ⁹_____ a shower, and I ¹⁰_____ dinner before I ¹¹_____ to work again.



e 6.5 Listen and complete the sentences.

- I start work at nine in the morning.
- She coffee quarter ten.
- They sandwich café.
- finish work six thirty.
- housework weekend.
- watches TV evening.

f 6.5 Listen again and repeat. Copy the rhythm.

3 GRAMMAR adverbs of frequency

a Rewrite the sentences. Use the words in brackets.

- 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 has lunch at home. (always)
- I watch TV in the morning. (never)
- We go shopping at the weekend. (sometimes)
- They have coffee for breakfast. (usually)

b Look at the chart and complete the sentences.

✓✓✓✓ = always
✓✓✓ = usually
✓ = sometimes
X = never



Diego



Jen

go to the gym	X	✓✓✓✓✓
read magazines	✓	✓✓✓
watch football on TV	✓✓✓✓✓	✓
get up early	✓✓✓	X

- Diego never goes to the gym.
- He magazines.
- He football on TV.
- He early.
- Jen to the gym.
- She magazines.
- She football on TV.
- She early.

c Write about your typical evening. Use adverbs of frequency.

I always make dinner for my family. We usually eat at 7.00.

4 WORDS AND PHRASES TO LEARN

Complete the conversations with a word or phrase from the list.

Are you a morning person every morning feel tired
He gets up about 8.00 on the way to work
What time do you get up

- A Are you a morning person?
B Yes, I get up at 6.00 every day.
- A ?
B I usually get up about 9.30. I don't get up early.
- A What time does Harry get up?
B .
- A What do you do ?
B I usually read a magazine on the bus.
- A What do you have for breakfast?
B I have cereal and orange juice
.
- A Why do you go to bed at 8.30? It's very early.
B Because I always after work.