

1 VOCABULARY a typical day

a Complete the verb phrases.



1 get up



2 work



3 shopping



4 a shower



5 housework



6 dinner



7 TV



8 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.

1 I start work at nine in the morning.
2 She coffee quarter ten.
3 They sandwich café.
4 finish work six thirty.
5 housework weekend.
6 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.

1 I get up early. (always)

I always get up early.

2 Yasmin goes to school by bus. (usually)

Yasmin goes to school by bus.

3 You do housework. (never)

You never do housework.

4 They have fish for dinner. (sometimes)

They sometimes have fish for dinner.

5 Andy has lunch at home. (always)

Andy always has lunch at home.

6 I watch TV in the morning. (never)

I never watch TV in the morning.

7 We go shopping at the weekend. (sometimes)

We sometimes go shopping at the weekend.

8 They have coffee for breakfast. (usually)

They usually have coffee for breakfast.

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

1 Diego never goes to the gym.

2 He magazines.

3 He football on TV.

4 He early.

5 Jen to the gym.

6 She magazines.

7 She football on TV.

8 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

1 A Are you a morning person?

B Yes, I get up at 6.00 every day.

2 A ?

B I usually get up about 9.30. I don't get up early.

3 A What time does Harry get up?

B .

4 A What do you do ?

B I usually read a magazine on the bus.

5 A What do you have for breakfast?

B I have cereal and orange juice

 .

6 A Why do you go to bed at 8.30? It's very early.

B Because I always after work.