UNIT 1
DAILY LIFE

A. Language Builder

Exercise 1: Match the words with the pictures. Use the words in the box.

building	cash machine	office	reception	stairs	toilets

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Exercise 2: Match the words with the pictures. Use the words in the box.

bank	car park	chemist's	library	post office	sport center
			supermarket		

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1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Exercise 3: **Match the opposite words. Use the words in the box.**

early	full	large	left	near	open

1. far _____
2. right _____
3. late _____
4. small _____
5. closed _____
6. empty _____

Exercise 4: **Complete the conversations. Use the words in the box.**

big	closed	full	late	near	right

1 A: Are there any spaces in the car park?

B: No, it's usually _____by nine o'clock in the morning.

2 A: Is the cafeteria open now?

B: No, it's always _____at this time.

3 A: Are there any shops _____ the college?

B: No, they are all about ten minutes away by bus.

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4 A: Are the toilets on the left?

B: No, they're on the _____

5 A: Is the library small?

B: No, it's very _____

6 A: Am I _____for the first lesson?

B: No, you're five minutes early.

Exercise 5: **Put the words in the correct order to complete the sentences.**

1. This	the	is	reception	.		
2. We	are	in	main	the	office	.
3. These	are	toilets	the	.		
4. Are	stairs	the	there	over	.	
5. A café	is	a	there	computer room	and	.
6. There	small	car park	one	is	only	.
7. There	is	drinks	machine	a	?	
8. Isn't	a	there	bank	.		
9. There	are	any	supermarkets	?		
10. A	chemist	isn't	no,	there	.	

C. Reading

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Exercise 1: Match the activities with the pictures. Use the words in the box.

do homework	do the housework	go for a walk	go shopping
go to the gym	make dinner	meet friends	play computer games

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

4. _____

5. _____

Exercise 2: Read the text. Then complete the exercise on the next screen.

HOW TO HAVE A GREAT DAY EVERY DAY

LIVEWORKSHEETS

Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day every day.

A Get up early

Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas and you will be able to work faster. Many well-known writers and musicians from the past believed that it was important to get up early – and to go to bed early too. You should also try to get up at the same time every day, because this is good for your body and brain.

B Eat breakfast

Breakfast is the most important meal of the day. People often say that they don't have time to eat breakfast, but they will find it more difficult to start work, and they will soon feel very hungry. A healthy meal of toast, eggs, and fruit juice will help you to work well all morning – and stop you from eating unhealthy food like crisps and chocolate later in the morning!

C Go for a walk

If you usually spend a lot of time in your office or in the classroom, it is very important to go outside and get some fresh air. If you spend just 30 minutes a day walking outside, you will feel less tired and you will be able to do more when you get back to work or school. A walk in the park every day will make you feel much healthier and will help you to do your best work.

Choose the correct paragraph to match the information. Read the text on the first screen again to help you.

1. A lot of people don't have time to do this.

   ○A ○B ○C

2. This will stop you from feeling tired.

   ○ A ○ B ○ C

3. This will stop you from eating food that is bad for you.

   ○ A ○ B ○ C

4. In the past, famous people thought that this was a good idea.

   ○ A ○ B ○ C

5. You should do this at the time every day.

   ○A ○ B ○ C

6. Many people don't want to do this.

   ○ A ○ B ○ C

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Exercise 3: Choose the correct verbs to complete the email.

Dear Jane,

Thank you for your email. It was very interesting to hear about your daily life in Cambridge, England. I am writing to tell you about my typical day in Rome. On school days I usually (do/get/have) up at 7:00 a.m. I have a shower and (do/get/make). In Italy, we don't have to wear a school uniform, so I normally wear jeans and a tee-shirt. Then I (do/have/take) breakfast with my parents and sister. I usually eat bread with jam and drink orange juice. My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and (do/go/have) lunch with my mum. In Italy we often eat a lot for lunch, including pasta, meat and salad, but we have a much smaller dinner. In the afternoon I do my homework and help my mum to (do/have/make) the housework. I do the washing up and (do/have/take) out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons. I have dinner at about 7:00 p.m. Every day after dinner, I (go/have/take) for a walk with my family around the town. We often stop and have an ice cream in my favourite ice cream shop. I usually (go/have/make) to bed at about 10:00 p.m., because I have school the next day.

Hope to hear from you soon.
Best wishes,
Alessia

Exercise 4: Read the email. Then complete the next exercise.

Dear Jane,

Thank you for your email. It was very interesting to hear about your daily life in Cambridge, England. I am writing to tell you about my typical day in Rome. On school days I usually get up at 7:00 a.m. I have a shower and get dressed. In Italy, we don't have to wear a school uniform, so I normally wear jeans and a tee-shirt. Then I have breakfast with my parents and sister. I usually eat bread with jam and drink orange juice. My school starts at 8:30 a.m., so I leave my house at 8:00 a.m. I don't live far from the school, so I walk there with my friends. My sister's school is far away, so she takes a bus. I have lessons in the morning until 1:00 p.m. and then I go home and have lunch with my mum. In Italy, we often eat a lot for lunch, including pasta, meat and salad, but we have a

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much smaller dinner. In the afternoon, I do my homework and help my mum to do the housework. I do the washing up and take out the bins. I have football practice on Tuesday afternoons and a piano lesson on Thursday afternoons. I have dinner at about 7:00 p.m. Every day after dinner, I go for a walk with my family around the town. We often stop and have an ice cream in my favorite ice cream shop. I usually go to bed at about 10:00 p.m., because I have school the next day.

Hope to hear from you soon.
Best wishes,
Alessia

Choose the correct answers. Read the email on the first screen again to help you.

1 Jane lives in *Cambridge/ Rome*

2 On school days, Alessia usually wears *a school uniform/ jeans and a T-shirt*.

3 Alessia lives *close to/ far from* her school.

4 Alessia normally eats a *big/ small* lunch.

5 Alessia plays *football/ the piano* on Thursdays.

6 Alicia *always/ sometimes* goes for a walk after dinner.

Exercise 5: Read the text about professional swimmer Michael Daley's day. Then complete the next exercise.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

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Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool café with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10.00 p.m. because I need to be back in the gym by 7.00 a.m. the next day!

Choose the correct answers. Read the text on again to help you.

1. When does Michael get up late now?

   ○ Most days. ○ On Sundays. ○ Never.
2. Michael usually exercise at the gym for

   ○ 30 minutes ○ 1 hour. ○ 2 hours.
3. After breakfast, Michael

   ○ gets prepared for the day. ○ goes for a walk. ○ relaxes in his house.
4. Michael says that TV interviews are sometimes.

   ○ exciting. ○ boring. ○ difficult.

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5. When Michael gets ready at the TV studio, it takes him.

   ○ 20 minutes. ○ 30 minutes. ○ 1 hour.

6. What does Michael's wife, Emma, think about his cooking now?

   ○ She loves it. ○ She hates it ○ She doesn't mind it.

7. Michael often eats

   ○ dinner at home. ○ dinner in a restaurant. ○ burger and kebabs.

8. Both Michael and Emma like watching

   ○ comedy films. ○ romantic films. ○ action films.

Exercise 6: Complete the sentences. Write the verbs in brackets in the correct form of the present simple tense. The first question has been done for you.

1. I usually _____ (get up) at around 6:00 a.m.
2. I always _____(drink) orange juice for breakfast.
3. Breakfast _____ (be) the most important meal of the day for me.
4. My sister's school is far away, so she _____ (take) a bus.
5. I usually _____ (wear) jeans and a tee-shirt.
6. I never _____ (eat) fast food like burgers and kebabs.
7. We both love tennis and Jane also _____ (like) football.
8. We sometimes _____ (go) to a restaurant for dinner.

Exercise 7: Complete the sentences with the words in the box.

always	never	often	sometimes	usually

1. I walk to school with my friends most days.
I _____ walk to school with my friends.
2. I have a cup of coffee every day at 11:00 a.m.
I _____ have a cup of coffee at 11:00 a.m.
3. Some weekends, I go to a museum or art gallery.
I _____ go to a museum or art gallery at the weekend.
4. I don't watch TV at all.
I _____ watch TV.
5. I go to the gym a lot.
I _____ go to the gym.

B. Listening & Speaking

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Exercise 1: Match the activities with the pictures. Use the phrases in the box.

drive to work	go to the gym	have dinner use a computer	play chess	read in bed

1. _____ **2.** _____ **3.** _____

1. _____ **2.** _____ **3.** _____

Exercise 2: Listen to five people talking about doing activities. Complete the sentences with the words in the box.

always	never	often	sometimes	usually

(Track 1.1): She _____uses computers.
(Track 1.2): I _____play chess.
(Track 1.3): I _____go to the gym.
(Track 1.4): She _____drives to work.
(Track 1.5): He _____reads in bed.

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Exercise 3: Listen to five people talking about things they do every day. Complete the sentences with the verbs in the box.

drives	makes	moves	play	reads

- **(Track 1.6):** Every morning he _____his children to school.
- **(Track 1.7):** When she's at the office, she _____her emails immediately.
- **(Track 1.8):** Everyday she _____computers from the storeroom to the shop.
- **(Track 1.9):** Most evenings, she _____dinner.
- **(Track 1.10):** Every lunchtime, they _____basketball.

Exercise 4: Listen to Sanjay talking to a friend, Tom, about his flatmates' daily routines. Match each person to the activity.

- **(Track 1.11)**

1. Marc	●		●	gets up early.
2. Blas	●		●	teaches French classes in the morning.
3. Luke	●		●	cooks every evening.
4. John	●		●	works part time in the evenings.
5. Sam	●		●	studies in the afternoon.

Exercise 5: Listen to Mary talking about what her family does every day. Choose the correct answers.

- **(Track 1.12)**

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1. Mary gets up at

○ 7 o'clock. ○ 7:15. ○ 7:30.

2. Julia is usually late for college because she always

○ does the washing up after breakfast. ○ gets up late. ○ watches TV after breakfast.

3. Mary's office is

○ at home. ○ in a bank ○ in the city center.

4. On his way home from work, Mary's husband, Jack, often

○ Goes shopping. ○ goes to the gym. ○ plays chess.

5. Jack goes to watch Simon play

○ Basketball. ○ Football. ○ Tennis.

6. Before going to bed Julia usually

○ Takes out the bins. ○ Uses her computer. ○ Watches TV.

Exercise 6: Put the words in the correct order to make sentences. Practise saying the sentences.

1. College often for late I'm .

2. The sometimes to go you gym do ?

3. To the usually work drives .

4. Early arrive he always tries to .

5. The never TV evenings in she watches .

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6. Always prepare dinner we together .

7. Never I in library study the .

8. The home bus sometimes they catch.

9. Always morning in he teaches the .

Exercise 7: Match the sentence halves to make sentences describing daily activities. Practise saying the sentences.

1. I wake	●		●	the washing- up.
2. My father has	●		●	a shower before breakfast.
3. My sister goes	●		●	to work.
4. I play	●		●	the house.
5. My brother cleans	●		●	up at 7:30.
6. My mother prepares	●		●	dinner.
7. I do	●		●	chess.
8. My sister takes out	●		●	the bins.

Exercise 8: Complete the plan with the expressions for talking about a family's daily routine. Use the expressions in the box.

After dinner, We … After lunch, my mother … Before she goes to bed, my mother …

After dinner, We … After lunch, my mother … Before she goes to bed, my mother …

What I like about my day is … When my sister gets home after school, she …

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My Family's Daily Routine

In the morning

_____

_____

In the afternoon

_____

_____

In the evening

_____

_____

Conclusion

_____

_____

Exercise 10: Listen to Sandra talking to some new college students. Choose the correct answers.

(Track 1.13)

1. Sandra Field works in the *café/ library/ office*.
2. She is talking to people in the *library/ main entrance/ room for student*.
3. The toilets are *in the corner/ on the left of the reception/ on the right of the reception*.
4. The room for students is *in the corner/ on the first floor/ on the ground floor*.
5. The car parks are usually full by *nine o'clock/ seven o'clock/ ten o'clock*.
6. At the top of the stairs there are about *10 classrooms/ 20 classrooms/ 30 classrooms.*
7. Near the college there are *some bookshops/ some small supermarket/ two banks*.
8. The sports center is near the *bookshop/ chemist/ supermarket.*

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Exercise 11: Listen to the first part of the audio again. Complete the paragraph with the correct words.

(Track 1.14)

Welcome to the _____. Let me introduce myself. My name is Sandra Field and I work in the main _____ here. I'm going to show you round the building this morning. We are now in the main _____ . This is the reception here and that is the main office. You can go there if you have any questions or problems. These are the _____ on the left of the reception and those are the _____ over there in the corner. Here on the ground floor there is also a room for students and a _____ . For those of you who drive, there are two large _____ to the right and left of the main _____ . But you must arrive early to find a place to park. The car parks are usually full by nine o'clock.

Exercise 12: Listen to the second part of the audio again. Complete the sentences with the words in the box.

(Track 1.15)

Are there	Is there	There's	there are	there aren't	there is	there isn't

Sandra: OK, let's go up to the first floor now. At the top of the stairs there are about 20 classrooms, the library and the computer room. Any questions so far?
Student: _____a drinks machine in the student room?
Sandra: Yes, _____.
It sells drinks and snacks, so you can get something when the cafeteria is closed.
Student: Is there a cash machine?
Sandra: No, _____ a cash machine in the college, but _____ two banks and a post office very near here.
Student: _____ any shops near here?
Sandra: Yes, there are. _____ a chemist, a bookshop and a small supermarket.
Student: Is there a sports centre?
Sandra: Yes, there is. It's near the supermarket.
Student: Are there any public telephones in the college?
Sandra: No, _____. Nearly all students have mobile phones nowadays. If there is a problem, you can use the telephone in the office. OK?

C. Writing:

Exercise 1. Complete the sentences with *and*, *but* and *or*

1. We speak English for one hour. It's not easy_____we know it's good for us.
2. Do you play football on Saturday, _____ do you play tennis?

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