

- 4 ●● Look at the table. Complete the sentences with *always*, *usually*, *often*, *sometimes* or *never*.

	toast	fruit and yoghurt	cereal
Monday	X	X	✓
Tuesday	X	✓	✓
Wednesday	X	X	✓
Thursday	X	X	✓
Friday	X	X	X
Saturday	X	✓	X
Sunday	✓	✓	X

- I never have toast for breakfast on weekdays.
- I \_\_\_\_\_ have toast for breakfast at the weekend.
- I \_\_\_\_\_ have cereal for breakfast.
- I \_\_\_\_\_ have fruit and yoghurt for breakfast at the weekend.
- I \_\_\_\_\_ have cereal for breakfast from Monday to Friday.

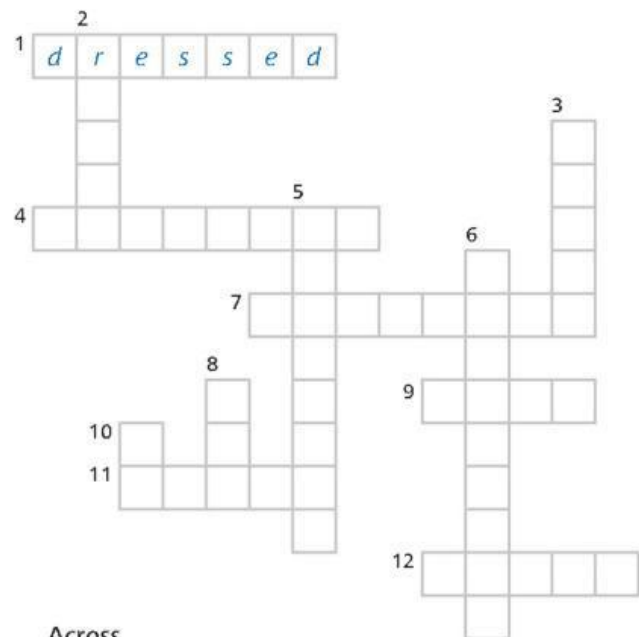
- 5 ● **WORD FRIENDS** Match the sentence halves.

- d Let's go to
  - ☐ When I go to school, I meet
  - ☐ I check
  - ☐ Lots of people go
  - ☐ Teenagers love to message
  - ☐ I always do
- my friend, Sue, at the bus stop.
  - friends on social media.
  - swimming to exercise.
  - ~~the cinema today.~~
  - my emails on my computer.
  - the housework on Saturday.

- 6 ●● Complete the sentences with expressions from Exercise 5.

- I like films. I often go to the cinema with my friends.
- My friends write a lot of emails. I \_\_\_\_\_ after every lesson.
- I go to school by bus. I often \_\_\_\_\_ at the bus stop so we can go together.
- I \_\_\_\_\_ at the pool on Fridays.
- After school, I sometimes \_\_\_\_\_ on my phone.

- 7 ●● Complete the crossword.



**Across**

- I get \_\_\_\_\_ after I have a shower.
- You do \_\_\_\_\_ at the gym.
- Our teacher gives us a lot of \_\_\_\_\_.
- I often \_\_\_\_\_ my friends at the bus stop.
- Not sometimes but \_\_\_\_\_.
- Not always but \_\_\_\_\_.

**Down**

- It's important to \_\_\_\_\_ before you go to bed, e.g. read a book.
- I \_\_\_\_\_ my emails every hour.
- I usually go \_\_\_\_\_ for clothes with my friends.
- Not often but \_\_\_\_\_.
- I \_\_\_\_\_ up five minutes after I wake up.
- I often \_\_\_\_\_ swimming in the sea during summer.

- 8 ●●● Complete the text with one word in each gap.

I'm Jenny Middleton. I'm a teacher. I <sup>1</sup> wake up at 7.30 and I <sup>2</sup> \_\_\_\_\_ up five minutes later. I <sup>3</sup> \_\_\_\_\_ a shower and then I <sup>4</sup> \_\_\_\_\_ breakfast. I <sup>5</sup> \_\_\_\_\_ to school by car at 8.30. Lessons start at 9.15. I <sup>6</sup> \_\_\_\_\_ lunch at 12.30. I <sup>7</sup> \_\_\_\_\_ home at 4.30. I sometimes <sup>8</sup> \_\_\_\_\_ after school at the gym. I have dinner with my husband and children at 6.30. I sometimes <sup>9</sup> \_\_\_\_\_ my friends on social media after dinner and then I <sup>10</sup> \_\_\_\_\_ watch TV or read a book – I do that every day! I <sup>11</sup> \_\_\_\_\_ my emails before bed. I <sup>12</sup> \_\_\_\_\_ go to bed before 11.30 p.m. – I'm a night owl!