

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

	toast	fruit and yoghurt	cereal
Monday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tuesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Wednesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Thursday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Friday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Saturday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sunday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

- 1 I *never* have toast for breakfast on weekdays.
- 2 I _____ have toast for breakfast at the weekend.
- 3 I _____ have cereal for breakfast.
- 4 I _____ have fruit and yoghurt for breakfast at the weekend.
- 5 I _____ have cereal for breakfast from Monday to Friday.

5 ●● WORD FRIENDS Match the sentence halves.

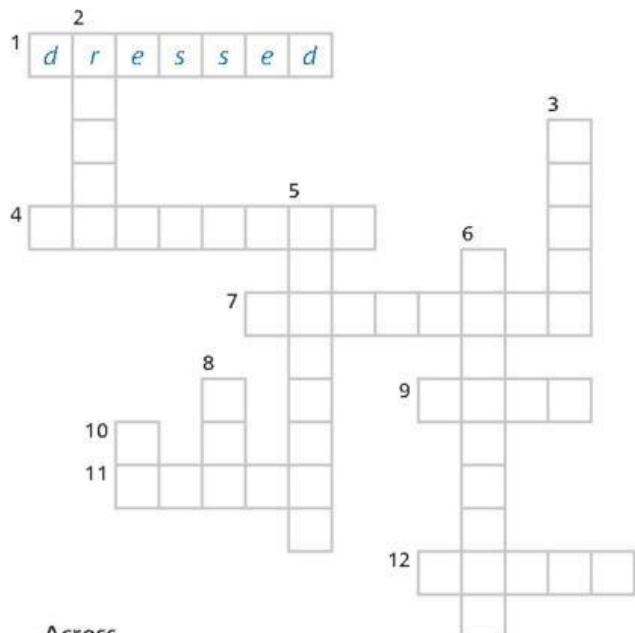
- 1 Let's go to
- 2 When I go to school, I meet
- 3 I check
- 4 Lots of people go
- 5 Teenagers love to message
- 6 I always do

- a my friend, Sue, at the bus stop.
- b friends on social media.
- c swimming to exercise.
- d the cinema today.
- e my emails on my computer.
- f the housework on Saturday.

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

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

7 ●●● Complete the crossword.



Across

- 1 I get _____ after I have a shower.
- 4 You do _____ at the gym.
- 7 Our teacher gives us a lot of _____.
- 9 I often _____ my friends at the bus stop.
- 11 Not sometimes but _____.
- 12 Not always but _____.

Down

- 2 It's important to _____ before you go to bed, e.g. read a book.
- 3 I _____ my emails every hour.
- 5 I usually go _____ for clothes with my friends.
- 6 Not often but _____.
- 8 I _____ up five minutes after I wake up.
- 10 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 ¹ *wake* up at 7.30 and I ² _____ up five minutes later. I ³ _____ a shower and then I ⁴ _____ breakfast. I ⁵ _____ to school by car at 8.30. Lessons start at 9.15. I ⁶ _____ lunch at 12.30. I ⁷ _____ home at 4.30. I sometimes ⁸ _____ after school at the gym. I have dinner with my husband and children at 6.30. I sometimes ⁹ _____ my friends on social media after dinner and then I ¹⁰ _____ watch TV or read a book – I do that every day! I ¹¹ _____ my emails before bed. I ¹² _____ go to bed before 11.30 p.m. – I'm a night owl!