

# Morning Routines Around The World

→ Read the text “Morning Routines Around The World” and complete the activities below.

## 1. True or False? *Read the sentences. Write T (true) or F (false).*

1. In Berlin, most people hit the snooze button at least once.
2. New Yorkers usually have breakfast with their families.
3. Parisians often eat alone in the morning.
4. Londoners don't have time to groom before work.
5. In Moscow, most people eat breakfast and drink something with caffeine.
6. In Mumbai, almost half the people exercise in the morning.
7. People in Shanghai love drinking tea or coffee with breakfast.
8. In Stockholm, breakfast is an important part of the morning.

## 2. Matching: *Match the city with the morning habit. There is an extra habit.*

A. People exercise before starting the day	1. New York
B. Most people eat with someone else	2. Mumbai
C. Most people avoid checking social media	3. Shanghai
D. Many hug their partner before leaving	4. Berlin
E. Almost no one showers in the morning	5. Paris
F. People often skip breakfast	6. Stockholm
G. Grooming is important even without showering	

## 3. Fill in the Blanks: *Choose from these words: snooze button, groom, devices, caffeine, significant, alone.*

1. Many people don't live \_\_\_\_\_ in Mumbai.
2. Berliners check their mobile \_\_\_\_\_ in the morning.
3. In Moscow, breakfast usually includes \_\_\_\_\_.
4. People in Paris take time to \_\_\_\_\_ in the morning.
5. A third of New Yorkers hug their \_\_\_\_\_ other.
6. Londoners don't often hit the \_\_\_\_\_.

**4. Multiple Choice:** *Read the question. Choose the best answer.*

1. What percentage of Berliners wake up without hitting snooze?
  - a) 20%
  - b) 30%
  - c) 40%
2. Which city has the highest number of people who exercise in the morning?
  - a) Paris
  - b) Mumbai
  - c) London
3. In which city do most people NOT drink coffee or tea in the morning?
  - a) Shanghai
  - b) Stockholm
  - c) Berlin
4. In Paris, what is one common morning activity?
  - a) Watching TV
  - b) Socializing with friends
  - c) Drinking coffee or tea
5. In Stockholm, how many people include breakfast in their routine?
  - a) 66%
  - b) 40%
  - c) 88%

**5. Discussion Questions** *In your notebook, write the answers to these questions.*

1. What do you do in the morning? Is it similar to people in one of the cities?
2. Do you eat breakfast alone or with someone? Why?
3. Do you check your phone or watch the news in the morning?
4. Do you think it's important to shower or exercise before work?
5. Which city's morning routine sounds the most interesting to you? Why?

Source: <https://www.allianceemployment.ca/news/morning-routines-around-the-world?authuser=0>