

Warm-up (page 38)

Read the questions in **Are you a morning person?** and think about your answers.

Are you a *morning* person?

- 1 What time do you usually get up?
- 2 Do you usually feel tired?
- 3 Do you take a shower or a bath in the morning?
- 4 Do you always have breakfast? Where?
- 5 What do you have for breakfast?
- 6 What time do you go to work (school)?
- 7 Do you usually need to hurry in the morning?
- 8 Do you like mornings? Why (not)?

Vocabulary – A typical day (page 125)



IN THE MORNING



1 get up /get ʌp/



2 have breakfast /hæv 'brɛkfst/



3 take a shower /teɪk ə 'ʃaʊər/



4 go to work /gəʊ tə wɜ:k/ (by bus, train, car, etc.)



5 have a coffee /hæv ə 'kɒfi/



IN THE AFTERNOON



6 have lunch /hæv lʌntʃ/



7 finish work /fɪnɪʃ wɜ:k/



8 go home /gəʊ hoʊm/



9 go shopping /gəʊ 'ʃɒpɪŋ/



10 go to the gym /gəʊ tə ðə dʒɪm/



IN THE EVENING



11 make dinner /meɪk 'dɪnər/



12 have dinner /hæv 'dɪnər/



13 do housework /du 'haʊswɜ:k/



14 watch TV /wɒtʃ tɪ 'vi:/



15 take a bath /teɪk ə bæθ/



16 go to bed /gəʊ tə bed/

Matching exercise

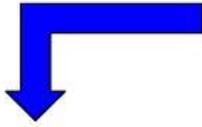
a Match sentences 1–4 to a–d.

	M	Tu	W	Th	F
1 I always get up at 8:00, ... c	✓	✓	✓	✓	✓
2 I never drink coffee, ... <input type="checkbox"/>	x	x	x	x	x
3 I usually finish work at 6:00, ... <input type="checkbox"/>	✓	✓	✓	✓	x
4 I sometimes watch TV, ... <input type="checkbox"/>	x	✓	x	x	✓

- a but on Fridays I finish at 3:00.
- b or I read and listen to music.
- c because I start work at 9:00.
- d because I don't like it.

Summary (Frequency)

Always	♥♥♥♥♥
Usually	♥♥♥♥
Sometimes	♥♥
Never	♥



99% de los verbos

Siempre van
ANTES de la
acción en la
oración

You *sometimes play* soccer



Verbo to be (am, is, are)

Siempre van
DESPUÉS de la
acción y persona
en la oración

You *are sometimes* happy

6B Adverbs of Frequency (page 103)

Order the words to complete the sentences.

drink never coffee I

I never drink coffee after dinner.

- 1 husband goes my sometimes
 to the gym.
- 2 take always I
 a shower in the morning.
- 3 usually we have
 breakfast at home.
- 4 go I never
 to bed before 12:00.
- 5 usually go they do
 to work by bus?
- 6 Jan has sometimes
 a sandwich for lunch.
- 7 close the does restaurant usually
 late?
- 8 goes she never
 shopping after work.
- 9 usually I do
 my homework on the weekend.
- 10 sometimes make I
 fish for dinner.

6B Adverbs of Frequency (page 103)

Complete the sentences in the simple present.
Use a verb from the list and the adverb in
(parentheses).

do drink (x2) eat finish get go
have (x3) speak watch

- He never eats meat for lunch. (never)
- Alex to bed very late.
(sometimes)
 - We housework on weekends.
(always)
 - Do you lunch at home on
weekends? (usually)
 - I a bath, I
a shower. (never, always)
 - My sister up early. (always)
 - I English at work. (never)
 - We TV after dinner.
(sometimes)
 - They coffee in the evening.
(never)
 - Does your husband work at
7:30 p.m.? (usually)
 - We tea with milk, but I prefer it
with lemon. (sometimes)

Speaking (page 39)

In pairs, make true sentences about you.

Use **always**, **usually**, **sometimes**, or **never**.

- listen to the radio in the car
- read a newspaper in the morning
- speak English outside class
- watch TV in the evening
- have a big lunch
- do housework on the weekend
- eat fast food
- drink espresso

I always listen to the radio in the car. I listen to pop music.