

A

Sleep

“During the week I usually **wake up**¹ about 7.30 am. If I don't, my mum **wakes me up**. I **get up**² a few minutes later. In the evenings I **go to bed** about 10.30 pm, and usually **go to sleep**³ **straight away**⁴. If I **have a late night**⁵ I try to **have a sleep**⁶ in the afternoon when I get home from college.”

¹ stop sleeping

² get out of bed

³ start sleeping; *syn* **fall asleep**

⁴ immediately

⁵ go to bed very late; *opp* **have an early night**

⁶ a short period of sleeping, e.g. half an hour

B

Food

“I have coffee and **cereal** for breakfast, then **have a light lunch**¹, maybe a sandwich and an apple, and a **snack**² in the afternoon. We have our **main meal** in the evening. If Mum's late home from work, she **doesn't bother**³ to cook; we just get a **takeaway**⁴ instead. One of us has to **feed**⁵ the cat as well.”

¹ have a small meal

² a small amount of food you eat between meals

³ doesn't do something because there is no reason or because it is too much work

⁴ a meal you buy in a restaurant but eat at home

⁵ give food



cereal

C

Bathroom routines

“I usually **have a shower** when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to **have a wash** and **clean my teeth** (*syn* **brush my teeth**), before Rosie comes in to **put on** a bit of **make-up**. In the winter I sometimes **have a bath instead of**¹ a shower. I like to lie in the bath and listen to music.”

¹ in place of (a shower)



Marcus **having a shave**



Rosie **putting on make-up**

D

Housework*

“**Fortunately**¹ we've got a **cleaner**² who **does** a lot of the **housework**, and that includes **doing my washing**³. But I still have to **make my bed** and **do some of my ironing**, and I sometimes **do the shopping** with Mum.”

* the work of keeping a home clean and tidy

¹ happening because of good luck; *syn* **luckily**

² a person who cleans

³ washing my clothes



ironing

Language help

When we **do the shopping**, we buy food at the supermarket; when we **go shopping**, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.

E

Spare time*

“On weekdays I usually **stay in**¹ and watch TV in the evening. At the weekend I **go out** quite a lot with my friends, either to the cinema or just to a café, and I **eat out**² **once a week**. Sometimes friends **come round**³ and we **chat**⁴ about clothes, music and college.”

* time when you are not working

¹ stay at home

² eat in a restaurant; *opp* **eat in**

³ visit me in my home

⁴ have an informal conversation

Exercises

16.1 Find seven more expressions with *have* + [noun] and *do* + [noun] from the opposite page.

have *a shower* have _____ have _____ have _____
do _____ do _____ do _____ do _____

16.2 Match the words on the left with the words on the right.

- | | | |
|----------|-------------------------------------|------------|
| 1 get up | ☒ | a the dog |
| 2 fall | ☐ | b my teeth |
| 3 make | ☐ | c make-up |
| 4 put on | ☐ | d a week |
| 5 go | ☐ | e the bed |
| 6 clean | ☐ | f to sleep |
| 7 feed | ☐ | g early |
| 8 once | ☐ | h asleep |



16.3 One word is missing in each sentence. What is it and where does it go?

- Does it cost much to have a cleaner [✓]to the housework? *do*
- My mother usually me up around 7:30, then I get up about 7:45.
- If I have a in the afternoon, I usually eat fruit instead of chocolate.
- I always go on Friday and Saturday, often to the cinema or a club.
- Sometimes friends round to the flat and we play computer games.
- I eat at the weekend, usually in a local Italian or French restaurant.
- I don't with a full meal at lunchtime; I usually just have a light lunch, like a salad.
- I often have for breakfast – usually cornflakes or something like that.
- I don't like doing housework; I have a husband who does most of it.
- When I get emails, I try to reply to them straight.

16.4 Complete the dialogue with a word or phrasal verb from the opposite page in each gap.

- A: Don't ¹ *bother* _____ to cook dinner tonight.
B: Why not?
A: We could go out ² _____ of eating here.
B: Yeah. Where?
A: Well, I'd like to try that new Korean restaurant.
B: That's miles away. No, I think I'd rather ³ _____ and have an ⁴ _____ night.
A: But it's Friday.
B: Yes, I know, but I'm tired. Why don't we ask Ryan and Charlotte to ⁵ _____ ?
You don't have to cook, we can order a ⁶ _____. And we can have a nice
⁷ _____ round the dining table; much better than a noisy restaurant.

16.5 Over to you

Find three facts from the opposite page that are similar in your routine, and three that are different. Complete the table.

similar	different
1 _____	_____
2 _____	_____
3 _____	_____