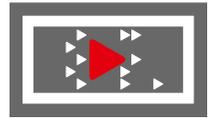


1 Time of our lives

VOCABULARY

Daily routine

Scarica **GUARDA!** e inquadrami per guardare i video e ascoltare gli audio di questa unità



FLIPPED
classroom

VIDEO
Daily routine



EXPAND VOCABULARY

3 **MATCH** the phrases with the verb *have* to their Italian translation. Listen and check. Then listen and repeat.

- 1 have breakfast/lunch/dinner
- 2 have a shower / a bath
- 3 have a break
- 4 have a lie-in
- 5 have a (cup of) tea/coffee
- 6 have a snack
- 7 have a walk
- 8 have fun

- A fare uno spuntino
- B fare la doccia / il bagno
- C divertirsi
- D stare a letto fino a tardi
- E fare colazione / pranzare / cenare
- F fare una passeggiata
- G prendere un tè / un caffè
- H fare una pausa, un intervallo

4 **DISCUSS** in pairs. When do you do the activities in exercise 3?
I have a shower in the morning.

5 **MATCH** the verbs in the first column to the words in the second column. Listen and check. Then listen and repeat.

- | | |
|------------------------------------|-------------------|
| 1 <input type="checkbox"/> lie | A school |
| 2 <input type="checkbox"/> catch | B late |
| 3 <input type="checkbox"/> fall | C the dog |
| 4 <input type="checkbox"/> set | D the bus |
| 5 <input type="checkbox"/> feed | E your (home)work |
| 6 <input type="checkbox"/> finish | F the shopping |
| 7 <input type="checkbox"/> walk | G asleep |
| 8 <input type="checkbox"/> be | H to school |
| 9 <input type="checkbox"/> hand in | I the alarm clock |
| 10 <input type="checkbox"/> do | J in bed |

6 **SAY** which of the activities in exercise 5 are part of your daily routine.

1 **MATCH** the verbs and phrases to the pictures. Listen and check. Then listen and repeat.

- | | |
|--|---|
| 1 <input type="checkbox"/> go to bed | 5 <input type="checkbox"/> get up |
| 2 <input type="checkbox"/> get dressed | 6 <input type="checkbox"/> get home / come back home (from) |
| 3 <input type="checkbox"/> leave home | 7 <input type="checkbox"/> wake up |
| 4 <input type="checkbox"/> go to work/school | 8 <input type="checkbox"/> do your homework |



2 **PUT** the activities from exercise 1 in chronological order, from the beginning to the end of a typical day.

I get to school just in time

PRESENTATION

Warm-up

- 1 **DISCUSS.** Are you a busy person? What makes your day busy?

C Reading and understanding a text

- 2 **READ** Kevin's blog and underline the verbs linked to daily routine.

My busy day



Kevin

today

The sound of the alarm clock wakes me up, it's 6.25 a.m. I reach for the alarm clock and with a click the terrible beeping stops. I don't have a lie-in because it's Monday, so I get up. My sister says hello. She doesn't want to wear her school uniform. I have a shower and I get dressed quickly. My mother calls from the kitchen. I don't have time to have breakfast! I worry about the homework I must hand in.

I just have a cup of tea and get a slice of toast to eat on the bus. I pick up my backpack and leave home. I run to catch the bus. I get to school just in time! The bell rings and the lessons start. Luckily, we have a short break and a snack in the middle of the morning. Where do we have lunch? We have it in the school canteen.

When I get home, I don't think of homework, music is on my mind! Music is very important in my life. I play the guitar every day and I play in a band on Saturday mornings. I also play rugby on Mondays and Thursdays. When do I do my homework? In the afternoon or in the evening.

Meals hold my day together. Music, sport, TV, Internet, sleep – and study, of course – come in any combination between meals. Do I sleep eight hours a night? No, I don't, but I set the alarm for the same time every morning.

On Monday evenings I listen to some music in my room, something calm. It's my secret to have more energy for the week!

That's the end of my busy Monday. On Tuesday I start again!

like | comment | share

GLOSSARY

reach for *raggiungo*
 slice of toast *fetta di pane tostato*
 pick up *prendo*

canteen *mensa*
 on my mind *nei miei pensieri, in testa*
 hold together *tengono insieme*

- 3 **READ** the text again and say if the following sentences are true (T) or false (F).

- 1 On Mondays Kevin wakes up before 7 a.m. **T F**
 2 He has a lie-in. **T F**
 3 His sister is the first person he sees. **T F**
 4 He doesn't have a shower. **T F**
 5 He has a big breakfast in the kitchen. **T F**
 6 He gets to school on foot. **T F**
 7 Music and meals are very important in his day. **T F**
 8 He doesn't listen to music on Monday evenings. **T F**

C Talking about daily routine

- 4 **COMPARE** your daily routine to Kevin's. Which things are similar? Which things are different?

I wake up early. I don't have breakfast on the bus.

C Writing a simple text

- 5 **DESCRIBE** your perfect day. Write down five things you want to do or you need to do to feel good.

I want to have a lie-in.

I need to have a big breakfast.

Present simple: affirmative and negative

6 FIND examples of the present simple in Kevin's blog (first- and third-person singular, affirmative and negative). Then read and complete the rules below.

- In affirmative sentences with the pronouns *I/you/we/they*, we use the base form of the verb, but with *he/she/it* we add *-s* or *-es* to
- In negative sentences after *I/you/we/they*, we use *don't* + base form of the verb, but with *he/she/it* we use

Present simple	
Affirmative	Negative
I/You/We/They get to school.	I/You/We/They don't (do not) get to school.
He/She/It gets to school.	He/She/It doesn't (does not) get to school.
Use We use the present simple for things that happen regularly or that are always true .	

7 COMPLETE the sentences with the correct present simple form of the verbs in brackets.

- Emily's alarm (not ring) very early because her work day (start) at 10 a.m.
- We (not walk) to school every morning.
- I (have) a shower at 7 a.m. and then I (get) dressed.
- He (pick up) his backpack before he (leave) home.
- My parents (eat) in a restaurant near their office at 12.
- Sean (not sleep) much, he (sleep) only 6 hours a night.
- Jennifer (watch) TV in the evening.

Present simple: interrogative

8 READ the questions and answers. Then choose the correct alternative to complete the rules below.

- 'Where **do** we **have** lunch?' 'We have it in the school canteen.'
- '**Does** Kevin **sleep** eight hours a night?' 'No, he **doesn't**.'

- A** In questions, the auxiliary verbs 'do' and 'does' come *before / after* the subject.
- B** We use *does / do* with 'I/you/we/they', and *does / do* with 'he/she/it'.

Present simple	
Interrogative	Answers
Do I/you/we/they sleep ? Does he/she/it sleep ?	Yes, I/you/we/they do . No, I/you/we/they don't . Yes, he/she/it does . No, he/she/it doesn't .
When do I/you/we/they sleep ? When does he/she/it sleep ?	I/You/We/They sleep in the afternoon. He/She/It sleeps in the afternoon.

9 WRITE interrogative sentences using the prompts.

- when / you / call / him / on his mobile?
- when / Mark / have / dinner?
- your mother / do the shopping / on Saturdays?
- which bus / you / catch / in the morning?
- where / she / work?

10 COMPLETE the sentences with the correct present simple form of the verbs on page 1.

- Susan a break at 10 but she a snack.
- (they) a tea in the afternoon?
- My mother to work every morning.
- I in bed late on Sundays.
- 'What time (she) school?' 'At 1 o'clock'
- We the dog when we back home.

PRONUNCIATION

The pronunciation of -s and -es

The pronunciation of the **third-person singular** of the present simple follows three different rules:

- s** is pronounced /s/ after the sounds /k/, /f/, /p/, /t/, /θ/ → *works*
- es** is pronounced /ɪz/ after the sounds /z/, /s/, /ʃ/, /ʒ/, /tʃ/, /dʒ/ → *finishes*
- s** and **-es** are pronounced /z/ in the other cases → *does*

11 **5 LISTEN** and repeat the verbs.

gets ■ goes ■ does ■ washes ■ stops ■ reads ■ comes ■ crosses ■ matches ■ listens ■ leaves ■ cooks ■ says ■ starts

12 **5 LISTEN** again and write the verbs in the correct space.

/s/

/ɪz/

/z/

C Organising and carrying out an interview

13 INTERVIEW a member of your family about his/her daily routine. Write the questions and answers. Then report to your teacher.

- A** Mum, what time do you get up? **B** I get up at 7.15.
A My mum gets up at 7.15.

I always walk to school

VOCABULARY

Healthy habits



FLIPPED
classroom



VIDEO
Healthy habits

- 1** **6** **MATCH** the words from the box to the correct verb, to form common verb phrases. Listen and check your answers. Then listen and repeat.

time to relax ■ your teeth ■ vegetables ■
water ■ screen time ■
your body ■ the quantity of sugar ■ exercise

- 1 monitor
- 2 get
- 3 drink
- 4 take
- 5 limit
- 6 brush
- 7 eat
- 8 listen to

PRESENTATION

Warm-up

- 2** **LOOK** at the pictures on these pages and say which activities you do and which you don't do.

I eat vegetables but I don't drink much water during the day.

C Listening and understanding a text

- 3** **7** **LISTEN** to two teenagers, Emily and Peter, as they take the healthy habits quiz on the right. Mark their answers with E (Emily) or P (Peter).

- 4** **DECIDE** which profile Emily has got and which profile Peter has got.

- 1 Emily:
- 2 Peter:

KC

Social and civic competences

5

READ the quiz and give your answers. Then decide which is your profile.

Is your lifestyle healthy?



You are a very important person in your life! Do this quiz to find out if you know how to take care of yourself.

- 1** Do you get regular exercise?

A Yes, I practise sport once or twice a week.
B I always walk to school.
C No, I don't. I never go to the gym.

- 2** Do you eat vegetables?

A I love all veggies and fruit.
B I sometimes make my mum happy and eat veggies.
C I seldom have veggies with my meals.

- 3** Do you try to limit the quantity of sugar?

A Yes, I know that an excess of sugar is toxic.
B I usually have a dessert on Sundays.
C I always have sugary snacks.

- 4** How often do you drink water?

A I drink eight glasses of water a day.
B I often have a bottle with me but I never finish it.
C I drink water when I'm thirsty.

- 5** How many times do you brush your teeth?

A Three times a day or more.
B When I wake up and before going to sleep.
C Once, in the evening.



YOUR PROFILE

Mainly A

You take good care of yourself and have a healthy life. You are on the right track!

Mainly B

You have some good habits but you still need to improve your health routine.

Mainly C

You don't take time to take care of yourself. Remember that a healthy life is important. Exercise, hygiene and a balanced diet are a good start.

6 How many hours do you sleep every night?

A I always sleep eight hours or more.

B I am usually asleep at midnight.

C I usually chat on the phone at night. I rarely sleep all night.

GLOSSARY

take care of

prenderti cura di

once

una volta

twice a week

due volte alla

settimana

veggies

verdura

on the right track

sulla strada giusta

a good start

un buon inizio



GRAMMAR

Adverbs of frequency

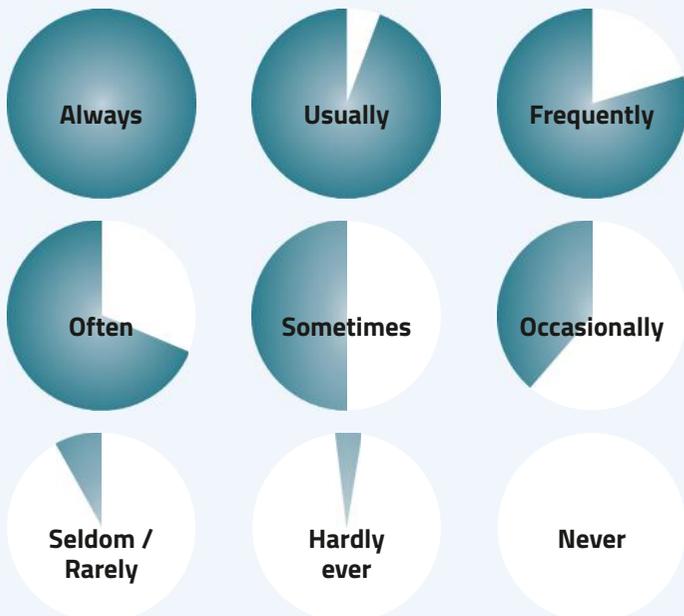
6 **READ** the sentences from the quiz and choose the correct alternative to complete the rules below.

1 I **always** walk to school.

2 I am **usually** asleep at midnight.

A Adverbs of frequency come *before* / *after* the verb *be*.

B Adverbs of frequency come *before* / *after* all other main verbs.



How often... ? is used for questions about frequency.

FREQUENT MISTAKES

Never is a negative word, so we always use it with a positive verb.

I **never go** to the gym.

NOT I ~~don't never~~ go to the gym.

7 **WRITE** sentences with the adverbs of frequency in the correct position and the verb in the correct form.

1 we (monitor) our screen time. (sometimes)

2 he (eat) vegetables and fruit? (always)

3 I (be) late for school. (never)

4 my sister (have) sugary snacks when she studies. (usually)

5 your friends (drink) a bottle of water during the day? (seldom)

6 you (be) sleepy in the morning? (often)

8 **WRITE** down two things you do:

- always;
- twice a week;
- hardly ever;
- never.

C Talking about daily routine

9 **IN PAIRS** write questions using *How often...?* and the prompts below. Then ask and answer the questions.

walk to school ▪ go to the gym ▪
eat breakfast ▪ take time to relax ▪ listen to your body ▪
go to bed after midnight

A How often do you walk to school?

B I usually walk to school in autumn and spring, but I never walk to school in winter.

Daily routine

1 MATCH the verbs to the corresponding words.

- | | |
|--------------------------------------|---------------------------------------|
| 1 <input type="checkbox"/> get | A up |
| 2 <input type="checkbox"/> leave | B a shower |
| 3 <input type="checkbox"/> wake | C home |
| 4 <input type="checkbox"/> have/eat | D home/dressed/up |
| 5 <input type="checkbox"/> have/take | E to work / to school / to bed / home |
| 6 <input type="checkbox"/> go | F breakfast/lunch/dinner |

2 COMPLETE the sentences about daily activities using the correct phrase with the verb *have*.

- Do you or a bath before getting dressed?
- Are you hungry? Why don't you a little
- Where do you? At school or at home?
- What time do the students between lessons?
- If I want some fresh air in the afternoon, I after doing my homework.
- On Sundays I because I don't go to school.
- We always with our friends when we go out on Saturday night.
- Does Charlotte or with biscuits for breakfast?

Present simple

3 COMPLETE the sentences with the correct present simple form of the verbs in brackets.

- (he / work) in that company?
- Josh (leave) home on time every day.
- Sophie (not have) a shower every morning.
- I (cook) dinner and my husband (do) the shopping.
- She (get) home at 8 and she (feed) the cat.
- We (not chat) on Facebook with our friends every day.
- My dad (wash) the dishes after dinner.
- (Mrs Potter / go) to the office on Saturdays?

4 WRITE sentences using the prompts and the form indicated.

- Sally / send / text messages / at night **?**
.....
- Jennifer / play / video games / in the evening **-**
.....
- you / take / photos / when / you / are / on holiday **?**
.....
- those boys / have / a snack / in the afternoon **?**
.....
- the lessons / begin / at 9 o'clock **-**
.....

Healthy habits

5 COMPLETE the sentences with the correct present simple form of the verbs in the box.

get ■ monitor ■ eat ■ brush ■ limit ■ take ■ listen ■ drink

- I vegetables once a day.
- She always two litres of water a day.
- Mark his exercise at the gym in the evening.
- Teenagers never their screen time.
- (you) time to relax after supper?
- Caroline her teeth only in the evening.
- When I'm tired, I to my body and take a break.
- We generally the quantity of sugar.

Adverbs of frequency

6 PUT the adverbs of frequency in the correct place in the sentences.

- Derek comes home late. (often)
- John and Susan study in the same room. (never)
- When do films start? (generally)
- Sean is kind! (always)
- My friend Jenny phones me. (never)

7 WRITE questions for the words in bold.

- I study **English** at school.
.....
- Jane reads the newspaper **in the morning**.
.....
- No, he **doesn't sleep** in the afternoon.
.....
- Liam and Ruth rarely eat **chocolate snacks** during the day.
.....
- They go to the cinema **once a month**.
.....
- They walk the dog **in the park** after school.
.....