

3 B

G telling the time, present simple




V daily routine

P the letter o

What time do you get up?
At seven o'clock.

Wake up, get out of bed...


1 GRAMMAR telling the time

- a  What time does your class start? What time does it finish?
- b  **p.126 Grammar Bank 3B.** Read the rules and do the exercises.
- c  **Communication** *What's the time?*
A p.108 B p.111.
- d **3.5** Listen to Vicky's morning. Write the seven times you hear. What's her job?

1 7.00

2 VOCABULARY daily routine



- a Look at Vicky's typical morning. Match the pictures and phrases.
- | | | | |
|--------------|--------------------------|----------------|--------------------------|
| get dressed | <input type="checkbox"/> | have a shower | <input type="checkbox"/> |
| get up | <input type="checkbox"/> | have breakfast | <input type="checkbox"/> |
| go to (work) | <input type="checkbox"/> | wake up | <input type="checkbox"/> |
- b In pairs, describe her morning.
She wakes up at 7.00.
- c In pairs, take turns to describe *your* typical morning using pictures 1–6. Do you do things in the same order?
I wake up at (about) 7.30.
- d  **p.147 Vocabulary Bank** *Daily routine.*

3 READING & LISTENING

- a Read the article. How stressed is Louisa? Why?
- b In pairs, guess the meaning of the **highlighted** words. Check with your teacher or a dictionary.

How stressed

Professor Parker, a stress expert from the University of London, looks at two people's typical day and tries to help...

Louisa works as a guide at the National Gallery in London and lives with her son George, aged 9.

6.30 I get up and I make George's sandwiches. **Then** I do some housework. **Then** I wake up George and make his breakfast. I'm **always** in a hurry and I don't have time for breakfast **at home**.

8.00 We **cycle** to school because the bus is expensive. **Then** I cycle six miles* to work.

9.00 I have a sandwich for breakfast in the **canteen**, and then I start work. My first tour is usually at 9.30. I like my job but I don't earn much money and I stand all day.

5.00 I finish work and I go to **pick up** George at 5.30. We go shopping.

6.30 I cook dinner and help George with his homework. **After** dinner I do more housework or answer e-mails **until** 9.00. I don't go out in the evening because a **babysitter** is very expensive.

9.00 George goes to bed and I read him **a story**. **Then** I go to bed – I'm really tired!

Professor Parker's advice

Have breakfast with your son. Do all the housework in the evening. Don't cycle, get the bus. It's important to see other people. Invite a friend for a drink once a week.

* six miles = 9.6 kilometres



Louisa, a single mother

- c Read the article again. Try to remember the information.

d **Communication** *Louisa's day A p.108 B p.111.*
 Test your partner's memory.

What time does Louisa get up?

She gets up at...



Simon works for a computer company. He lives in Brighton but he works in London.

are these people?

e **3.6** You are going to listen to Simon talking to Professor Parker. Listen to five things Simon says. Number the pictures 1-5.



f Listen again. What are the five sentences?

g **3.7** Now listen to Simon. Answer the questions.

- 1 How many children does Simon have?
- 2 What time does he get up?
- 3 Why doesn't he have breakfast?
- 4 What time does he start work?
- 5 How many cups of coffee does he drink?
- 6 What does he have for lunch?
- 7 What time does he finish work?
- 8 Why doesn't he have dinner with his family?
- 9 What time does he get home?
- 10 What does he do after dinner?

h **3.8** Listen. What is Professor Parker's advice?

i Who do you think is more stressed, Louisa or Simon?

4 PRONUNCIATION the letter o

A The letter *o* has different pronunciations.

a Put these words in the correct column.

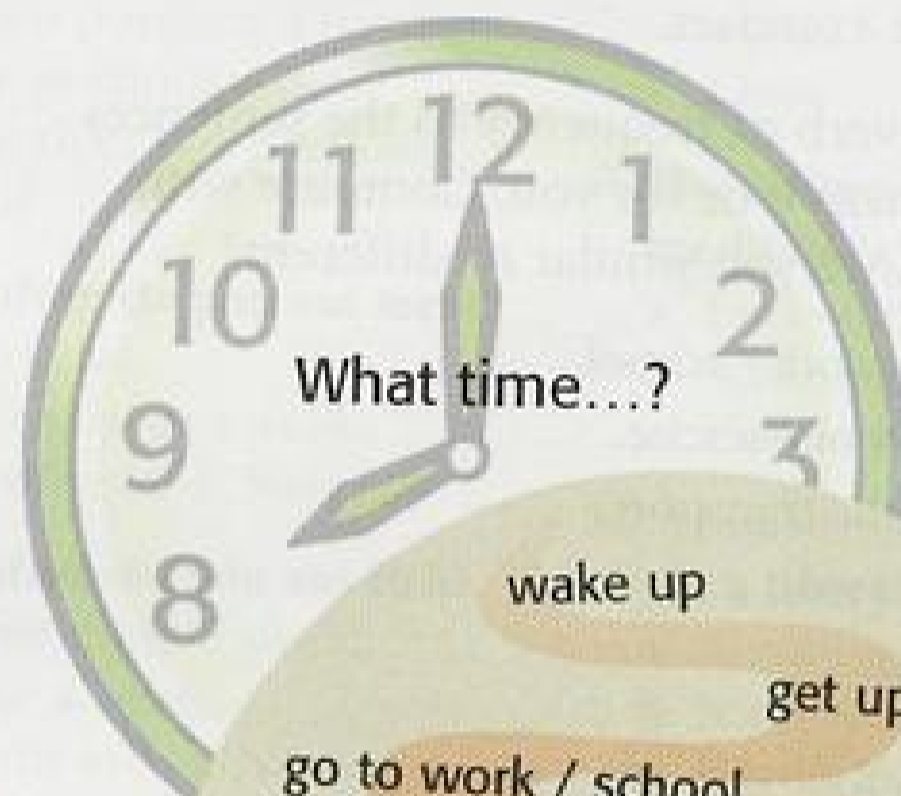
coffee do don't go home job
 one school shopping son two worried

coffee			

b **3.9** Listen and check. Practise saying the words.

5 SPEAKING

In pairs, interview your partner about a typical day. Who is more stressed?



- wake up
- get up
- go to work / school
- start work / classes
- have lunch
- finish work / classes
- get home
- have dinner
- go to bed

What time do you wake up?

(It depends.) At about eight o'clock.

3A adjectives

It's a **big** house.
They're **pretty** flowers.

- Adjectives go before a noun. **NOT** It's a house big.
- Adjectives don't change before a plural noun. **NOT** They're prettys flowers.

3B telling the time

What's the time?



It's seven o'clock.



It's half past nine.



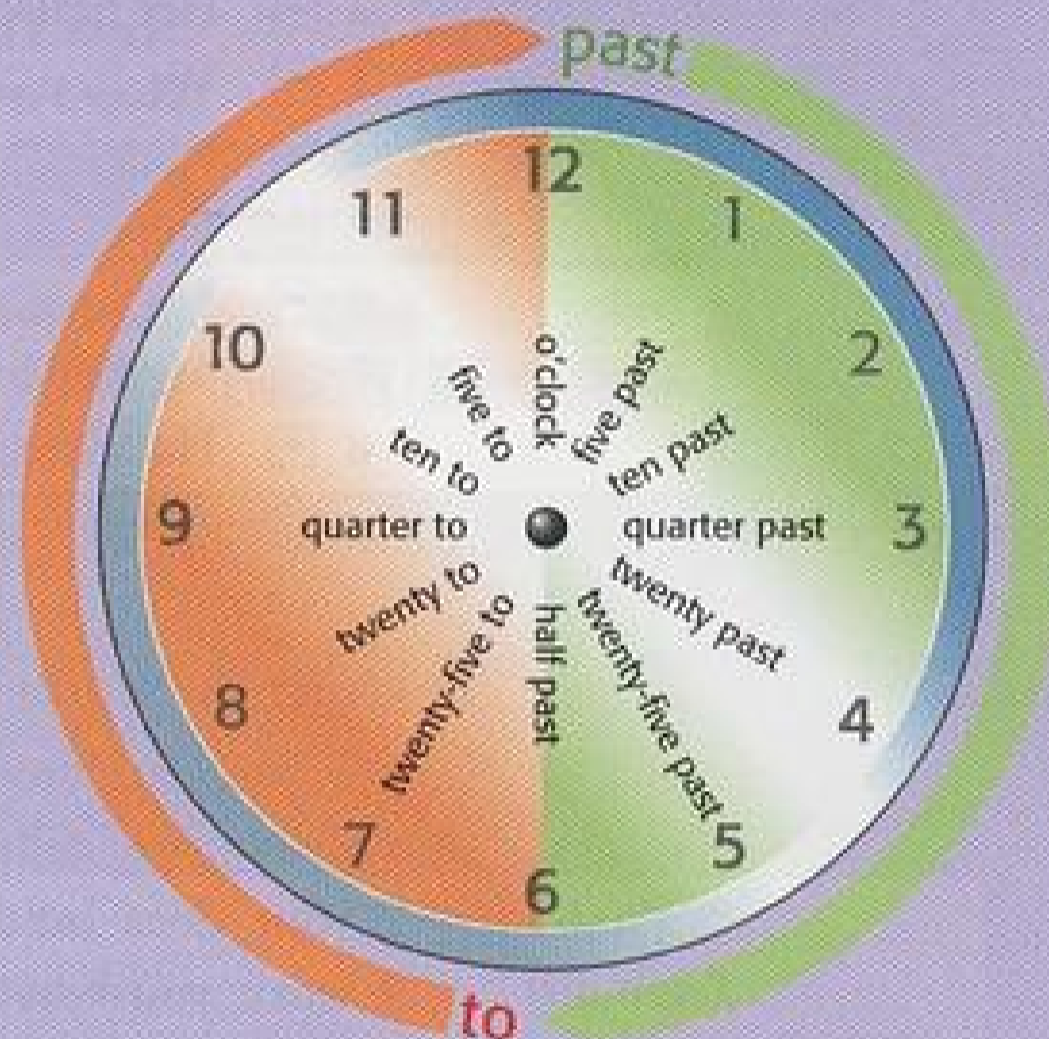
It's quarter to two.



It's twenty-five past one.



It's twenty to four.



- Use *It's* + time to say what time it is.
- You can ask *What's the time?* or *What time is it?*
- Use *at* + time to say when you do something.
A *What time do you get up?*
B *I get up at half past seven.*

▲ You can also say the time like this.
1.25 = *It's one twenty-five.*

3C adverbs of frequency

I **always** have toast for breakfast.
Do you **usually** go to work by bus?
She doesn't **often** go to bed late.
They're **sometimes** late.
She **hardly ever** watches TV.
He is **never** stressed.

- Use adverbs of frequency to answer the question *How often...?*
- Adverbs of frequency go | before all verbs (except *be*).
| after *be*.

▲ Use a \oplus verb with *never* and *hardly ever*.
He never smokes. **NOT** *He doesn't never smoke.*

3D prepositions of time

in

the morning
the afternoon
the evening
December
the summer
1998

on

Monday (morning)
the 12th of July
my birthday

at

three o'clock
midday / midnight
lunchtime
night
the weekend
Christmas / Easter / New Year

- Use *in* for parts of the day, months, seasons, and years.
- Use *on* for days and dates.
- Use *at* for times of the day, *night*, *the weekend*, and festivals.

3A

a Underline the adjectives in these sentences.

She's a beautiful actress.

- 1 Hi. I'm Carla. Nice to meet you.
- 2 Do you like Japanese food?
- 3 It's an international school.
- 4 They're a typical British family.
- 5 My father makes fantastic pasta.
- 6 Do you work with other people?
- 7 I'm a professional footballer.
- 8 We're good friends.

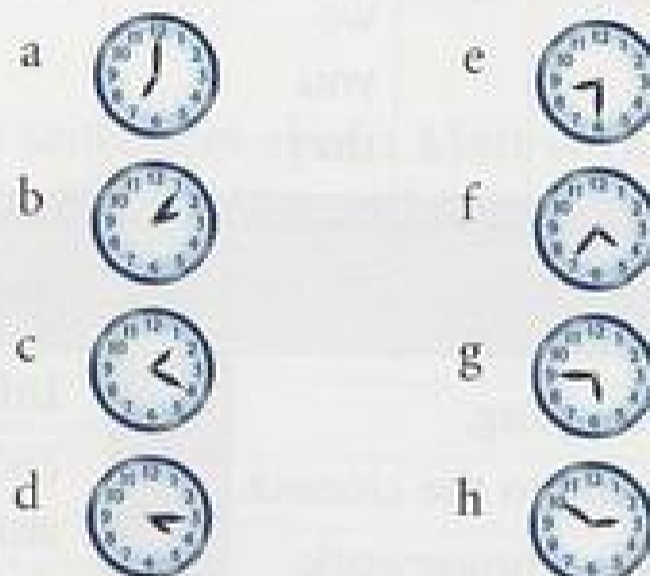
b Are the **highlighted** phrases right (✓) or wrong (✗)? Correct the wrong phrases.

- | | | |
|----------------------------------|-------------------------------------|--------------------------|
| She has hair red . | <input checked="" type="checkbox"/> | <u>She has red hair.</u> |
| 1 Do you like fast cars ? | <input type="checkbox"/> | _____ |
| 2 They're French girls . | <input type="checkbox"/> | _____ |
| 3 I have a family big . | <input type="checkbox"/> | _____ |
| 4 He's an English actor . | <input type="checkbox"/> | _____ |
| 5 They're news boots . | <input type="checkbox"/> | _____ |
| 6 It's a flat expensive . | <input type="checkbox"/> | _____ |

3B

What's the time? Match the times with the clocks.

- | | |
|-----------------------------|----------|
| It's quarter to six. | <u>g</u> |
| 1 It's five past two. | ___ |
| 2 It's quarter past four. | ___ |
| 3 It's ten to three. | ___ |
| 4 It's twenty-five to five. | ___ |
| 5 It's seven o'clock. | ___ |
| 6 It's twenty past one. | ___ |
| 7 It's half past eight. | ___ |



3C

a Complete the sentences with an adverb of frequency.

never always hardly ever sometimes usually

- They never drive – they don't have a car.
- 1 I _____ drink champagne – only at Christmas.
 - 2 She _____ eats meat. She's a vegetarian.
 - 3 He doesn't have a watch so he's _____ late.
 - 4 We _____ get up at 7.30, except at weekends.
 - 5 I don't do a lot of exercise but I _____ go swimming.

b Order the words to make sentences.

- always she at six up gets She always gets up at six.
- 1 for late always I am class
 - 2 meet ever hardly we
 - 3 what work you usually time do finish ?
 - 4 morning in the hungry I am never
 - 5 often I read don't the newspaper
 - 6 restaurants sometimes expensive to go we
 - 7 wine good usually very is this

3D

a Complete with *in, on, or at*.

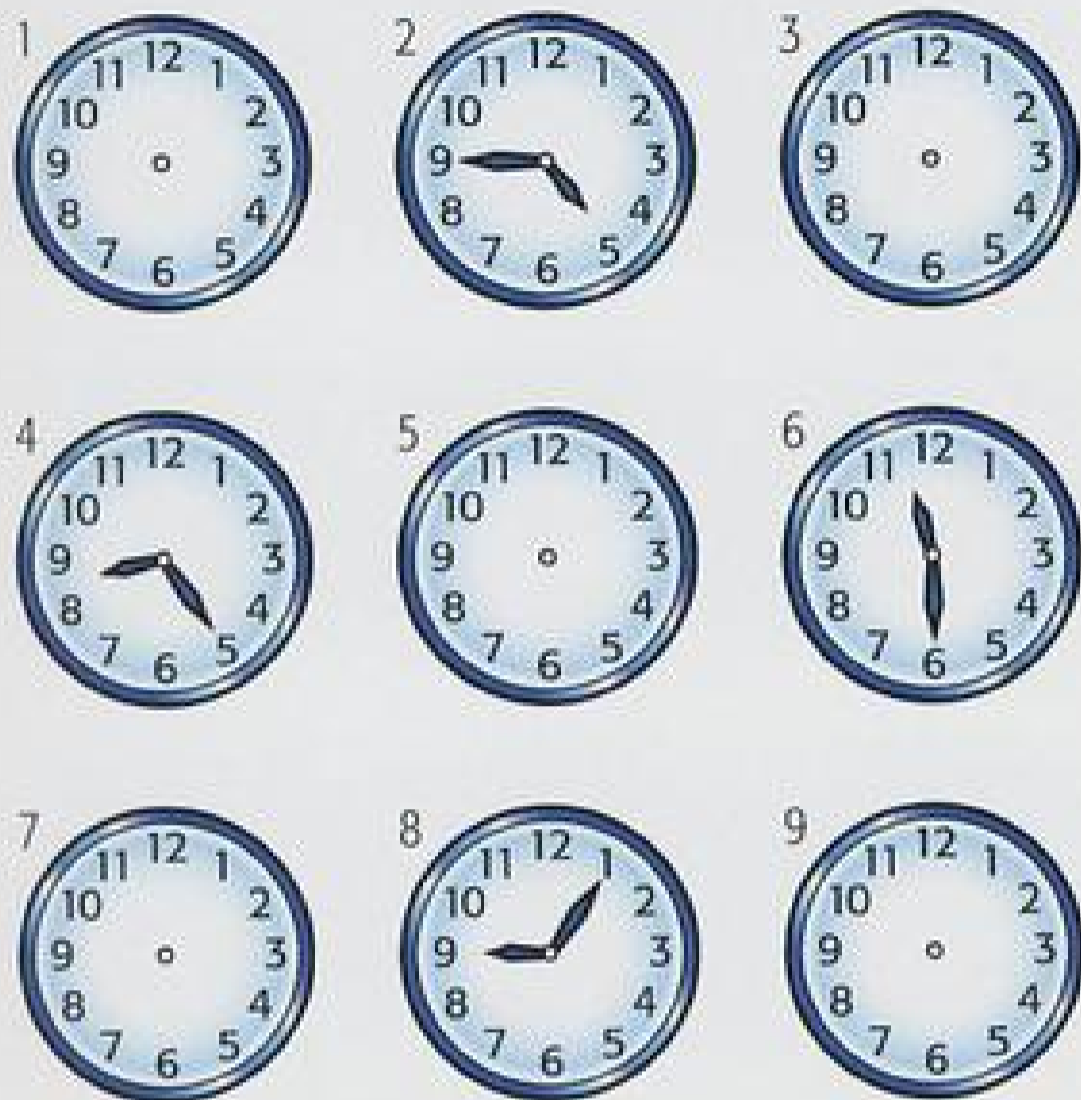
- | | |
|-----------|--------------------|
| <u>on</u> | July 9th |
| 1 _____ | 6.30 |
| 2 _____ | the evening |
| 3 _____ | the weekend |
| 4 _____ | the 1st of January |
| 5 _____ | the winter |
| 6 _____ | 2005 |
| 7 _____ | lunchtime |
| 8 _____ | September |
| 9 _____ | night |
| 10 _____ | Thursday morning |
| 11 _____ | Easter |
| 12 _____ | Saturday |

b Complete with *in, on, or at* and a time expression.

five o'clock July 4th Christmas Sundays
the summer midnight the afternoon nine o'clock

- In the UK people usually start work at nine o'clock.
- 1 On December 31st many people drink champagne _____.
 - 2 In the USA they celebrate Independence Day _____.
 - 3 Many people all over the world give presents _____.
 - 4 In Italy it's usually very hot _____.
 - 5 In many countries shops are closed _____.
 - 6 In Spain many people have a siesta _____.
 - 7 Traditionally, British people have a cup of tea _____.

3B What's the time? Student A



Ask and answer questions with B to complete the times on the clocks.

Clock 1: What's the time? / What time is it?

3B Louisa's day Student A

Ask B these questions.

- 1 What time does Louisa get up? (6.30.)
- 2 How does she get to work? (She cycles.)
- 3 What does she have for breakfast? (A sandwich.)
- 4 Does she go out in the evening? Why (not)?
(No – a babysitter is very expensive.)
- 5 What time does she cook dinner? (6.30.)

3C The Okinawa way

- | | | | |
|----|-----|-----|-----|
| 1 | a 2 | b 1 | c 0 |
| 2 | a 2 | b 1 | c 0 |
| 3 | a 2 | b 1 | c 0 |
| 4 | a 0 | b 2 | c 1 |
| 5 | a 2 | b 1 | c 0 |
| 6 | a 0 | b 2 | c 1 |
| 7 | a 0 | b 1 | c 2 |
| 8 | a 2 | b 1 | c 0 |
| 9 | a 2 | b 1 | c 0 |
| 10 | a 0 | b 1 | c 2 |

What your score means:

- 0–7 Your philosophy is 'a short life and a happy one'.
Have a good time!
- 8–14 Your lifestyle is OK but you don't live the Okinawa way.
You need to change some things if you want to have a very long life.
- 15–20 Congratulations! You live the Okinawa way. You have a very good chance of living until you are 100 years old (or more!).

3D When...? Student A

a Ask B these questions.

When do you usually...?	What time do you normally...?
study	get up
have a shower or bath	go to work / school
drink champagne	start work / school
see all your family	have dinner
listen to the radio	
do housework	
go to the beach	

b Answer B's questions with a preposition + a time word. Ask *What about you?*

When do you usually study?

It depends...

In the evening. What about you?

1C Interview **Students A+B**

A is the receptionist. Ask B questions and complete the form.

What's your first name?

First name	_____
Surname	_____
Country / City	_____ / _____
Student	Yes <input type="checkbox"/> No <input type="checkbox"/>
Age	_____
Address	_____
Postcode	_____
E-mail address	_____
Phone number	_____
Mobile phone	_____

Change roles. Now B is the receptionist. Ask A questions and complete the form.

3B What's the time? **Student B**



Ask and answer questions with A to complete the times on the clocks.

Clock 2: What's the time? / What time is it?

3B Louisa's day **Student B**

Ask A these questions.

- Does Louisa have breakfast at home? Why (not)?
(No – she doesn't have time.)
- Why does she cycle to work?
(Because the bus is expensive.)
- What time does she finish work? (5.00.)
- What does she do after dinner?
(She does housework or answers e-mails.)
- What time does George go to bed? (9.00.)

3D When...? **Student B**

- Answer A's questions with a preposition + a time word. Ask *What about you?*
- Ask A these questions.

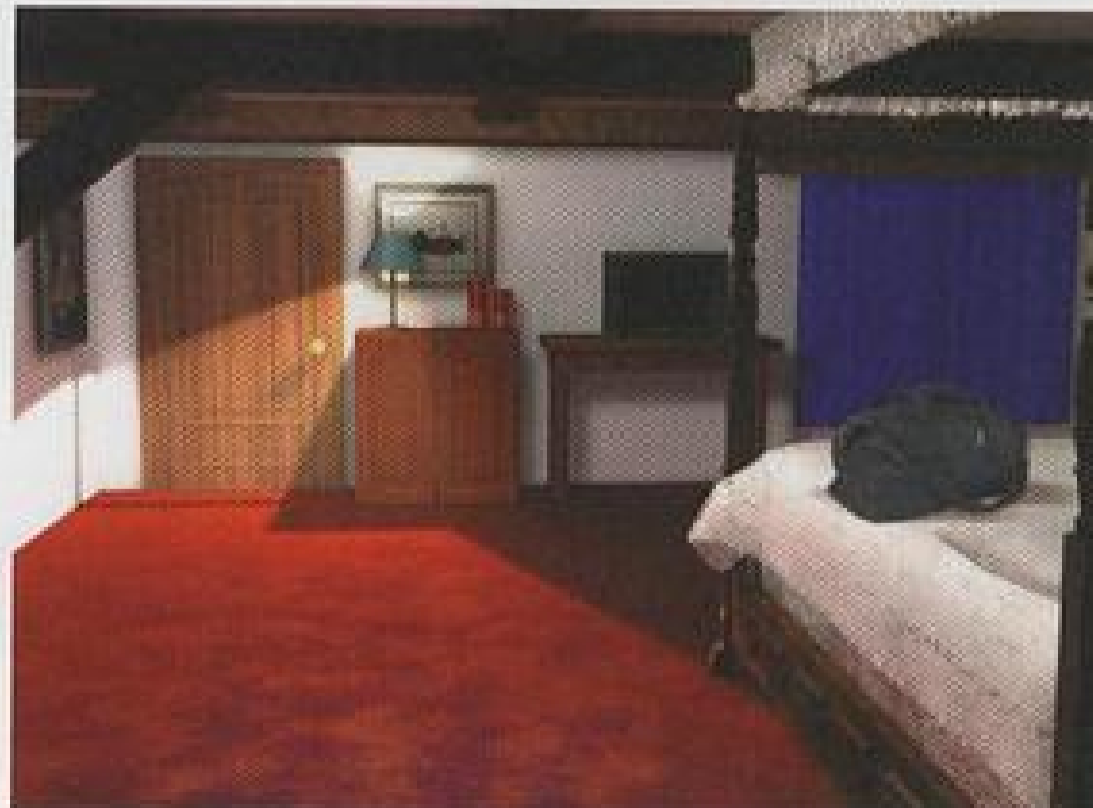
When do you usually...?	What time do you normally...?
have coffee	go to bed
come to your English class	have lunch
go shopping	finish work / school
have a holiday	have dinner
watch TV	
do homework	
relax	

When do you usually have coffee?

I don't drink coffee.

In the morning. What about you?

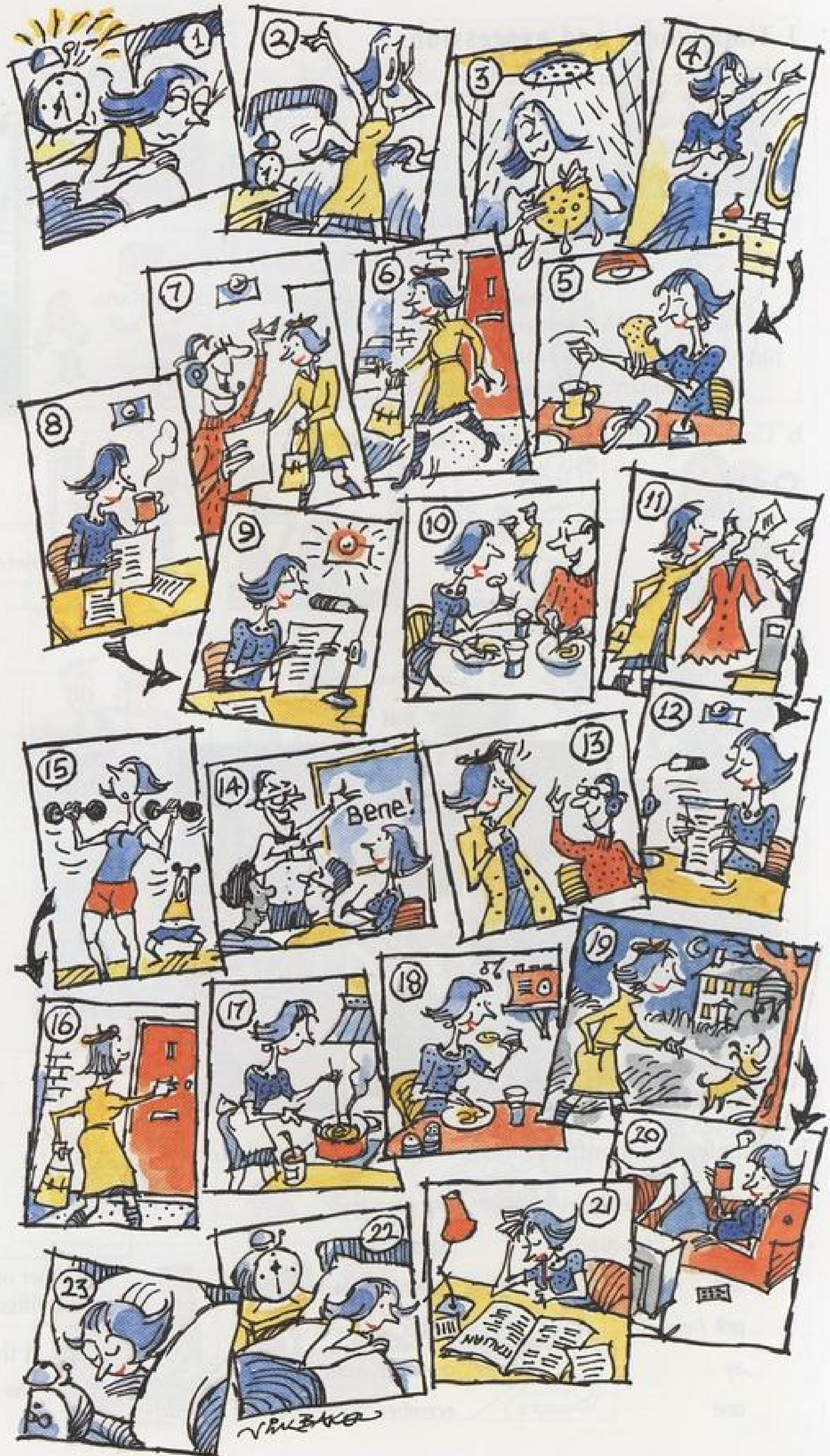
6B Room 11 **Students A+B**



Memory test A p.109 B p.112

a Match the verbs and pictures.

- do her Italian homework
- finish work / school
- 4 get dressed /drest/
- get home
- get to work / school
- 2 get up
- go home
- go shopping
- go to bed
- go to her Italian class
- go to the gym /dʒɪm/
- 6 go to work / school
- have a coffee
- 3 have a shower / a bath
- 5 have breakfast /'brekfəst/
- have dinner
- have lunch
- make the dinner
- sleep (for seven hours)
- start work / school
- take (the dog for a walk)
- 1 wake up (early / late)
- watch TV



b Cover the verbs. In pairs, use the pictures to describe Vicky's day.

🕒 p.30