



I always cycle to school.

And I usually go to bed early.

1. Do you practice sports?
2. What healthy habits do you have?

UNIT 1

EVERYDAY LIFE

In Unit 1 you will:

- Use the simple present in affirmative form
- Understand and use adverbs of frequency (*always, usually, sometimes, never*)
- Use verbs in the third person (*he / she*)
- Write about daily routines and everyday activities
- Use time expressions and create schedules

EDUCATIONAL PURPOSE

- Describe daily routines and everyday activities at home, school, and in the community.

SOCIO-EMOTIONAL SKILLS

- Healthy habits

1. Read the quiz and match the actions to the pictures.







Good or Bad Habits?

Check your habits and find out. Be honest!

- a. I go to bed late.
- b. I watch TV for more than two hours every day.
- c. I eat lots of junk food.
- d. I eat lots of fruits and vegetables.
- e. I work out every day.
- f. I walk or cycle to school.
- g. I play video games or use social media for more than two hours every day.
- h. I help with the housework. (I make my bed, sweep the floor, wash the dishes, etc.)
- i. I drink lots of soda.
- j. I play a sport.







Work out your score: each healthy habit scores two points. Each unhealthy habit scores zero points.

2. Listen to Helen and Alejandro and answer the questions.

- a. Is Alejandro's score good? _____
- b. Are Helen's habits good or bad? _____
- c. Are Ana's habits healthy? _____

3. Match the parts of the day to the times.

- a. in the morning
 - b. in the afternoon
 - c. in the evening
 - d. at night
- 1. from 5:00 or 6:00 p.m. to 9:00 p.m.
 - 2. from 9:00 p.m. to 5:00 a.m.
 - 3. from 12:00 p.m. to 5:00 or 6:00 p.m.
 - 4. from 5:00 a.m. to 11:59 a.m.

5-E SKILLS

When talking about other people's habits, we need to be kind and considerate. Do you think Helen was kind and empathetic when talking about Alejandro's results? Why?

4. Read the sentences and write *T* (True) or *F* (False).

Ana **has** very healthy daily routines.
I **play** video games for many hours.
She **cycles** to school every day.

She **goes** to bed early.
She **eats** lots of fruits and vegetables.

I **watch** TV.
You **have** good habits.

- a. To express habits and routines, we use the simple present tense. ☐
- b. In the present tense, we add -s or -es to the third person singular. ☐
- c. In the simple present tense, the verb *have* is the same for all persons. ☐

5. Match the verbs to the words or phrases.

- | | | | | |
|----------|-----------|-------------|---------------|------------|
| a. watch | b. wash | c. practice | d. make | e. drink |
| 1. water | 2. sports | 3. a video | 4. your hands | 5. the bed |

6. Complete the text with the correct form of the verbs in the boxes.

swim

eat

run

like

sleep

have (x2)

cycle

do

I'm Sam. I **a)** _____ healthy habits. I **b)** _____ lots of vegetables. I **c)** _____ in the park every morning and I **d)** _____ eight hours a day. My sister Olivia **e)** _____ good habits too. She **f)** _____ sports. She **g)** _____ exercise in the afternoon. She **h)** _____ and she **i)** _____ to school.

7. Take the quiz in Activity 1. Then, work in pairs, share your scores, and explain the reasons for them.

8. Work in small groups. Tell your classmates about your partner's habits.



5-E SKILLS

Choose three habits you think most people should adopt. How would your community benefit from them?

1. Complete with the correct part of the day.

- a. I wake up early _____.
- b. My parents go to bed late at _____.
- c. My brother plays video games every _____.
- d. School starts in the _____.
- e. You take swimming lessons in the _____.

2. Underline the correct answer.

- a. Alejandro **have** / **has** healthy daily routines.
- b. Susan **go** / **goes** to bed late.
- c. I **watch** / **watches** TV at night.
- d. My brother **plays** / **play** video games for many hours.
- e. You **eat** / **eats** a lot of vegetables every day.

3. Put the words in the correct order to make sentences.

- a. works / She / in / out / afternoons / the / .

- b. cycles / Paty / every morning / school / to / .

- c. late / I / bed / to / go / .

- d. lots / drinks / of / He / soda / .

- e. sister / many / My / sports / plays / .

4. Complete the interview with the words or phrases in the boxes.

wake up

housework

late

many hours

Helen: a) Do you help with the _____?

Sam: Yes, I make my bed and wash the dishes.

Helen: b) That's cool! At what time do you _____?

Sam: Before 6 a.m.

Helen: c) That's very early! Do you go to bed _____?

Sam: Only on weekends.

Helen: d) And do you play video games for _____?

Sam: Not really. I prefer playing sports.

Helen: Congratulations!

5. Complete the conversation.

My name's Ana and I think I have healthy habits

because I **a)** _____ eight hours a day and

I **b)** _____ in the park every morning. I also

c) _____ lots of fruits and vegetables

and I **d)** _____ two liters of water every day.

6. Write two healthy habits you have and the part of the day when you do them.

a.

b.



1. Read and listen to the interview. Then, match the underlined sentences to the pictures.

Interviewer: Hi, Toby! Please, introduce yourself and tell us about your usual day as a student-rower.

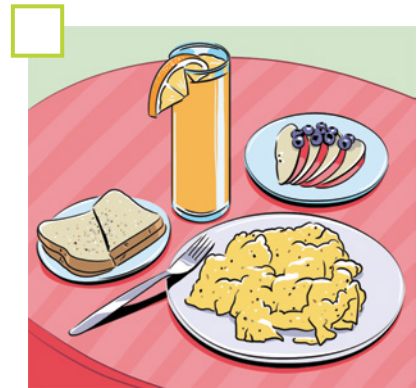
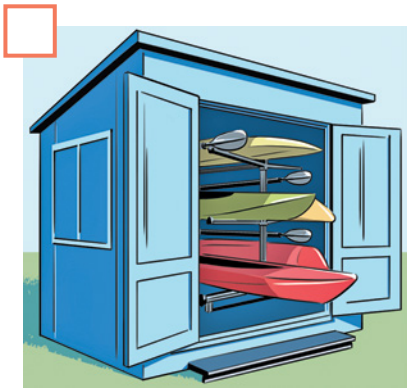
Toby: I'm Toby Kendall and 1) I'm on the men's rowing team at the University of York. My day always starts early in the morning. I get up and take a shower. 2) I sometimes cycle to the boathouse. 3) We practice rowing on the river for two hours. 4) I have a big and healthy breakfast before my classes. After my classes, 5) I usually work out on the rowing machine at the university gym. I have dinner and do homework in the evening. I go to bed early. I'm never late for my training the next morning!

Interviewer: Do you follow a special diet?

Toby: I have a balanced diet and I never eat junk food.

Interviewer: What do you like about rowing?

Toby: Well, it's great for your body, but for me, the best thing is to be part of a team.



2. Read the interview again and write T (True) or F (False).

- Toby takes a shower when he gets up.
- He has breakfast before rowing.
- After his classes, he relaxes.
- He never goes to bed late.
- He likes sharing an activity in a group.

☐
☐
☐
☐
☐


How important do you think it is to have a routine? How important do you think it is to include healthy habits in your routine? Discuss as a class.

3. Read the sentences from the interview and write the words in bold next to the correct percentage.

My day **always** starts early in the morning. I **sometimes** cycle to the boathouse.
I **usually** work out on the rowing machine at the university gym.
I'm **never** late for my training the next morning!

a. 100 % _____ b. 90 % _____ c. 70 % often d. 50 % _____ e. 15 % rarely f. 0 % _____

4. Read the rules and underline the correct option.

- a. Frequency adverbs tell us the **exact time** / **frequency** of an action.
- b. Frequency adverbs go **before** / **after** the verb *to be*.
- c. Frequency adverbs go **before** / **after** the other verbs in affirmative sentences.



FOCUS

Frequently is the same as *often*. *Seldom* is the same as *rarely*.

5. Check (✓) the percentages that apply to you.

How often do you...	100 %	90 %	70 %	50 %	15 %	0 %
work out?						
have a healthy breakfast?						
go to bed late?						
eat junk food?						
cycle to school?						
do your homework?						

6. Work in pairs. Take turns asking and answering the questions in Activity 5 using frequency adverbs. Find out who has healthier habits.



7. Write about your good and bad habits. Use your answers from the questionnaire in Activity 5.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

1. Match the columns to complete the activities.

- | | |
|-------------|-----------------------------|
| a. watch | 1. with friends |
| b. play | 2. pictures in social media |
| c. hang out | 3. TV |
| d. go to | 4. the park |
| e. share | 5. soccer |

2. Write two activities in each category.

Activities I like to do	Activities I don't like to do
a.	a.
b.	b.

3. Complete the sentences with the correct frequency adverbs, using the percentage in parentheses as a guide.

- He _____ checks his social media during class. (0 %)
- I _____ eat with my grandparents on Sundays. (50 %)
- We _____ do homework together. (80 %)
- She _____ goes to dance lessons on Wednesdays. (100 %)
- They _____ play soccer. They prefer baseball. (15 %)

4. Put the words in order to make sentences.

- with friends / I / hang out / rarely / at night / .

- to the park / goes / He / sometimes / .

- video games / She / plays / never / in the morning / .

5. Complete with a frequency adverb according to how often you do the activities.

- I _____ do my homework on weekends.
- I _____ help my mother in the afternoon.
- I _____ hang out with my friends on Fridays.
- I _____ watch TV at 7:00 a.m.
- I _____ play video games.

6. Write two sentences about a friend's activities and lifestyle.

a.	_____


b.	_____



1. Scan the article from an education magazine and circle the days of the week.

EDUCATION

MY DAY AS A UNIVERSITY STUDENT



GREG STEVENS SHARES HIS DAILY ROUTINE AT A UNIVERSITY IN THE USA.

This is my usual daily schedule. I always get up at 7:00 a.m. At 7:30 a.m., I usually go to the gym and work out before my classes start. At 9:00 a.m., I have my first lecture: Politics. It finishes at 10:15 a.m. At 10:30 a.m., I take an Art History course. The class finishes at 12:15 p.m., and I eat lunch before my next one. At 12:45 p.m., I have my Contemporary History course. My seminar finishes at 1:30 p.m., and it is the last one for the day. I often study in the library after my classes. On Monday and Wednesday, I go running in the evening at 6:00 p.m. On Friday evenings, I sometimes go out with friends. On weekdays, I go to bed early, about 10:30 p.m. I need to recover my energy. I am very busy, but I enjoy every day at the university!

S-E SKILLS

It is important to have a daily routine, but it's also important to find free time to do the things you like. That's a healthy habit too.

2. Number the days of the week in the correct order.

Friday _____ Tuesday _____ Saturday _____ Wednesday _____

Monday 1 Thursday _____ Sunday _____



FOCUS

The days of the week in English are capitalized.

3. Read the article in Activity 1 and complete Greg's schedule for Monday.

Time	Monday	Time	Monday
7:30 a.m.		12:15 p.m.	
9:00 a.m.		12:45 p.m.	
10:30 a.m.		6:00 p.m.	

4. Label the clocks with the times in the boxes.

six o'clock in the evening

quarter past noon

quarter to one in the afternoon

half past ten at night

A



B



C



D



5. Read the sentences from the article in Activity 1 and complete the rules with the prepositions of time *in*, *on*, and *at*.

I always get up **at** 7:00 a.m.
 I go running **in** the evening.
On Friday evenings, I sometimes go out with friends.

- a. We use the preposition _____ before days of the week.
 b. We use the preposition _____ before times.
 c. We use the preposition _____ before parts of the day, except in **at night**.



FOCUS

We say **in** the morning / afternoon / evening, but we say **at** night, or **on** Friday evening.

6. Circle the correct option.

- a. I usually have breakfast **at** / **on** / **in** 7:30.
 b. **At** / **On** / **In** Wednesday afternoons we go to music lessons.
 c. I study **at** / **on** / **in** the evening, before dinner.

7. Complete the schedule with one activity you do each weekday.

Day	Time	Activity
Monday		

8. Use the information from your schedule in Activity 7 to write sentences about your daily activities.

9. Close your book and share your schedule with a classmate. When you both finish, report your classmate's schedule to the class as if you were him / her.

1. Find and circle the days of the week.

MondaymLakkdWWednesdayhsp
hngntuTuesdayjlpifridayykwpskñ
SaturdayTursdayjuSundayshalik
WeekkThursdayBirthdaysopakjh

2. Match the columns to complete the activities.

- | | |
|---------|--------------------------------|
| a. go | 1. sports |
| b. play | 2. lunch at a relative's house |
| c. walk | 3. the bed |
| d. make | 4. to a museum |
| e. have | 5. the dog |

3. Underline the correct option.

- a. It's quarter past seven.
 1. 7:15 2. 7:45 3. 8:15
- b. It's half past six.
 1. 7:30 2. 6:30 3. 9:30
- c. It's five past three.
 1. 7:55 2. 3:05 3. 3:55
- d. It's ten to nine.
 1. 8:50 2. 9:50 3. 9:10
- e. It's twenty-five to eleven.
 1. 11:35 2. 10:25 3. 10:35

4. Complete the sentences using *in*, *at*, or *on*.

- a. I ride to school _____ the mornings.
- b. I always get up _____ 8:00 a.m.
- c. _____ Sunday mornings I take swimming lessons.
- d. He goes running _____ night.

- e. Sandra eats lunch _____ 1:30 p.m.
- f. My brother takes guitar lessons _____ Fridays.

5. Complete the schedule with one activity you do each day.

Day	Time	Activity
Sunday		
Tuesday		
Wednesday		
Friday		

6. Use the information from your schedule in Activity 5 to write sentences.

a.

b.

c.

d.



ASSESSMENT

1. Complete your weekday schedule.

My Weekday Schedule					
Time	Monday	Tuesday	Wednesday	Thursday	Friday

2. Use your schedule in Activity 1 to describe your daily activities to the class. Use connectors and prepositions of time.

On Monday afternoon...
At 6:00 p.m., I go to the gym.
Then, I...

SELF-ASSESSMENT

1. Check (✓) the option that is correct for your progress.

I can...	True	I need help
...describe daily routines and everyday activities.		
...understand and use prepositions of time (<i>in, on, at</i>).		
...understand and use adverbs of frequency.		
...write about my daily and weekday activities using prepositions of time and sequence connectors.		
...create a weekday schedule.		

2. Read the table above and identify what you need to review. Discuss, in pairs, how you can improve those areas of opportunity. Write down the actions needed.

Action	Date