Everyday Routines

Here is the text for the audio extract for this lesson. The important language is in **bold**.

Speaker 1

A: Woman



A: If it's a workday, I wake up at 7 o'clock, when the alarm goes off. I get up straight away and have a shower. Then I get dressed and put on my make-up. Then I put on the kettle and make myself a cup of coffee. I don't have much for breakfast — just a slice of toast. I leave home no later than 8.15. I drive to work and I get to my desk at 8.45. At lunchtime I just have a sandwich and then I go for a walk with my colleague to get some fresh air. I take a coffee break at around 4pm and then work through to 6pm, when I leave the office. I live alone so on my way home I stop at the supermarket to buy something for my dinner, or if I'm feeling really tired I get a take-away. In the evening I usually stay to watch TV, and have an early night.

At weekends I usually **do some sport** and **do the household chores**. On Saturday evenings I often **have friends round for dinner** and on Sundays I always **have a lie-in**.

Speaker 2

B: Man

B: Err... well, my wife runs her own company and is often away on business. I suppose that makes me a househusband. I look after the house and the kids. School days are really hectic. I get up and have a bath and a shave and then I get the children ready for school. They put on their school uniform, brush their hair and brush their teeth while I make breakfast. I take the kids to school and drop them off at five to nine and then I go to the supermarket and do the shopping. When I get home I do the washing up, do the washing and the ironing, clean the house and make the beds. I stop for lunch at around one o'clock and I sometimes go to the pub for lunch. I come back home, have a rest and before I know it, it's half past three and time to pick the children up from school. Then the kids have to do their homework before I take them to their various activities: football, ballet class, swimming lessons. We usually have dinner in front of the television and I read the children a bedtime story before I catch up on my emails. I go to bed about eleven, tired but happy.

My wife never works at weekends so we spend our weekends together as a family.

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LANGUAGE SUMMARY

Study the important words below. You have already seen many of them in this module. Use a dictionary to check any new words if necessary.

Sleep

wake up have a lie-in get up go to bed have an early night have a late night

Get ready

have a bath
have a wash
have a shower
wash your hair
have a shave
brush your hair
get dressed
have a shower
wash your hair
put on your make-up
brush your teeth

Food & drink

make breakfast have breakfast make lunch have lunch make dinner get a takeaway put the kettle on make a (cup of) tea / coffee

Jobs

go to the supermarket do the shopping clean the house do the housework do the washing do the ironing make the beds do your homework

Work

leave home drive to work get to work have a coffee break leave work take the bus / train get home

Children

get the children ready for school take the children to school pick the children up from school help the children with their homework get the children ready for bed read the children a story

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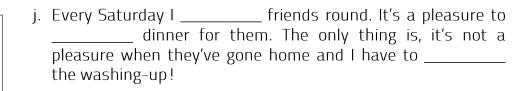
Free time

stay in go out
have a rest go for a walk
go to the pub/restaurant/cinema do sport
have friends round for dinner watch TV
listen to music read books

EXERCISE

W	Irite a verb in each space to complete the sentences.
a.	I want to a bath and my hair before I out.
b.	I home at 7.30 and to work at 8.00.
С.	I don't usually breakfast. I just the kettle on and a cup of coffee.
d.	During the week, I generally an early night and to bed at around 10pm. But I to bed late on Saturday nights and a lie-in on Sunday mornings.
e.	I the children to school at 8.30 then come home, the beds, the washing and clean the house.
f.	I generally a rest in the afternoon. I like to TV or a book before I the children up from school at 4.30pm.
g.	I tend to to the supermarket on Monday evenings but I some of the shopping online and get groceries delivered to my home.
h.	I often to the pub on my way home from work. Then I a takeaway for dinner. I know it's not good for me. I really should more sport instead.
	I have to my children ready for school because they are too young to their own teeth or themselves dressed.

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Answers:

Exercise

- a.I want to have a bath and wash my hair before I go out.
- b.I leave home at 7.30 and get to work at 8.00.
- c.I don't usually have breakfast. I just put the kettle on and make a cup of coffee.
- d.During the week, I generally have an early night and go to bed at around 10pm. But I go to bed late on Saturday nights and have a lie-in on Sunday mornings.
- e.I take the children to school at 8.30 then come home, make the beds, do the washing and clean the house.
- f.I generally have a rest in the afternoon. I like to watch TV or read a book before I pick the children up from school at 4.30pm.
- g.I tend to go to the supermarket on Monday evenings but I do some of the shopping online and get groceries delivered to my home.
- h.I often go to the pub on my way home from work. Then I get a takeaway for dinner. I know it's not good for me. I really should do more sport instead.
- i. I have to get my children ready for school because they are too young to brush their own teeth or get themselves dressed.
- j. Every Saturday I have friends round. It's a pleasure to make dinner for them. The only thing is, it's not a pleasure when they've gone home and I have to do the washing-up.