

## GENERAL ENGLISH: STUDY

### 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  
get up  
have an early night

have a lie-in  
go to bed  
have a late night

#### Get ready

have a bath  
have a wash  
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  
make lunch  
make dinner  
get a takeaway  
make a (cup of) tea / coffee

have breakfast  
have lunch  
have dinner  
put the kettle on

#### Jobs

go to the supermarket  
clean the house  
do the washing  
do the ironing  
do your homework

do the shopping  
do the housework  
do the washing-up  
make the beds

#### Work

leave home  
get to work  
leave work  
get home

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

#### Children

get the children ready for school  
pick the children up from school  
  
get the children ready for bed

take the children to school  
help the children with  
their homework  
read the children a story

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#### Free time

stay in  
have a rest  
go to the pub/restaurant/cinema  
have friends round for dinner  
listen to music

go out  
go for a walk  
do sport  
watch TV  
read books

#### EXERCISE

Write 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.
- c. 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. I have to \_\_\_\_\_ my children ready for school because they are too young to \_\_\_\_\_ their own teeth or \_\_\_\_\_ themselves dressed.

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- j. Every Saturday I \_\_\_\_\_ friends round. It's a pleasure to \_\_\_\_\_ dinner for them. The only thing is, it's not a pleasure when they've gone home and I have to \_\_\_\_\_ the washing-up!

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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.