

1 24 hours

Vocabulary | everyday actions

1 Match a verb from A with a word or phrase from B.

A	B
1 read	a a bus
2 listen	b to bed late
3 get up	c on the phone
4 stay	d early
5 go	e your emails
6 chat	f nothing
7 watch	g in bed late
8 check	h to the radio
9 do	i TV
10 take	j a magazine

2 Complete the sentences with the missing verbs.

- 1 She checks her emails when she gets to work in the morning.
- 2 We stay in on Saturday nights – we don't like going clubbing.
- 3 I normally take the train at 9.00 a.m.
- 4 Do you ever have a lie-in on Saturday morning?
- 5 I go for a swim on Saturdays.
- 6 I like to have a nap after lunch.
- 7 What newspaper does he read?
- 8 They usually see their friends over for dinner on Friday evenings.
- 9 He listens to the radio in the car on the way to work.
- 10 I always do the shopping on the way home from work.



Reading

3 a Read the text quickly and match the headings in the box to the correct time of day.

~~Eat your dinner~~ Stretch
Think about a problem ~~Visit the dentist~~

A time for everything ...

What is the right time of day for your body to do everything?

Noon Think about a problem
Your brain works best at around midday. It's a good time to talk to your boss about a problem or do a difficult crossword.

2 p.m. Visit the dentist
Do you hate going to the dentist? Make an appointment in the early afternoon. You don't feel pain so badly at this time of day.

5 p.m. Eat or dinner
Are you very hungry when you finish work? This is because food tastes better in the early evening. Eating late is a bad idea. After midnight it is more difficult for our bodies to process fat, and this can give you heart problems.

8 p.m. Stretch
The best time to do exercise is around 8 p.m. At this time our body temperature is at its maximum, so our muscles are warmer.

b Read the text again. Mark the sentences true (T) or false (F).

- 1 Your brain works best in the middle of the day. T
- 2 The best time to do a crossword is early morning. F
- 3 It's a good idea to go to the dentist between 1 and 3 p.m. T
- 4 Food tastes good in the early evening. This makes you hungry. T
- 5 The best time to eat dinner is just before you go to bed. F
- 6 It is good to do exercise in the evening because your muscles are warm. T

Grammar I likes and dislikes

4 a Complete the texts with words from the boxes.

hate keen like love stand

Andreas (26)
Germany

'I can't stand doing nothing. I really (1) hate holidays where people lie on the beach all day – I can't understand it. I absolutely (2) love doing exercise so I get up early every day and run for ten kilometres before breakfast. I'm not very (3) keen on team sports like football. When I go on holiday, I do water-sports like surfing and sailing. I quite (4) like walking and cycling too.'



like love mind quite stand

Seung Ah (24)
South Korea

'I absolutely (5) love eating good food. Cooking is very important in my culture. Usually my mother and my grandmother do all the cooking. They don't (6) mind doing this but sometimes I (7) like helping them too. I can't (8) stand fast food, especially hamburgers, but I do (9) quite like Italian food, like pizza.'



b 2 Listen and check your answers.

5 Complete the sentences with one word from the box.

absolutely can't keen (x2) like
mind reallyI absolutely love playing tennis.

- I'm not very keen on watching TV because there are so many bad programmes.
- She doesn't mind going to the cinema if it is an action film. It can be fun!
- I'm quite keen on sports in general but especially football.
- He can't stand boxing – he hates to watch people hit each other.
- I really like reading, especially novels.
- I quite like going to the theatre but it's very expensive.

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

- love going museums to they absolutely. *They abs. love going to*
- he works having the radio doesn't he mind on while. *He doesn't mind having the radio*
- like early getting she doesn't up. *She doesn't like getting up*
- eating out at I like weekends. *I like eating out at wk*
- we like together working quite. *We q. like working*
- quite she's keen gymnastics on. *She's q. keen on*
- not we're very on dancing keen. *We're not very keen on*
- really sports hates she. *She rly hates sports*
- can't I playing stand chess. *I can't stand playing*

Vocabulary I going out

7 Complete the sentences with *go*, *go to* or *go on*. You may need to change the form of the verb.I don't like going to musicals.

- I usually go clubbing on Saturday night with my friends.
- I absolutely love going to the theatre.
- I never go to concerts. I prefer listening to music at home.
- You don't go bowling very often, do you?
- I sometimes go ice skating at the weekend.
- My mother always goes on a guided tour of the cities she visits on holiday.
- Whenever a new Brad Pitt film comes out I go to the cinema to see it.
- My brother works in a museum so I go to the exhibitions for free.