1 24 hours

Vocabulary | everyday actions

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

A			В	
read	6	a	a bus	
listen ~		b	to bed late	
get up	4.	c	on the phone	
stay 🥆	V	d	early	
go		e	your emails	
chat _	$-\chi$	F	nothing	
watch C	$\backslash XX$	g	in bed late	
3 check <	XM	h	to the radio	
do	XX	i	TV	
o take	'	\fi	a magazine	

Complete the sentences with the missing verbs.

- Shechael 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?
- for a swim on Saturdays.
- 6 I like to hare a nap after lunch,
- 7 What newspaper does he rowly
- 8 They usually <u>Sic</u> their friends over for dinner on Friday evenings.
- 9 He/stasto the radio in the car on the way to work.
- 10 I always 🔼 the shopping on the way home from work.



Reading

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

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

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.

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).

- Your brain works best in the middle of the day.
- 2 The best time to do a crossword is early morning.
- It's a good idea to go to the dentist between and 3 p.m.
- 4 Food tastes good in the early evening. This makes you hungry.
- The best time to eat dinner is just before you go to bed.
- 6 It is good to do exercise in the evening because your muscles are warm.

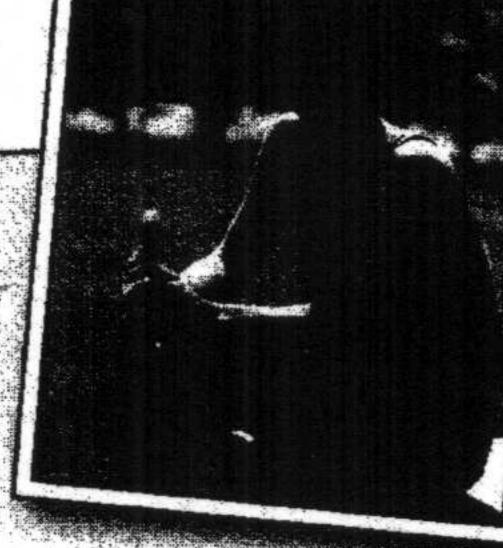
Grammar | likes and dislikes

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) ALT holidays where people lie on the beach all day



- I can't understand it. I absolutely (2)/01/e doing exercise so I get up early every day and run for ten kilometres before breakfast. I'm not very (3)/con team sports like football. When I go on holiday, I do water-sports like surfing and sailing. I quite (4) // ewalking and cycling tool'

stand

Seung Ah (24) South Korea

'I absolutely (5) /ore 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) // (7) helping them too. I can't (8) Stand fast food, especially hamburgers, but I do (9) quite

like Italian food, like pizza!'

2 Listen and check your answers.

Complete the sentences with one word from the box.

absolutely can't mind really

- I <u>absolutely</u> love playing tennis.

 1 I'm not very on watching TV because there are so
- many bad programmes.

 She doesn't going to the cinema if it is an action film. It can be fun!
- I'm quite on sports in general but especially football.
- 4 He stand boxing he hates to watch people hit each other.
- I like reading, especially novels.
- I quite going to the theatre but it's very expensive.

Put the words in the correct order to make They abs. love soigt sentences.

love going museums to they absolutely.

he works having the radio doesn't he mind on while. The Loesh + mind having the radio

- like early getting she doesn't up. She does "4 like getting"
- eating out at I like weekends. //kle eathy out at we we like together working quite. We 9. like working
- 6 quite she's keen gymnastics on. She's quite she's keen on
- 7 not we're very on dancing keen. we're not very keen.
 8 really sports hates she. The rightest shorts
 9 can't | playing stand chess. | can # stand
 | playing for the stand | playing the standard | playing the st

Vocabulary | going out

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.

- lusually 50 clubbing on Saturday night with my friends.
- I absolutely love so the theatre.
- I never 50 70 concerts. I prefer listening to music at home.
- 4 You don't So bowling very often, do you?
- I sometimes 90 ice skating at the weekend.
- 6 My mother always goes a guided tour of the cities she visits on holiday.
- Whenever a new Brad Pitt film comes out I 20 the cinema to see it.
- My brother works in a museum so 1 30 7 the exhibitions for free.