

THE TIME OF YOUR LIFE

Where do people spend their time around the world?

According to some research, a person needs between 5-6 / 7-9 / 10-11 hours ¹..... In the UK, however, a lot of people sleep for just 6 ½ hours.



A SLEEP

Students in China are ³..... from 7.30 a.m. until 5 p.m. and in northern China some children have classes 5 / 6 / 7 days a week. Before starting the day, students exercise ⁴..... In Shanghai, China, students spend 7 / 12 / 14 hours a week doing homework – that's two hours every evening.



C STUDY



E IN TOWN

French people like shopping. They spend the most time ⁶.....



F RELAXING

Americans spend most time ⁷..... and on their computers. In total, teenagers there spend 50 / 100 / 150 hours a week in front of screens.



B TRAVEL

São Paulo in Brazil has a large number of cars. Students can spend 5 / 20 / 40 minutes ²..... on a five-kilometre journey to school.

In France people spend more than two hours a day having breakfast, lunch and dinner. In the USA people only spend 17 / 67 / 127 minutes a day eating. Americans spend more time than other people ⁵.....

D EATING



3 Complete the *Time of your life* quiz with words from exercise 1. Then choose the correct option in **blue** and compare your answers.

4 1.05 Watch or listen. Who likes seeing friends at the weekend: Amelia, Elijah, or Renee? Who goes to school by bus: Harry, Lily, or Darius?



5 1.05 Read the key phrases. Watch or listen again and complete them.

KEY PHRASES

How you spend time

I spend all of my time ¹.....
I spend too much time ².....
We spend most of our time ³.....
I spend a bit of time ⁴.....
I don't spend a lot of time ⁵.....
Do you spend much time ⁶.....?
I don't spend more than ⁷.....
I don't spend any time ⁸.....

6 **USE IT!** Ask and answer the questions. Use some of the key phrases.

- How much time do you spend travelling to school?
- How much time do you spend at school?
- How much time do you spend in your room?
- Do you spend much time in front of the TV?

I don't spend much time travelling to school. Only about fifteen minutes.

Remember!

in bed, in the playground
at home, at the shops, at school
in front of the TV
on the bus
alone, online, indoors, outdoors

Finished?

Complete the Key Phrases with information that is true for you.