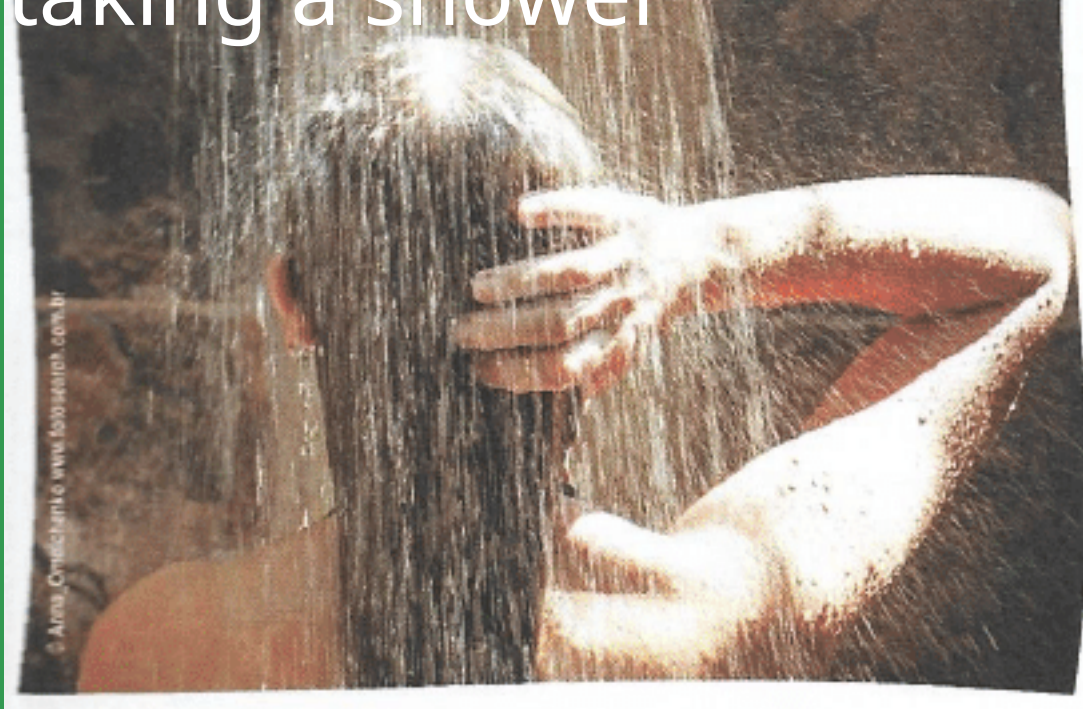


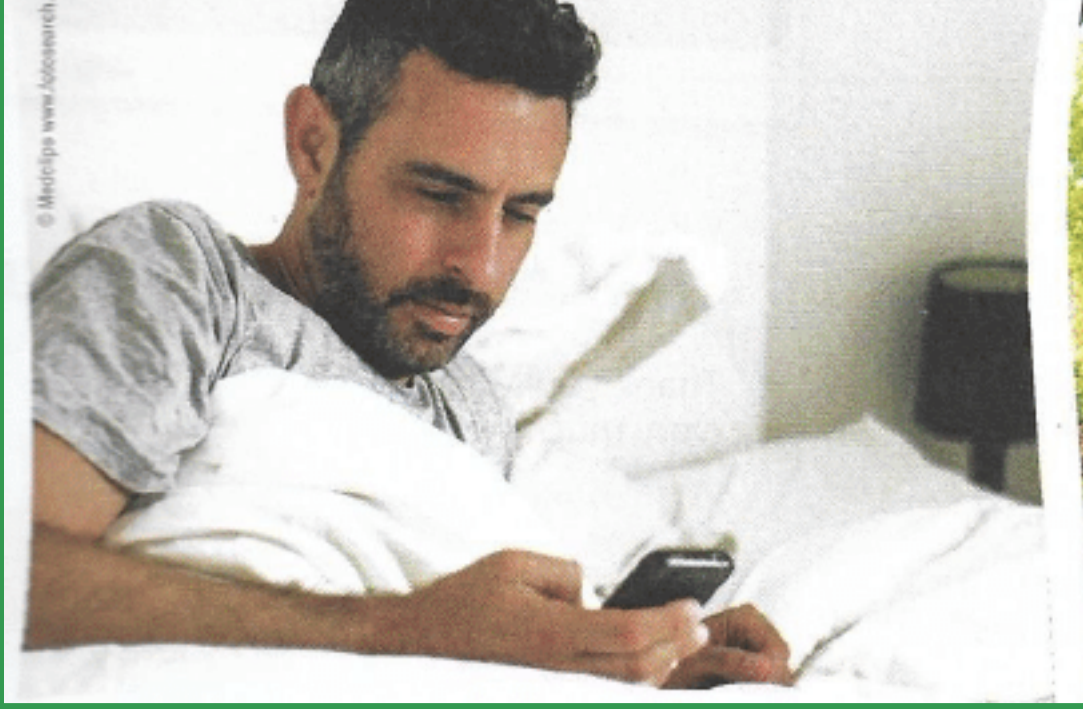
## taking a shower



## having breakfast



## using the smartphone



## malhar work out

# ROUTINES

### CAN I ASK YOU A FAVOR?

**Nick:** Hey, Jane, **can I ask you a favor?**

**Jane:** **What's up,** Nick?

**Nick:** I need to buy a new book for my class, but the bookstore is far from my house. I don't have time to go there this week.

**Jane:** Which bookstore?

**Nick:** The one on Green Street.

**Jane:** I'll do there every Monday. I can buy the book for you.

**Nick:** **Really?** **Thank you,** Jane! That helps me a lot.

**Jane:** Just tell me the name of the book and give me the money.

**Nick:** Okay. Here is the money. Thank you again.

**Jane:** **You're welcome.** No problem.



You're welcome

My pleasure

Any time

can I ask you a favor?

can you help me?

What's up?

What's going on?

Really?

Are you serious?

Thank you

Thanks a lot.

### Complete.

**Do** \_\_\_\_\_ you study in the morning?

Yes, I **study** \_\_\_\_\_ in the morning.

No, I **Don't** \_\_\_\_\_. I study in the afternoon.

### Make questions.

**Do they / take a shower in the morning?**

**No, they don't. They take a shower in the evening.**  
no / in the evening

**Do you (plural) / get up early every day?**

**yes, we get up early every day.**  
Yes

### Answer.

- Do your friends get up early?  
yes, my friends (they) up early everyday
- Do you have breakfast in the morning?  
yes I have breakfast in the morning
- Do you have lunch at school/work?  
Yes, I have lunch at work **Shopping mall.**
- Do you and your friends study near the mall?  
Yes, we study near the mall

### Example:

**What** do you do in the morning? I get up early and take a shower.

### Listen and complete.

**Jack:** What do you do in the morning?

**Mary:** I **get up early** \_\_\_\_\_ and **have breakfast** \_\_\_\_\_.

**Jack:** What do you do in the afternoon?

**Mary:** I **study Spanish** \_\_\_\_\_ and **surf the net** \_\_\_\_\_.

**Jack:** What do you do in the evening?

**Mary:** I **work out** \_\_\_\_\_ and **play sport** \_\_\_\_\_.

### 1 1.63 Listen and repeat the times. Then answer the questions.

6:00 p.m. 6:30 a.m. 7:45 a.m. 11:00 p.m.  
12:30 p.m.

- Which times are **before noon?** **noon = midday**
- Which times are after noon?



### Read and complete the article with the times in Exercise 1.

#### Exercise 1.

### Seven perfect daily moments

**Get up at** (1) **6:30 a.m.** Your body wakes up with the sun.

**Have breakfast** at (2) **7:45**. Don't forget breakfast. It's a very important meal.

**Do exercise** at 8:15 a.m. You have a lot of energy in the morning.

**Work from** 9:00 a.m. to noon. Use your brain in the morning. After noon it gets tired.

**Have lunch** at (3) **12:30**. Don't eat a big lunch. A sandwich is perfect.

**Have dinner** at (4) **6 pm**. This is your big meal of the day. But don't eat late – your body needs time to digest before you go to bed.

**Go to bed** at (5) **11 pm**. Your body likes seven or eight hours of sleep, so don't watch TV until midnight!

### 1.64 Listen and check.

## WHAT TIME IS IT?

It's...

### Key Vocabulary

#### A. What time is it?



It's seven o'clock.



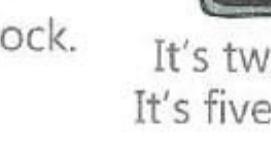
It's two-oh-five.  
It's five **after** two.



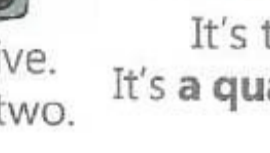
It's three fifteen.  
It's a **quarter after** three.



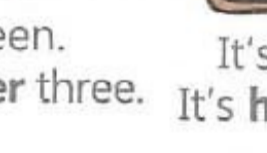
It's six thirty.  
It's **half past** six.



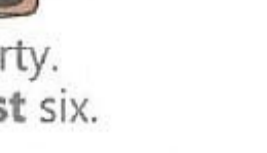
It's ten forty-five.  
It's a **quarter to** eleven.



It's nine fifty.  
It's ten **to** ten.



It's twelve a.m.  
It's **midnight**.



It's twelve p.m.  
It's **noon**.