

## A Sleep

“During the week I usually **wake up**<sup>1</sup> about 7.30 am. If I don't, my mum **wakes me up**. I **get up**<sup>2</sup> a few minutes later. In the evenings I **go to bed** about 10.30 pm, and usually **go to sleep**<sup>3</sup> **straight away**<sup>4</sup>. If I **have a late night**<sup>5</sup> I try to **have a sleep**<sup>6</sup> in the afternoon when I get home from college.”

<sup>1</sup> stop sleeping

<sup>2</sup> get out of bed

<sup>3</sup> start sleeping; *syn* **fall asleep**

<sup>4</sup> immediately

<sup>5</sup> go to bed very late; *opp* **have an early night**

<sup>6</sup> a short period of sleeping, e.g. half an hour

## B Food

“I have coffee and **cereal** for breakfast, then **have a light lunch**<sup>1</sup>, maybe a sandwich and an apple, and a **snack**<sup>2</sup> in the afternoon. We have our **main meal** in the evening. If Mum's late home from work, she **doesn't bother**<sup>3</sup> to cook; we just get a **takeaway**<sup>4</sup> instead. One of us has to **feed**<sup>5</sup> the cat as well.”

<sup>1</sup> have a small meal

<sup>2</sup> a small amount of food you eat between meals

<sup>3</sup> doesn't do something because there is no reason or because it is too much work

<sup>4</sup> a meal you buy in a restaurant but eat at home

<sup>5</sup> give food



cereal

## C Bathroom routines

“I usually **have a shower** when I get home from college because my sister, Rosie, and my brother, Marcus, spend so much time in the bathroom in the morning. I only have time to **have a wash** and **clean my teeth** (*syn* **brush my teeth**), before Rosie comes in to **put on** a bit of **make-up**. In the winter I sometimes **have a bath instead of**<sup>1</sup> a shower. I like to lie in the bath and listen to music.”

<sup>1</sup> in place of (a shower)



Marcus **having a shave**



Rosie **putting on make-up**

## D Housework\*

“**Fortunately**<sup>1</sup> we've got a **cleaner**<sup>2</sup> who **does** a lot of the **housework**, and that includes **doing** my **washing**<sup>3</sup>. But I still have to **make my bed** and **do** some of my **ironing**, and I sometimes **do the shopping** with Mum.”

\* the work of keeping a home clean and tidy

<sup>1</sup> happening because of good luck; *syn* **luckily**

<sup>2</sup> a person who cleans

<sup>3</sup> washing my clothes



ironing

## Language help

When we **do the shopping**, we buy food at the supermarket; when we **go shopping**, it is a leisure activity and we perhaps buy clothes, DVDs, books, etc.

## E Spare time\*

“On weekdays I usually **stay in**<sup>1</sup> and watch TV in the evening. At the weekend I **go out** quite a lot with my friends, either to the cinema or just to a café, and I **eat out**<sup>2</sup> **once a week**. Sometimes friends **come round**<sup>3</sup> and we **chat**<sup>4</sup> about clothes, music and college.”

\* time when you are not working

<sup>1</sup> stay at home

<sup>2</sup> eat in a restaurant; *opp* **eat in**

<sup>3</sup> visit me in my home

<sup>4</sup> have an informal conversation

# Exercises

## 16.1 Find seven more expressions with *have* + [noun] and *do* + [noun] from the opposite page.

have *a shower* ..... have ..... have ..... have .....  
 do ..... do ..... do ..... do .....

## 16.2 Match the words on the left with the words on the right.

- |          |                                     |            |
|----------|-------------------------------------|------------|
| 1 get up | <input checked="" type="checkbox"/> | a the dog  |
| 2 fall   | <input type="checkbox"/>            | b my teeth |
| 3 make   | <input type="checkbox"/>            | c make-up  |
| 4 put on | <input type="checkbox"/>            | d a week   |
| 5 go     | <input type="checkbox"/>            | e the bed  |
| 6 clean  | <input type="checkbox"/>            | f to sleep |
| 7 feed   | <input type="checkbox"/>            | g early    |
| 8 once   | <input type="checkbox"/>            | h asleep   |



## 16.3 One word is missing in each sentence. What is it and where does it go?

- Does it cost much to have a cleaner <sup>✓</sup> to the housework? *do*
- My mother usually me up around 7:30, then I get up about 7:45.
- If I have a in the afternoon, I usually eat fruit instead of chocolate.
- I always go on Friday and Saturday, often to the cinema or a club.
- Sometimes friends round to the flat and we play computer games.
- I eat at the weekend, usually in a local Italian or French restaurant.
- I don't with a full meal at lunchtime; I usually just have a light lunch, like a salad.
- I often have for breakfast – usually cornflakes or something like that.
- I don't like doing housework; I have a husband who does most of it.
- When I get emails, I try to reply to them straight.

## 16.4 Complete the dialogue with a word or phrasal verb from the opposite page in each gap.

A: Don't <sup>1</sup> *bother* ..... to cook dinner tonight.  
 B: Why not?  
 A: We could go out <sup>2</sup> ..... of eating here.  
 B: Yeah. Where?  
 A: Well, I'd like to try that new Korean restaurant.  
 B: That's miles away. No, I think I'd rather <sup>3</sup> ..... and have an <sup>4</sup> ..... night.  
 A: But it's Friday.  
 B: Yes, I know, but I'm tired. Why don't we ask Ryan and Charlotte to <sup>5</sup> ..... ?  
 You don't have to cook, we can order a <sup>6</sup> ..... . And we can have a nice  
<sup>7</sup> ..... round the dining table; much better than a noisy restaurant.

## 16.5 Over to you

Find three facts from the opposite page that are similar in your routine, and three that are different. Complete the table.

similar	different
1 .....	.....
2 .....	.....
3 .....	.....