

LESSON 1

TALK ABOUT DAILY ROUTINES



DIEGO SALAS

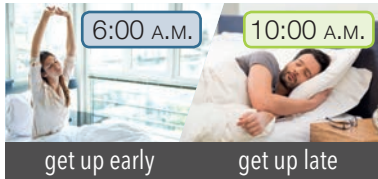
@DiegoS

Signing on to my weekly video chat.
Such a great way to work with people
around the world.

1 VOCABULARY Daily routines



A 06-01 Listen. Then listen and repeat.



get up early

get up late



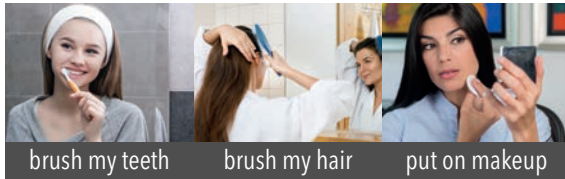
take a shower

get dressed



make dinner

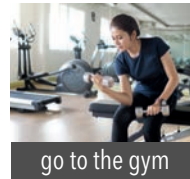
order takeout



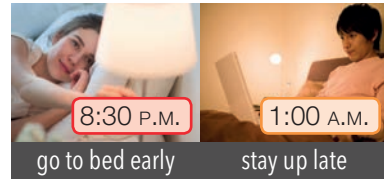
brush my teeth

brush my hair

put on makeup



go to the gym



go to bed early

stay up late

B PAIRS What are your daily routines? What do you do to get ready in the morning? What do you do during the day and in the evening? Use the expressions in 1A and your own ideas.

I get up early. Then I get dressed. Then I ...



2 GRAMMAR Adverbs of frequency

Statements with most verbs

Subject	Adverb	Verb	
I	always	get up	early.
She	rarely	gets up	late.

Statements with be

Subject	Be	Adverb	
I	am	never	late for work.
She	is	sometimes	

Yes / no questions with most verbs

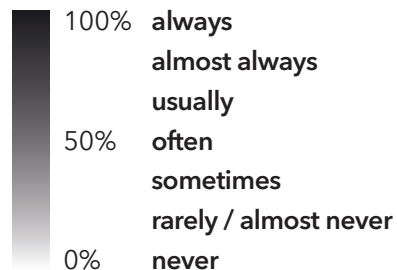
Do / Does	Subject	Adverb	Verb	
Do	you	often	go	to the gym?
Does	he	ever		

Yes / no questions with be

Be	Subject	Adverb	
Are	you	often	late for work?
Is	he	ever	

Notes

- Use adverbs of frequency with simple present verbs, not present continuous verbs.
It's 6:00 P.M., and Kate is ordering takeout. She **often orders** takeout for dinner.
- With *be*, put the adverb after *be* in statements and after the subject in questions.
They **are never** late. Are **they ever** late?
- With most verbs, put the adverb before the verb.
They **always arrive** on time.
- Use *ever* in *yes / no* questions and negative statements only.
Do not use *never* in questions.
He **doesn't ever** stay up late. = He **never stays** up late.
Does he **ever** stay up late? NOT Does he **never** stay up late?
- Do not use *sometimes*, *rarely*, or *never* in sentences with *not*.
- We almost always use contractions in speech and informal writing.



>> FOR PRACTICE, GO TO PAGE 138



3 PRONUNCIATION

- A** ▶ 06-03 Listen. Notice the way speaker B uses **emphatic stress**. Then listen and repeat.

A: I stayed up late to watch the **game**.

B: Not **me**. I **NEVER** stay up late.

A: Do you listen to **music** a lot?

B: Yes, I **LOVE** music.

- B** ▶ 06-04 Underline the word that speaker B will say with **emphatic stress**. Listen and check your work. Then check your work with a partner and listen again.

1. A: I usually order **takeout** food for dinner.

B: Really? I never get takeout food.

2. A: I get up early on **weekdays**.

B: Oh, I always get up early.

3. A: Do you want to go to the **beach** tomorrow?

B: Yeah, I love the beach.

4. A: Do you go to the **gym** often?

B: No, I hate working out.

- C** **PAIRS** Practice the conversations in 3B. Add one more sentence to each conversation.

A: I usually order takeout food for dinner.

B: Really? I NEVER get takeout food. I like to cook!

Emphatic stress

One word in a sentence has the main (strongest) stress. Sometimes we make the stress *extra* strong, or *emphatic*, to emphasize the word. We often use emphatic stress to focus on a difference or to show strong feeling.

4 CONVERSATION



- A** ▶ 06-05 Listen or watch. Circle the correct answers.

- Diego and Carlos are meeting *for work* / *for fun*.
- Diego never *eats breakfast* / *stays up late*.
- Carlos needs *20 minutes* / *an hour* to get ready for work.



- B** ▶ 06-06 Listen or watch. Complete the conversation.



Carlos: What's your typical **morning** like?

Diego: I _____ **get up early** and **go to the gym**. What about you?

Carlos: Me? I _____ **get up early**.

Diego: You _____ **get up early**?

Carlos: No. Never.



- C** ▶ 06-07 Listen and repeat. Then practice with a partner.

- D** **PAIRS** Make new conversations. Use these words or your own ideas.

evening **make dinner** **go to bed early** **night** **order takeout** **stay up late**

5 TRY IT YOURSELF

GAME Work in groups. What do you always, usually, often, sometimes, and never do? Write five sentences on pieces of paper. Put the papers in a box. Take a paper from the box. Read the sentence. Guess who wrote it.

A: "I always listen to music." Sara, is this you? B: Yes! **I CAN TALK ABOUT DAILY ROUTINES.**

