

LESSON 3

TALK ABOUT DAILY ACTIVITIES



DAN LU

@DanL

Check out this podcast—Carly's Corner—it has some good advice.



1 VOCABULARY Daily activities

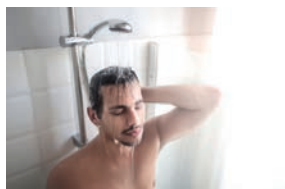
A ▶ 09-16 Listen. Then listen and repeat.



get up



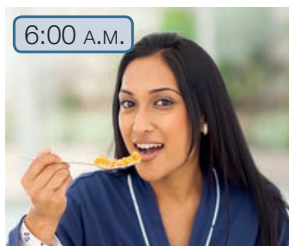
brush your teeth



take a shower



get dressed



eat breakfast



eat lunch



eat dinner



leave the house



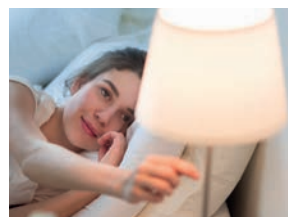
get home



go online



relax



go to bed

B ▶ 09-17 Listen. Then write the activity.

1. go online
2. _____
3. _____

4. _____
5. _____
6. _____

C **PAIRS** Compare your answers.



2 GRAMMAR Adverbs of frequency

100%	always	
	usually	
50%	often	
	sometimes	eat breakfast.
	rarely	
0%	never	

Notes

- The adverb of frequency goes before the action verb.
*He **always** gets up at 6:00 A.M.*
- The adverb of frequency goes after the verb *be*.
*He's **never** late. He's **always** on time.*
- Use *how often* to ask about frequency.
***How often** do you go online?*

>> FOR PRACTICE, GO TO PAGE 126



3 LISTENING

LISTENING SKILL

Listen for numbering

Listen for number words like *first, second, third, and fourth*. Speakers often use these words to organize their ideas.

A ▶ 09-19 Listen to the podcast. This podcast is about ____.


- a. different kinds of exercise
- b. ideas to help you sleep at night
- c. ways to feel more relaxed

B ▶ 09-19 Read the Listening Skill. Listen again. Number the pictures. Then complete the tips.

Sleep for _____ a night.



Always _____ at the same time.




3

Always _____.



4

Drink 8 glasses of water a day.



1

_____ every day.



2

C PAIRS Which tip do you think is the most important? *I think exercise is the most important.*

4 TRY IT YOURSELF

A MAKE IT PERSONAL Which things in 3B do you always / sometimes / never do?

A: I always sleep for 7 or 8 hours. B: Not me. I sometimes only sleep 4 or 5 hours.

B TAKE A POLL Interview three classmates. Complete the chart.

Write their answers to the questions.

Name:	_____	_____	_____
1. What time do you usually go to bed?			
2. What time do you usually get up?			
3. Do you always eat breakfast?			
4. Do you exercise often?			
5. How many glasses of water do you drink a day?			
6. Are you ever stressed out?			

C CLASS Report to the class.

■ I CAN TALK ABOUT DAILY ACTIVITIES.

