



Video – level 4

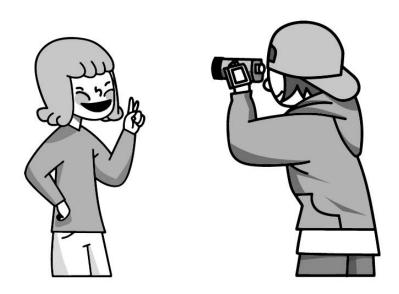
MORNING ROUTINE

Hello, my name is Mark. I am Irish.

I love my morning routines. I usually get up at 8:00 in the morning. It's not hard because I am not lazy in the mornings. I usually have a shower and I get dressed. I don't usually spend a lot of time deciding what to wear.

Then, I go to the kitchen and I prepare breakfast for Ann, Paul and I. We usually eat a ham sandwich, biscuits, toast with butter and jam. Also, I usually drink a glass of coffee with milk. After breakfast, I brush my teeth, I wash my face and my hands and I comb my hair. My wife, Ann goes to school and I wake my son up. Paul is very lazy in the morning. He gets dressed and he eats his breakfast. Then I go with him to school. We go to school on foot.

I go back home and I start writing. I usually write in the living room from 9:00 to 1:00. I love writing when I am home alone.







Activity 1. Circle TRUE or FALSE





1 His name is Mark.	TRUE	FALSE
2 He doesn't like his morning routines.	TRUE	FALSE
3 He gets up at half past eight.	TRUE	FALSE
4 He is lazy in the mornings.	TRUE	FALSE
5 He prepares breakfast for Ann.	TRUE	FALSE
6 They usually eat toast for breakfast.	TRUE	FALSE
7 He usually drinks a glass of water.	TRUE	FALSE
8 Paul is lazy in the mornings.	TRUE	FALSE
9 Marks goes with Paul to school.	TRUE	FALSE
10 He usually writes in the kitchen.	TRUE	FALSE





Activity 2. Complete

Ireland - living - 8:00 - ham - foot

lazy - time - morning - coffee - breakfast

1 Mark is from	
2 He loves his routines.	
3 He usually gets up at	in the morning.
4 He is not in the morni	ngs.
5 He doesn't spend a lot of	deciding what to wear.
6 He prepares the for A	nn.
7 They usually eat a sa	ndwich.
8 He drinks a glass of w	vith milk.
9 Mark and Paul go to school on _	·
10 He writes in the -roor	n.





Activity 3. Circle the correct answer





1 His name is	<u>_</u> .	
a Peter	b Mark	c Terry
2 He his mor	ning routines.	
a hates	b loves	c doesn't like
3 He gets up at	in the morning.	
a 8:00	b 9:00	c 10:00
4 Mark isn'ti	n the mornings.	
a lazy	b nervous	c fast
5 He prepares	_ for Ann.	
a lunch	b breakfast	c dinner
6 They usually eat	with butter and jam.	
a meat	b toast	c potatoes
7 He usually drinks a gla	ass of with milk.	
a water	b lemonade	c coffee
8 Mark wakes Paul up v	vhen Ann goes to	
a the supermarket	b London	c school
9 Mark and Paul go to s	chool	
a by car	b on foot	c by bus
10 Mark usually writes i	n the	
a library	b garage	c living room