UNIT 7

My Day

- ✓ daily routines
- ✓ telling the time
- ✓ always, usually, never

New words Look, point and say.

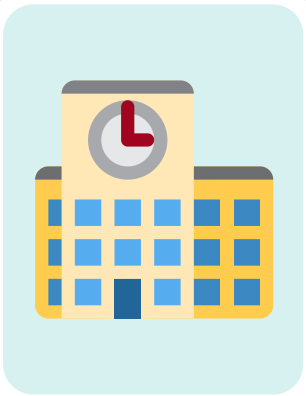
wake up

brush teeth

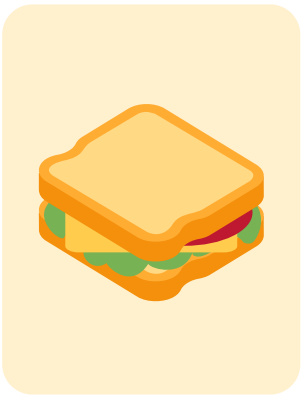
wash

get dressed

breakfast



school



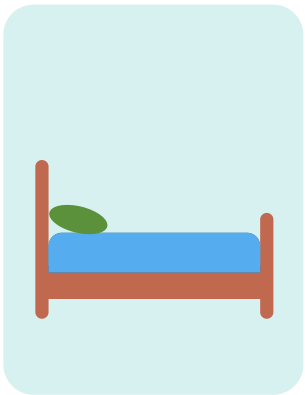
lunch

homework

play

dinner

shower



bed

LOOK AND READ

Learn words through real-life pictures.

1

I wake up at six o'clock.
It is early.

2

Then I brush my teeth.
I use toothpaste.

3

Dad takes a shower.
The water is hot.

4

I get dressed for school.
My shirt is clean.

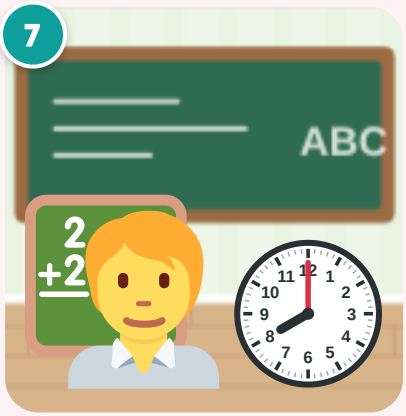
5

We have breakfast at seven.
I eat eggs and bread.

6

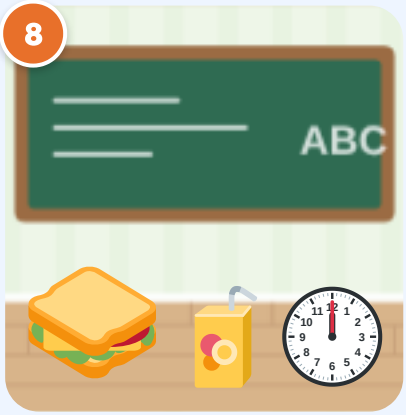
The bus comes at half past seven.
I am never late.

7



School starts at eight.
Our first lesson is English.

8



We eat lunch at twelve.
I usually have a sandwich.

9

I go home at three.
I am tired.

Learn fast | Easy English | Fun pictures | Daily practice

MORE TO READ

Read the sentences. Find the coloured words.

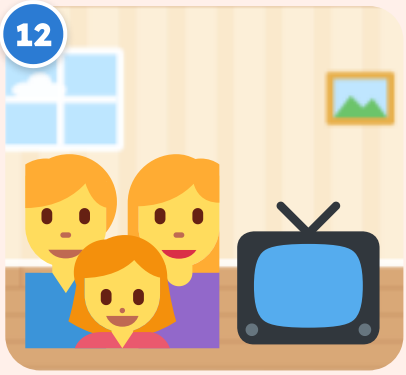
10

I do my homework.
It takes one hour.

11

Then I play with my friends.
We always have fun.

12



In the evening, we watch TV.
We sometimes watch films.

13

We have dinner together.
Mum often cooks rice.

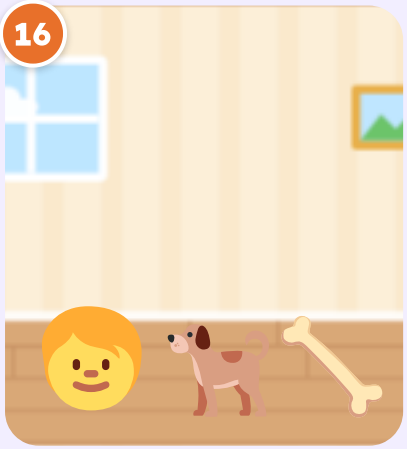
14

I read a book in bed.
I never watch TV in bed.

15

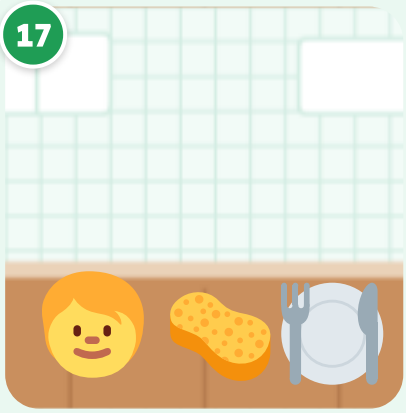
I go to bed at nine.
Good night!

16



I feed my dog every day.
He is always hungry.

17



I wash the dishes on Sundays.
Mum is happy.

18

There are seven days in a week.
My favourite day is Friday.

SAY IT!

Look at the picture. Read the sentence aloud.

I get up at seven o'clock.

I brush my teeth twice a day.

I go to school by bus.

I go to bed at nine.

EASY ENGLISH FOR DAILY TALK

1 **“What time do you get up?”**
I get up at half past six.

2 **“What time is it?”**
It’s ten o’clock.

3 **“What do you do after school?”**
I play football.

4 **“How often do you watch TV?”**
I watch TV every evening.

5 **“Do you help at home?”**
Yes, I wash the dishes.

6 **“When do you do your homework?”**
I do it before dinner.

7 **“What day is it today?”**
It’s Monday.

8 **“Are you ever late for school?”**
No, never!

ALWAYS, USUALLY, SOMETIMES, NEVER

How often? Put these words before the main verb.

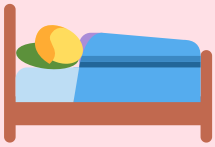
STEP BY STEP **How often?**

1	2	3	4
always	usually	sometimes	never
100%	80%	50%	0%

I **always** brush my teeth.

I **usually** go to school by bus.

We **sometimes** eat pizza.



I **never** go to bed late.

It's seven **o'clock**.

It's **half past** seven.

Try it!

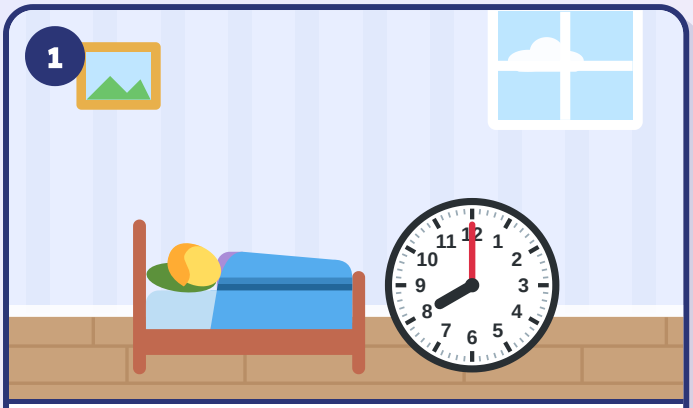
Write about your day: I always..., I usually..., I never...

UNIT 7 · PICTURE STORY

SAM'S BUSY SATURDAY

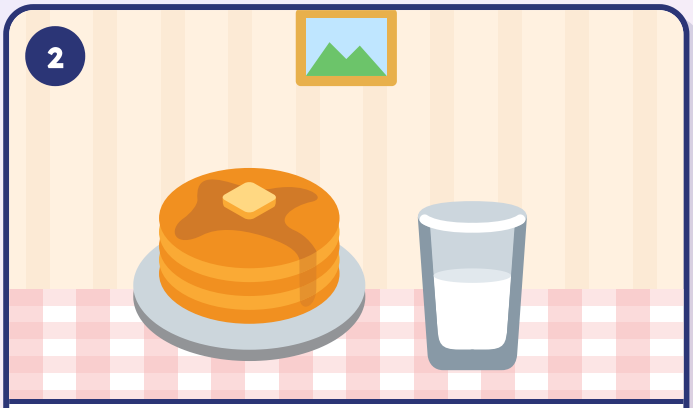
Read the story. Look at the pictures.

1



On Saturday, Sam gets up at eight o'clock.

2

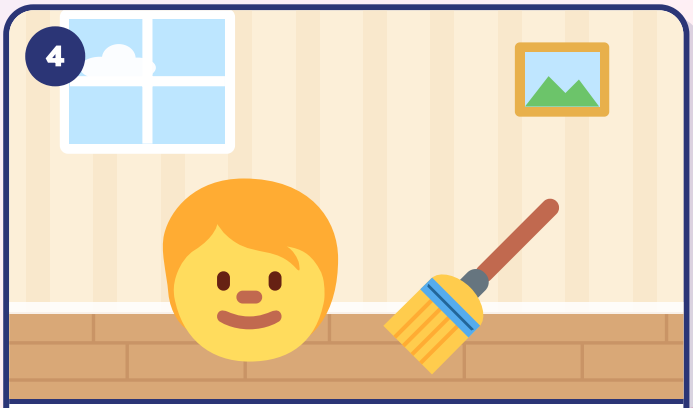


He has pancakes for breakfast.

3

At ten, he plays football with his friends.

4



After lunch, he helps Mum clean the house.

5

In the evening, he calls his grandma.

6

At nine, he goes to bed. What a busy day!

Answer the questions.

1. What time does Sam get up? _____
2. What does he have for breakfast? _____
3. Who does he call? _____

PRACTICE

Use a pencil. Then check your answers on the last pages.

1 Look and write.

1
7 letters
w

2
4 letters
w

3
9 letters
b

4
5 letters
l

5
4 letters
p

6
6 letters
s

2 Circle the right word.

1. I (wake up / write) at six o'clock.
2. I (eat / get dressed) for school.
3. School (starts / early) at eight.
4. I (walk / do) my homework.
5. I (read / play) a book in bed.

3 Match the question and the answer.

1. What time do you get up?	●	● a. I watch TV every evening.
2. What time is it?	●	● b. I play football.
3. What do you do after school?	●	● c. It's ten o'clock.
4. How often do you watch TV?	●	● d. I get up at half past six.

4 Now answer about you.

1. Do you help at home?

_____

5 Draw and write.

Draw a clock. Show the time you get up. Then write one sentence about your picture.

_____

CHECK YOUR WORK

ANSWERS

Practice pages (1, 2, 3) and the questions about each picture story.

Starter

1 a, b, c, d, e, f

2 three, five, seven, ten

3 1c, 2a, 3d, 4b

Unit 1

1 mother, sister, baby, grandfather, uncle, family

2 Mum, watering, bicycle, eat, tall

3 1d, 2c, 3a, 4b

Story 1. Dad is on the phone. 2. By car. 3. A teddy bear.

Unit 2

1 eye, nose, tooth, arm, foot, sad

2 eyes, taste, brush, angry, surprised

3 1d, 2a, 3b, 4c

Story 1. He has a fever. 2. The doctor. 3. He plays football.

Unit 3

1 house, window, bed, bath, clock, television

2 house, kitchen, looking, sweeping, sleep

3 1b, 2c, 3d, 4a

Story 1. Snowy. 2. No, it isn't. 3. In a box.

Unit 4

1 apple, orange, carrot, bread, egg, cheese

2 monkey, pizza, eggs, cake, strawberries

3 1c, 2a, 3d, 4b

Story 1. Dad's birthday. 2. Mia. 3. Strawberries.

Unit 5

1 dog, rabbit, horse, lion, giraffe, bird

2 cow, lion, monkey, fly, playing

3 1c, 2d, 3b, 4a

Story 1. Max. 2. A butterfly. 3. Behind a big tree.

Unit 6

1 book, pen, ruler, crayons, computer, student

2 teacher, painting, maths, football, scissors

3 1b, 2d, 3a, 4c

Story 1. She is nervous. 2. Omar. 3. Football.

Unit 7

1 wake up, wash, breakfast, lunch, play, shower

2 wake up, get dressed, starts, do, read

3 1d, 2c, 3b, 4a

Story 1. At eight o'clock. 2. Pancakes. 3. His grandma.

Unit 8

1 football, tennis, cycling, singing, reading, games

2 flying, dancing, playing, camping, doing

3 1c, 2d, 3a, 4b

Story 1. It is sunny and hot. 2. A sandcastle. 3. A crab.

Unit 9

1 sunny, rainy, snowy, rainbow, coat, boots

2 sunny, windy, spring, winter, jeans

3 1b, 2a, 3d, 4c

Story 1. It is snowing. 2. A carrot. 3. The snowman gets smaller.

Unit 10

1 bus, train, bike, taxi, bank, museum

2 wait, plane, bank, helps, looking

3 1d, 2c, 3a, 4b

Story 1. At the bus stop. 2. The big dinosaur. 3. By train.

Unit 11

1 sun, star, mountain, sea, desert, island

2 Earth, live, volcano, bin, tortoise

3 1d, 2a, 3b, 4c

Story 1. A small tree. 2. They watered it. 3. Birds and squirrels.