

## Практическое занятие №8 Распорядок моего дня

Грамматика: Способы обозначения времени

### Action at home



wake up



get up



take a shower



brush your teeth



shave



brush your hair



wash your face



dry off



get dressed



make the bed



put on makeup



wash your hair



dry your hair



have a bath



comb your hair



cook



eat



drink



sweep the floor



wash the dishes



wash the clothes



iron the clothes



watch TV



listen to music



get undressed



go to bed

# TEENSPOT !

The website for teens ...



TEENS  
Speak  
Out!

## THIS WEEK'S TOPIC:

Do you help out at home?

How do you feel about it?



**Darren, 17, Lincoln**

I help quite a lot actually, especially at weekends. I sometimes mow the lawn, for example, wash the car or dust the furniture. My mum and dad both work really hard all week, so I think they need a bit of help.

**Stacey, 16, London**

I sometimes help my mum after school. I often take out the rubbish or wash the dishes. It's not fair though! My brother never helps! He just disappears into his bedroom and lets me do all the work!

**Greg, 18, Manchester**

To be honest, I don't usually help much with the housework, I just clean my own bedroom once a week. At the moment I'm doing exams. It's not that I don't want to help, it's just that I never find the time!

**Jenny, 18, Scarborough**

My mum and dad run a hotel. They are really busy, so I often help to make the beds, cook the breakfast or dust the furniture. I don't mind at all. Sometimes my parents even pay me!

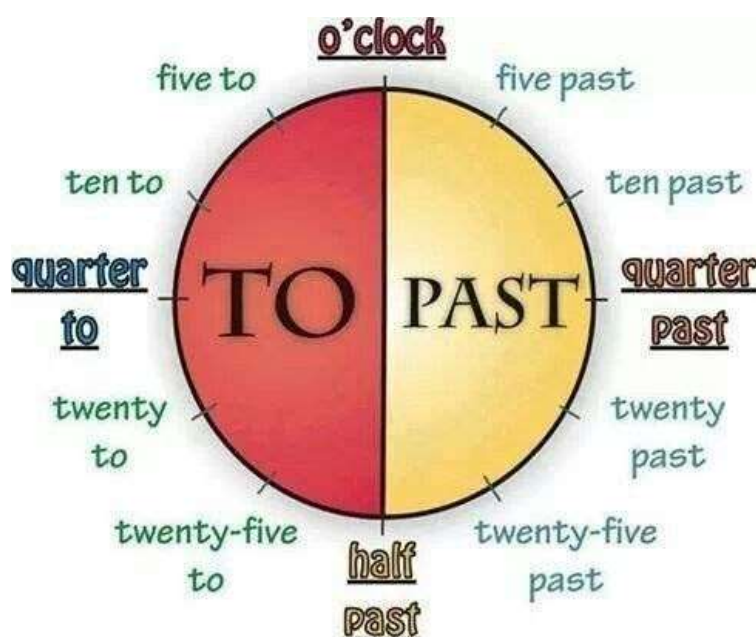
## Vocabulary Practice

- 1 a. Match the words/phrases in column A with those in column B.

A	B
1 make	a the beds
2 meet	b the furniture
3 take out	c in the gym
4 mow	d my friends
5 dust	e the clothes
6 do	f the rubbish
7 iron	g the lawn
8 work out	h the washing up

- b. Read again and mark the statements **R** (right), **W** (wrong) or **DS** (doesn't say).

- Darren and Jenny both help because their parents have a lot to do. ....
- Stacey is annoyed with her brother. ....
- Greg doesn't want to help with the housework. ....
- Jenny's parents make gourmet meals at the hotel. ....



it's five past three	
it's ten past four	
it's a quarter past five	
it's twenty past six	
it's twenty five past seven	
it's half past eight	
it is twenty five to ten	
it is twenty to eleven	
it is a quarter to twelve	
it is ten to two	
it is five to three	

Watch the video “**Our teachers-My daily routine**”

( <https://www.youtube.com/watch?v=Kq0CQhCZ2jk> ) and choose the correct option.

**Kim Ashman**

- What time does she get up?  
a. 8 o'clock    b. 7 o'clock    c. 6 o'clock
- What time does she have a shower?  
a. After lunch    b. in the evening    c. before lunch
- What does she do in the evening?  
a. Read books    b. do exercises    c. watch TV

**Sam Valentine**

- What time does he get up?  
a. 9.30    b. 9.00    c. 10.00
- When does he have a shower?  
a. before he looks at the news    b. after he has a coffee    c. after exercises
- What does he do at work?( more than one option is possible)  
a. smokes    b. talks to his colleagues    c. eats lunch    d. plays computer games
- What does he do in the evening?  
a. watches TV    b. reads for a bit    c. does sport

**Clare Cowran**

- What time does she get up?  
a. 6.00    b. 8.00    c. 7.00
- What time does she do exercises?  
a. 7.00    b. 8.30    c. 8.00
- Does she always collect children from school?  
a. always    b. often    c. sometimes



## **My working day**

On week days I usually get up nearly six o'clock. I do not like to get up early, but I have to, because I have a lot of work to do during the day.

I make my bed, wash my face, put my clothes on and go to the kitchen to have breakfast. My mother usually prepares, breakfast for me, but sometimes I do it myself. If I prepare my breakfast for my own, I should have to get up earlier. I do not like big breakfasts; I prefer a cup of coffee and a sandwich.

Then I go to school. It is rather far from my house and I go there by bus. I have classes till two or three o'clock, it depends on a week day. Then I come home and have dinner. I like a big dinner, because when I come home from school I am hungry.

After my dinner, I have a rest for a couple of hours and then I do my homework. If I have some spare time I do some work about the house. I sweep the floor, dust the furniture and clean the carpets with the vacuum-cleaner. Sometimes my mother asks me to go shopping.

Then I have free time. I go for a walk with my friends or watch TV, or read books or play my favorite computer games. Then I have supper with my family. I like evenings very much, all members of our family get together after work and study and have the opportunity to talk and to discuss our family affairs.

I usually go to bed at about ten o'clock, sometimes at eleven o'clock.

### **Questions:**

1. When do you usually get up on week days?
2. What do you do when you got up?
3. Do you like big breakfasts?
4. Is your college close to your house?
5. What do you do when you have some spare time?
6. When do you usually go to bed?

### **Vocabulary:**

to get up — вставать, подниматься

to have to + inf. — вынужден что-либо сделать

to make bed — застилать постель

to put smth. on — надевать что-либо

to have a lot of work to do — иметь много дел

to prefer — предпочитать

to sweep — подметать

to dust — вытирать пыль

furniture — мебель

carpet — ковер

vacuum-cleaner — пылесос

to go shopping — ходить по магазинам  
to have opportunity — иметь возможность  
family affairs — семейные дела  
to have breakfast - завтракать  
to have dinner - обедать  
to have supper - ужинать  
to make tea - заваривать чай  
to take a shower - принимать душ  
to have classes - ходить на занятия  
to prepare homework - делать домашнее задание  
to tidy up the room - убираться в комнате