

# BACK UP



**Book 4**



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# 1 Routines

## Lesson 1

- Routine, active, before, after, always, usually, often, sometimes, never.

### 1 Listen and read.

#### Laila's Daily Routine

Laila is an active girl. She always gets up early. She washes her hands and face before breakfast. She brushes her teeth after breakfast. She usually makes her bed before she goes to school.

She often puts on her school uniform and gets ready for school at half-past seven (7:30), in the morning.

At eight o'clock, when the school bus comes, she says goodbye to her father and mother and goes to school. She is never late.



gets up



makes her bed



washes her hands



brushes her teeth



has breakfast



goes to school



## 2 Learn the following words.

**Active** - Always doing something.

**After** - Later than.

**Always** - Every day.

**Before** - Earlier than.



**Usually** - Six times a week.

**Never** - Not even once.

**Often** - Four times a week.

**Sometimes** - Three times a week.



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
	✓	✓	✓	✓	✓	✓	✓
	✓		✓				
					✓	✓	✓

**3** Read the text in exercise 1#, then answer the following questions.

- 1 Is Laila an active girl?
- 2 Does she get up early or late?
- 3 Does she brush her teeth before or after breakfast?

**4** Pair Work.

In pairs, form sentences using the words in the box, then practise saying them with your partner.

sometimes always usually never often

1 Sleep in the classroom.



2 Brush my teeth before going to bed.



3 Play football after I finish my homework.



4 Play football after I finish my homework.



5 Go to the zoo.

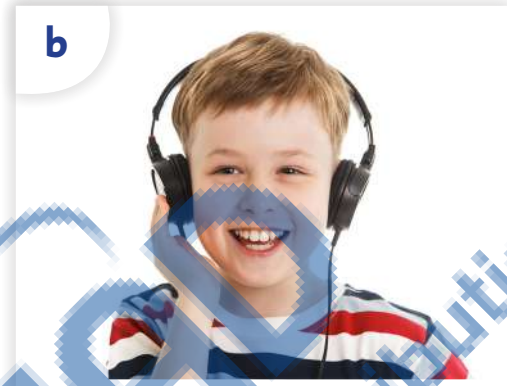


**5** Listening. 

Listen to Sami talking about his daily routine. Tick the letter of the mentioned pictures, then read the sentences to check your answers.

**1** I have a shower before breakfast.

I listen to music after doing my homework.



**2** I help my father in the garden.

I help wash my father's car.



**3** I play table tennis with my friends.

I go to the library in the morning.



**6** Read about Samia's mother's daily routine. Use the words in the box to complete the following sentences.

- Remember!  
- Verbs are written differently when using he, she, and it.

gets up   reads   goes   finishes   cooks   goes   watches   goes to

My mother is a teacher. She usually ..... at six o'clock.

She always ..... work at eight o'clock and ..... at three in

She always ..... work at eight o'clock and ..... at three in the afternoon. Then she ..... home and ..... dinner.

Sometimes she ..... shopping with my father in the afternoon.

She usually ..... the newspaper and ..... TV

before she ..... to bed.

**7** Write four sentences about your daily routine.

.....

.....

.....

.....

.....

.....

.....

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- How often...? once, twice, three times.
- Everyday, busy, iron the clothes, folds the clothes.

## 1 Dana's Family Chores.

1	Chores	Sunday	Monday	Tuesday	Thursday	Friday	Saturday
2	Cook Food	Mum	Mum	Mum	Mum	Mum	Mum
3	Wash the Dishes	Mum	Mum	Mum	Mum	Dana	Dana
4	Wash Clothes	Mum	Mum	Mum	Mum	Mum	Mum
5	Iron Clothes		Mum			Dad	
6	Fold Clothes	Dana		Dana		Dana	
7	Go Shopping		Mum			Dad	
8	Clean the House	Mum			Mum	Dana	
9	Wash the Car		Dana		Dana		Dana

## 2 Let's Sing!

### Dana's Family

Dana's family are a very busy family.

Everybody in the family has a chore.

Her mother always cooks the food and washes clothes.

Dana washes the car 3 times a week, and folds clothes on Sundays, Tuesdays and Fridays.

Dana's father sometimes goes shopping and irons the clothes.

**3** Learn the following words.



wash clothes



iron clothes



fold clothes



clean the house



wash the car



cook food

**4** Read the text in exercise #1, then answer the following questions.

- 1 Who always cooks the food? .....
- 2 Who irons the clothes? .....
- 3 Who folds the clothes? .....
- 4 What does Dana's father do sometimes? .....

5 Ask and answer questions about the chart on page #9 using the word 'when'.

**Example:**

He goes shopping on Friday.

- When does Dana's father go shopping?

6 Ask and answer questions about the chart on page #9 using the word 'how often'.

**Example:**

- How often does Dana's mother cook food?

She cooks food three times a week.

- How often does Dana's father iron clothes?

7 Ask your classmates questions about their daily chores.

**Example:**

Do you have chores at home?

Yes, I do. I wash the dishes.

How often do you wash the dishes?

I wash the dishes twice a week.



**8 Form sentences using the following group of words, as shown in the example.**

- three times a week/cleans the house/my mother

..... - My mother cleans the house three times a week.....

**1** once/clothes/a week/my father/irons

.....

**2** folds clothes/my sister/in the cupboard/twice a week

.....

**3** cooks/three times/dinner/my mother/a week

.....

**4** my bed/everyday/I make

.....

**9 Dictation.**

Read, then practise writing the following sentences to prepare for dictation.

My mother usually irons the clothes. I often tidy my room up my room.....

.....

.....