

unit 1

Wake Up!

1 What's missing in the pictures? Match and write.

do eat play



She _____
in the morning.



She _____
in the afternoon.



She _____
after school.

2 Read and circle.

1 wake **up** / off

2 go **home** / to home

3 go to **park** / the park

4 go **school** / to school

5 **get** / go dressed

6 **watch** / see TV



3 Listen and write. Then match.



Hurry, Kate!

It's Monday, ¹ ____.
Kate has to wake up.
Her mum sees the clock and says
Wake up sleepy head.

**Go, go, go! Hurry, Kate!
Hurry, Kate! You can't be late!**

Kate eats breakfast, she gets dressed.
It's ² ____.

It's time to go to school.
And she can't be late!

Chorus

Kate's got her backpack
And she's got her lunch.
What time is it now?
Oh, no, it's time to go!

Chorus



b



4

Find out. Answer and draw. When does your friend wake up?



5

Read and circle.

1 seven o'clock

a 7:00 b 6:00

2 five twenty-five

a 2:25 b 5:25

3 four forty-five

a 4:05 b 4:45

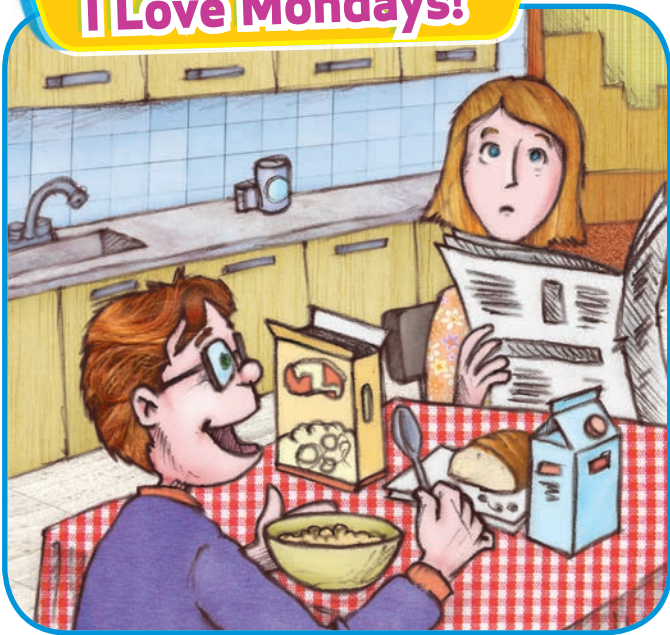
4 two thirty

a 2:30 b 2:13



6 Read. Write **T** for true and **F** for false.

I Love Mondays!



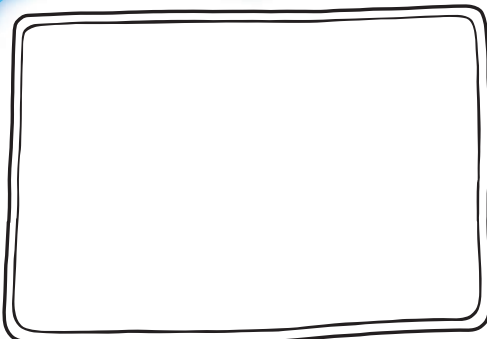
It's Monday and Luke wakes up. He says "Hooray! I love Mondays!" On Mondays, he's got Art at 11:10 before lunch. After lunch, at 2:15, he's got English. After school, he plays football or basketball. Luke eats breakfast and gets dressed. He puts on his shoes. He's ready for school but today there's no school. It's a holiday!

- | | |
|---|--|
| 1 Today is Monday. _____ | 2 Luke has got Art after school. _____ |
| 3 He's got English before lunch. _____ | 4 He's ready for school. _____ |
| 5 He plays football after school. _____ | 6 He goes to school today. _____ |

7 Write about you. What do you do before school and after school?

- Before school, _____.
- After school, _____.

**THINK
BIG**



**What does Luke do next?
Draw and write.**

Luke _____

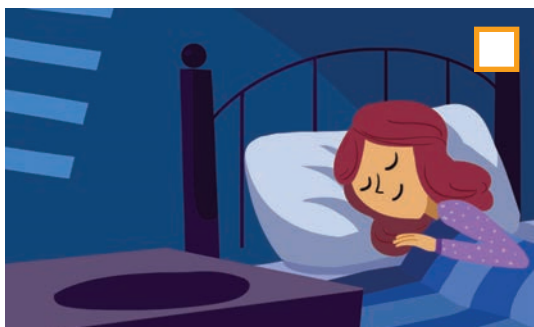
_____.

10



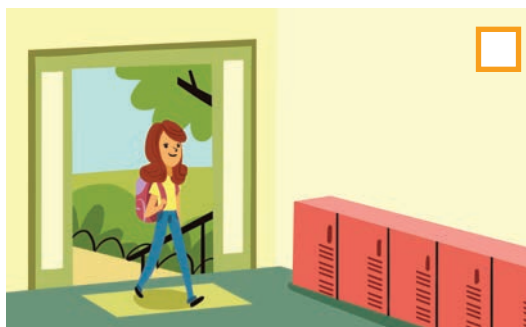
Listen and stick. Number the pictures and answer.

a



When does she go to bed?

b



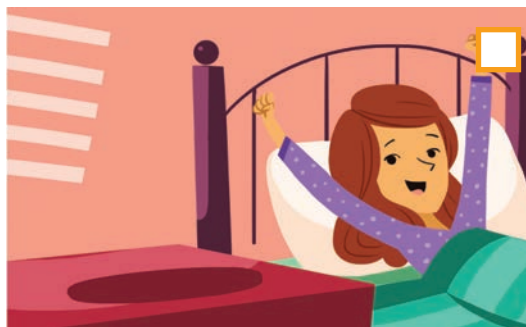
When does she go to school?

c



When does she eat breakfast?

d



When does she wake up?



Correct the sentences for you.

1 I do my homework in the morning.

2 I eat breakfast at 9:30.

3 I go home at 4:45.

4 I play basketball after school.

5 I watch TV in the morning, afternoon and evening.

Language in Action

10 Read. Then write **before** or **after**.



wakes up



eats breakfast



gets dressed



goes to school



does homework



watches TV



goes to bed

- 1 Susan eats breakfast _____ she wakes up.
- 2 She wakes up _____ she gets dressed.
- 3 She gets dressed _____ she goes to school.
- 4 She does her homework _____ she goes to school.
- 5 She does her homework _____ she watches TV.
- 6 She goes to bed _____ she does her homework.

11 Write the answers.

1 What does your brother or sister do before school?

2 What does your brother or sister do after school?

3 What does your mum or dad do before school?

4 What does your mum or dad do after school?

12 Look and complete the chart.

bath face hair hands shower teeth

have/take a	wash your	brush your	brush/comb your

12
13 Listen and write. Then match the pictures a-c to paragraphs 1-3.

Bacteria decay Dirty shower sneeze wash

1 It's important that we are clean every day. We can have a bath or a ¹ _____. We must always use warm water to ² _____ away dirt, sweat, dead skin and bacteria. Bacteria are very, very small and live on our skin. We can't see them but they can make us ill.

2 We must brush our teeth every day for about two minutes. Brush them in the morning and before you go to bed. ³ _____ can cause tooth ⁴ _____ and gum disease, so brushing our teeth keeps them strong and healthy.

3 We have to keep our hands clean, too. ⁵ _____ hands have germs that make us ill. We need to wash our hands with soap before we eat, after we go to the toilet, or when we cough or ⁶ _____.



14 Find and write the words.

ieraacbt

1 _____

iseedas

2 _____

trydi

3 _____

swtea

4 _____

sgrem

5 _____

15 Read and match.

- | | | | |
|---|--------------|----------------|---------------------------|
| 1 | We brush our | water and soap | to wash away bacteria. |
| 2 | We use | hands | after we cough or sneeze. |
| 3 | We wash our | teeth | to stop gum disease. |

16 Put the words in order.

1 germs leaves Coughing on our hands.

2 full germs. Sneezes of are

3 hands. clean our soap water Warm and

4 teeth your decay. Brushing tooth stops

**THINK
BIG**

Where can you find germs? Put a ✓ or a X.

- In the bathroom In the garden In the park

17 Look at the chart. Circle **T** for true and **F** for false.

	Linda	Jose	Melissa
Play basketball	5	3	5
Have a shower	3	1	4
Eat healthy food	4	2	2
Take the bus to school	1	5	3
Go to bed before 10 p.m.	2	4	5

1 Always 2 Usually 3 Often 4 Sometimes 5 Never

- | | | |
|--|----------|----------|
| 1 Linda usually goes to bed before 10 p.m. | T | F |
| 2 Melissa often takes the bus to school. | T | F |
| 3 Melissa always has a shower. | T | F |
| 4 Linda never eats healthy food. | T | F |
| 5 Jose often plays basketball. | T | F |
| 6 Jose and Melissa usually eat healthy food. | T | F |

18 Look at 17. Make sentences with **always**, **usually**, **often**, **sometimes** or **never**.

1 Linda and Melissa/play basketball

2 Jose/have a shower

3 Melissa/eat healthy food

4 Jose and Melissa/eat healthy food

5 Linda/take the bus to school

6 Jose/go to bed before 10 p.m.

19 Make questions.

1 you/sometimes/walk to school

_____? Yes, I do.

2 she/always/brush her teeth

_____? No, she doesn't.

3 they/usually/play in the park

_____? Yes, they do.

4 your dad/often/eat cereal for breakfast

_____? Yes, he does.

20 Make negative sentences.

1 I always play computer games.

2 We often eat pasta for lunch.

3 Sometimes I walk the dog.

4 She often cleans her room.

5 He usually goes to bed early.

21 Read and complete.

away of on to with

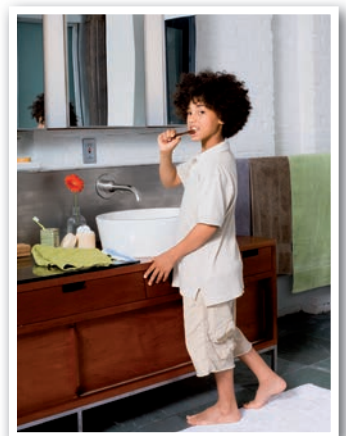
1 We have to get rid _____ germs.

2 Bacteria live _____ our skin and in our mouth.

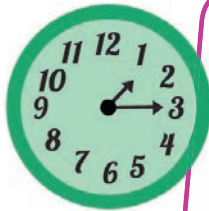
3 You have to wash _____ soap and water.

4 We need _____ stay clean and healthy.

5 We can wash the dirt _____ in the shower.



22 Look at the times. Complete.



New York

Manuel



Texas

Maria



Montana

John



California

Kara

- 1 It's one fifteen in New York. What time is it in Texas? _____
- 2 It's eleven fifteen in Montana. What time is it in California? _____
- 3 It's ten fifteen. Where am I? _____
- 4 It's twelve fifteen. Where am I? _____

¹⁵
23

Listen and circle.

- 1 Time isn't the same around the world. We live on a ¹ **globe / circle** with different time ² **days / zones**. For example, when it's day in Hong Kong, it's night in New York. When there's sun in New Zealand, it's dark in the U.K. Often these places are in a different ³ **day / week**, too.
- 2 This is because the ⁴ **Earth / Moon** makes half a full turn every 12 hours. This means New York sees its new day 12 hours after Hong Kong. There are often different ⁵ **time / night** zones in the same country, too, such as in Russia or in the U.S.A. The U.S.A. has got four ⁶ **different / big** time zones.
- 3 For example, when it's 10:30 a.m. for Kara in California, she's in class. She's had breakfast, so she isn't hungry yet. But John in Montana is getting hungry because it's 11:30 a.m. He wants his ⁷ **breakfast / lunch** soon! It's already lunch time for Maria in Texas, where it's 12:30 p.m. And lunch is finished for Manuel, because the time in New York is 1:30 p.m.

24 Look at 23. Circle **T** for true and **F** for false.

- | | | | |
|---|---|----------|----------|
| 1 | We have night and day because the Earth turns. | T | F |
| 2 | All countries have the same time zones. | T | F |
| 3 | The U.S.A. is in the same time zone as Hong Kong. | T | F |
| 4 | Countries can be in different days because of time zones. | T | F |
| 5 | When it's 10:30 in California, it's 12:30 in New York. | T | F |
| 6 | When Manuel has finished lunch, John is getting hungry. | T | F |

25 Write the times using words.

- (10:10/London) _____.
- (12:30/Paris) _____.
- (18:00/Cairo) _____.
- (17:25/Beijing) _____.
- (21:45/Tokyo) _____.

26 Read and answer.

It's 1:00 a.m. in London. What time is it in...

- | | | | |
|---|------------------------------|---|-------------------------------|
| 1 | Los Angeles (-8 hours) _____ | 5 | Moscow (+3 hours) _____ |
| 2 | Mexico City (-6 hours) _____ | 6 | Singapore (+7 hours) _____ |
| 3 | Boston (-5 hours) _____ | 7 | Sydney (+11 hours) _____ |
| 4 | Istanbul (+2 hours) _____ | 8 | Buenos Aires (-4 hours) _____ |

**Do you know anyone who lives in another time zone?
Where are they? What's the time difference?**

**THINK
BIG**

Name: _____ Lives: _____

Time difference: + / - ____ hours

27 How many subjects and how many verbs can you find?

Julie wakes up at 6:45. Then she eats breakfast. She washes her face. She brushes her teeth. She gets dressed. She goes to school at 8:30.



28 Underline the subject.

- 1 Jeff wakes up at 6:45 in the morning.
- 2 We go to school at 7:30 in the morning.
- 3 I feed my cat before school.
- 4 Carol does the dishes in the evening.
- 5 He plays basketball in the afternoon.

29 Underline the verb.

- 1 I make my bed before school.
- 2 He rides his bike to school.
- 3 They play video games after school.
- 4 My sister reads books every day.
- 5 My sister comes home at 3:45.



30 Write about three family members. What do they do?

Family Members

My aunt	My brother	My cousin	My father
My mother	My sister	My uncle	

- 1 _____ in the morning.
- 2 _____ in the afternoon.
- 3 _____ in the evening.

31 Read and circle **a_e**, **i_e** and **o_e**.

face bone sheep

 time bike

 soup cake note

32 Underline the words with **a_e**, **i_e** and **o_e**. Then read aloud.

- The girl is eating a cake and the dog is eating a bone.
- I love my bike and my board game.

33 Connect the letters. Then write.

- | | | | |
|-----|-----|---|------|
| 1 f | one | a | ---- |
| 2 l | ace | b | ---- |
| 3 b | ike | c | ---- |

20
34 Listen and write.

What time is it?
It's time to play a ¹ _____.

What time is it?
It's time to eat ² _____.

What time is it?
It's time to ride a ³ _____.

What time is it?
It's time to go ⁴ _____.



35 Match and write sentences for you. Use **before** or **after**.

- | | | |
|-----------|------------|-------|
| 1 wash my | a a shower | _____ |
| 2 wash | b my teeth | _____ |
| 3 take | c face | _____ |
| 4 brush | d hair | _____ |
| 5 comb my | e my hands | _____ |

36 Put the words in order. Find out and then answer.

1 does When wake your dad up? usually

2 When her hands? does wash your mum

3 bed your parents Do go to always at 9 p.m.?

4 it What is time now?

5 you watch TV sometimes Do on Saturday?

