

Daily English Vocabulary – Lesson 1: Daily Routines

Level: A1 | Everyday English | Student Worksheet

Vocabulary

Learn these words for everyday activities and daily routines.

wake up (verb)	To stop sleeping and open your eyes.	<i>"I wake up at seven o'clock every morning."</i>
get up (verb)	To get out of bed after sleeping.	<i>"I get up and go to the bathroom."</i>
have breakfast (phrase)	To eat the first meal of the day in the morning.	<i>"I have breakfast at eight o'clock."</i>
get dressed (phrase)	To put on your clothes.	<i>"I get dressed before I go to work."</i>
go to work (phrase)	To travel to the place where you do your job.	<i>"I go to work by bus every day."</i>
start work (phrase)	To begin your job for the day.	<i>"I start work at nine o'clock."</i>
have lunch (phrase)	To eat the meal in the middle of the day.	<i>"I have lunch with my colleagues."</i>
finish work (phrase)	To stop working at the end of the day.	<i>"I finish work at five o'clock."</i>
cook dinner (phrase)	To prepare and make the evening meal.	<i>"I cook dinner for my family every evening."</i>
watch television (phrase)	To look at and listen to programmes on TV.	<i>"I watch television for one hour in the evening."</i>
go to bed (phrase)	To get into your bed to sleep.	<i>"I go to bed at ten o'clock."</i>
sleep (verb)	To rest your body and mind with your eyes closed at night.	<i>"I sleep for eight hours every night."</i>
usually (adverb)	Most of the time; what you do on most days.	<i>"I usually have coffee in the morning."</i>
every day (phrase)	On all days; each day without stopping.	<i>"I go for a walk every day."</i>
in the morning (phrase)	During the early part of the day, before midday.	<i>"I feel tired in the morning."</i>
in the evening (phrase)	During the later part of the day, after work.	<i>"I relax in the evening."</i>

Exercise 1: Listening

Listen to a passage about Maria's daily routine. Then answer the questions below.

Passage — A Typical Day

My name is Maria. Every day I wake up at seven o'clock in the morning. I have breakfast at home — I usually eat bread and drink coffee. Then I get dressed and go to work. I start work at nine o'clock. I have lunch at one o'clock. In the evening, I cook dinner and watch television. I go to bed at ten o'clock. I sleep for eight hours every night.

Answer the questions. Circle the correct answer.

1. What time does Maria wake up?

a) Six o'clock b) Seven o'clock c) Eight o'clock d) Nine o'clock

2. What does Maria eat for breakfast?

a) Eggs and coffee b) Bread and coffee c) Bread and tea d) Fruit and water

3. What time does Maria start work?

a) Eight o'clock b) Ten o'clock c) Nine o'clock d) Seven o'clock

4. What does Maria do in the evening?

a) She goes for a walk and reads. b) She cooks dinner and watches television. c) She has lunch and goes to bed. d) She gets dressed and goes to work.

5. How many hours does Maria sleep every night?

a) Six hours b) Seven hours c) Nine hours d) Eight hours

Exercise 2: True or False?

Read each sentence. Write True or False on the line.

1. People usually wake up in the evening.

Answer: _____

2. To "get dressed" means to put on your clothes.

Answer: _____

3. Breakfast is the meal you eat in the evening.

Answer: _____

4. "Have lunch" means to eat the meal in the middle of the day.

Answer: _____

5. "Usually" means you do something every single day without exception.

Answer: _____

6. To "cook dinner" means to prepare the evening meal.

Answer: _____

7. "Go to bed" and "sleep" mean the same thing.

Answer: _____

8. "In the evening" means the time after work, later in the day.

Answer: _____

Exercise 3: Multiple Choice

Circle the correct answer.

1. I ____ at seven o'clock. Then I get out of bed.
a) go to bed b) wake up c) finish work d) cook dinner
2. She ____ before she leaves the house. She puts on her coat and shoes.
a) has lunch b) watches television c) gets dressed d) sleeps
3. We eat our first meal of the day. We ____ at eight o'clock.
a) have lunch b) have breakfast c) cook dinner d) start work
4. I ____ at five o'clock. Then I go home.
a) start work b) get up c) finish work d) wake up
5. He ____ television for two hours in the evening.
a) sleeps b) watches c) cooks d) goes
6. I am tired. I ____ to bed at ten o'clock every night.
a) wake b) finish c) go d) start
7. She ____ breakfast every morning. She always eats at home.
a) usually has b) usually goes c) usually sleeps d) usually finishes
8. I relax and watch television ____.
a) in the morning b) at work c) in the evening d) every lunch

Exercise 4: Matching

Match each word or phrase (A) to its meaning (B). Write the correct number on the line.

A – Word / Phrase	B – Meaning
1. wake up ____	4. To travel to the place where you do your job
2. get dressed ____	5. To eat the meal in the middle of the day
3. have breakfast ____	7. To get into your bed to sleep
4. go to work ____	8. Most of the time; on most days
5. have lunch ____	3. To eat the first meal of the day
6. cook dinner ____	6. To prepare and make the evening meal
7. go to bed ____	1. To stop sleeping and open your eyes
8. usually ____	2. To put on your clothes

Exercise 5: Gap Fill

Choose the correct word or phrase from the box to complete each sentence.

Word Bank: wake up | gets dressed | usually | goes to work | have lunch | cook dinner | goes to bed | sleep

1. I ____ at six o'clock every morning.
2. She always ____ before she has breakfast.
3. I ____ have coffee in the morning, but sometimes I have tea.
4. He ____ by train. It takes thirty minutes.
5. We ____ at one o'clock in the café near the office.
6. I ____ at six o'clock. I make pasta or rice.
7. She is tired. She ____ at nine o'clock every night.
8. I ____ for seven hours. I am not tired in the morning.

Exercise 6: Word Sort

Put each word or phrase into the correct group.

Word Bank: start work | get dressed | watch television | go to work | have breakfast | sleep | have lunch | cook dinner | finish work | wake up | go to bed

Morning activities	Daytime activities	Evening activities
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Exercise 7: Complete the Dialogue

Choose the correct word or phrase to complete the conversation between Anna and Tom. Use the words in the box.

Word Bank: wake up | have breakfast | usually | go to work | finish work | in the evening

- Anna:** What time do you 1. ____ every morning, Tom?
- Tom:** I wake up at half past six. Then I 2. ____ at seven o'clock.
- Anna:** What do you eat?
- Tom:** I 3. ____ eat eggs and toast. Sometimes I have cereal.
- Anna:** And how do you 4. ____?
- Tom:** I take the bus. It takes about twenty minutes.

Anna: What time do you 5.____?

Tom: At five o'clock. Then I go home and relax 6.____.

Anna: That sounds like a good routine!

TEACHER ANSWER KEY

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Exercise 1: Listening

1. What time does Maria wake up?

Answer: Seven o'clock

2. What does Maria eat for breakfast?

Answer: Bread and coffee

3. What time does Maria start work?

Answer: Nine o'clock

4. What does Maria do in the evening?

Answer: She cooks dinner and watches television.

5. How many hours does Maria sleep every night?

Answer: Eight hours

Exercise 2: True or False?

1. People usually wake up in the evening.

Answer: FALSE — We usually wake up in the morning, not in the evening.

2. To "get dressed" means to put on your clothes.

Answer: TRUE

3. Breakfast is the meal you eat in the evening.

Answer: FALSE — Breakfast is the first meal of the day. You eat it in the morning.

4. "Have lunch" means to eat the meal in the middle of the day.

Answer: TRUE

5. "Usually" means you do something every single day without exception.

Answer: FALSE — "Usually" means most of the time, but not always.

6. To "cook dinner" means to prepare the evening meal.

Answer: TRUE

7. "Go to bed" and "sleep" mean the same thing.

Answer: FALSE — "Go to bed" means to get into your bed. "Sleep" means to actually be asleep.

8. "In the evening" means the time after work, later in the day.

Answer: TRUE

Exercise 3: Multiple Choice

1. I ____ at seven o'clock. Then I get out of bed.

Answer: wake up

2. She ____ before she leaves the house. She puts on her coat and shoes.

Answer: gets dressed

3. We eat our first meal of the day. We ____ at eight o'clock.

Answer: have breakfast

4. I ____ at five o'clock. Then I go home.

Answer: finish work

5. He ____ television for two hours in the evening.

Answer: watches

6. I am tired. I ____ to bed at ten o'clock every night.

Answer: go

7. She ____ breakfast every morning. She always eats at home.

Answer: usually has

8. I relax and watch television ____.

Answer: in the evening

Exercise 4: Matching

1. wake up → 1

To stop sleeping and open your eyes

2. get dressed → 2

To put on your clothes

3. have breakfast → 3

To eat the first meal of the day

4. go to work → 4

To travel to the place where you do your job

5. have lunch → 5

To eat the meal in the middle of the day

6. cook dinner → 6

To prepare and make the evening meal

7. go to bed → 7

To get into your bed to sleep

8. usually → 8

Most of the time; on most days

Exercise 5: Gap Fill

1. I ____ at six o'clock every morning.

Answer: wake up

2. She always ____ before she has breakfast.

Answer: gets dressed

3. I ____ have coffee in the morning, but sometimes I have tea.

Answer: usually

4. He ____ by train. It takes thirty minutes.

Answer: goes to work

5. We ____ at one o'clock in the café near the office.

Answer: have lunch

6. I ____ at six o'clock. I make pasta or rice.

Answer: cook dinner

7. She is tired. She ____ at nine o'clock every night.

Answer: goes to bed

8. I ____ for seven hours. I am not tired in the morning.

Answer: sleep

Exercise 6: Word Sort

Morning activities:

wake up, have breakfast, get dressed, go to work

Daytime activities:

have lunch, start work, finish work

Evening activities:

cook dinner, watch television, go to bed, sleep

Exercise 7: Complete the Dialogue

1. Anna: What time do you ____ every morning, Tom?

Answer: wake up

2. Tom: ...Then I ____ at seven o'clock.

Answer: have breakfast

3. Tom: I ____ eat eggs and toast.

Answer: usually

4. Anna: And how do you ____?

Answer: go to work

5. Anna: What time do you ____?

Answer: finish work

6. Tom: At five o'clock. Then I go home and relax ____.

Answer: in the evening