



Beginner 2 | Lesson 2 | Present Simple

Morning Routine

John and Sarah discuss what they do in the morning.

Sarah: John, tell me about your day. What time _____ wake-up?

John: Well, let's see. Some days I wake up early. Maybe about 6 o'clock. Yeah, sometimes I wake up at 6 o'clock.

When I get up early, I like to _____ for the day, take a shower and have breakfast. But other days, I don't like getting up early. Maybe I'll sleep in until 10 or 11.

Sarah: Wow.

John: Yeah. I like sleeping in late. So sometimes, I _____ at 11. On those days, if I know I won't wake up until 11, I'll _____ shower the night before, before I _____. How about you, Sarah? When do you usually wake up?

Sarah: Well, I like every day to be the same. So I wake up every day at 8 o'clock.

John: Eight?

Sarah: Eight. And I always _____ same thing. First, I _____ right away. Then, I wake up my kids and _____ breakfast together at about 8:30.

John: Really?

Sarah: Yes. We usually have something easy like bread and yogurt and fruit.

John: I like to have coffee every morning whether I wake up at 6 or at 10, I'm still going to have coffee. But I _____ breakfast. Do you always _____ every day?

Sarah: Yes. If I don't eat breakfast, I'm so hungry. What about lunch? What time do you have lunch?

John: Lunch is the same everyday for me. I always _____ at 12:30 PM. So whenever I wake up, I _____ things and then I always have lunch at 12:30 PM, just half past noon. And I always have a simple lunch. Maybe some soup or spaghetti or a sandwich. Something light, and it's always at half past noon. What time do you eat lunch?



Quiz

- 1) Who sometimes wakes up at 6?
 - a) He does.
 - b) She does.
 - c) They both do.
- 2) Who sometimes sleeps in?
 - a) He does.
 - b) She does.
 - c) They both do.
- 3) She gets up at what time?
 - a) 6
 - b) 7
 - c) 8
- 4) Who usually eats breakfast?
 - a) He does.
 - b) She does.
 - c) They both do.
- 5) Who eats lunch at the same time every day?
 - a) He does.
 - b) She does.
 - c) They both do.

Grammar Challenge

Fill in the blanks with the correct word.

- | | | | |
|------------|-----------|-------------|---------------|
| eat lunch | get ready | make coffee | do the |
| wake up | we have | take a | eat breakfast |
| often skip | go to bed | do some | do you |

Speaking Challenge

Match the answers with the questions.

- 1) What time do you wake up?
- 2) Do you eat breakfast every day?
- 3) What time do you have lunch?
- 4) Do you snack between meals?
- 5) Do you ever skip dinner?

- () It depends, but usually around noon.
 () No, I often skip it.
 () I usually get up around 6.
 () No, I always eat dinner.
 () No, I rarely eat between meals.

What about you? Share your answers to the questions.

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Sarah: That's interesting. I have breakfast at the same time every day but lunch is always at a different time.

John: Really?

Sarah: Because I'm busy in the morning. I go out, maybe I go shopping. Sometimes I clean the house. So I might have lunch at 11 o'clock or 12 o'clock. Sometimes as late as 2:30.

John: Oh, that's getting late.

Sarah: Yes. But it's always an easy lunch like you. Maybe crackers and cheese, or a sandwich, or a baked potato.

John: I see.

Grammar

Present Simple

We use the present simple to talk about actions we do regularly.

Questions

What do you **eat** for breakfast?
Where do you **eat** lunch?
When do you **eat** dinner?

Affirmative

I **eat** toast and fruit.
I **work** at home.
I **live** near the station.

Negative

I **do not** eat cereal.
I **do not** work in town.
I **do not** live near to my work.

Negative Contraction

I **don't** eat cereal.
I **don't** work in town.
I **don't** live near to my work.

Yes / No Questions

Do you eat at home?

Yes, I do. / Yes, I eat at home.
No, I don't. / No, I don't eat at home.



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When I get up early, I like to **get ready** for the day, take a shower and have breakfast. But other days, I don't like getting up early. Maybe I'll sleep in until 10 or 11.

Sarah: Wow.

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Sarah: Well, I like every day to be the same. So I wake up every day at 8 o'clock.

John: Eight?

Sarah: Eight. And I always **do the** same thing. First, I **make coffee** right away. Then, I wake up my kids and **we have** breakfast together at about 8:30.

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John: I like to have coffee every morning whether I wake up at 6 or at 10, I'm still going to have coffee. But I **often skip** breakfast. Do you always **eat breakfast** every day?

Sarah: Yes. If I don't eat breakfast, I'm so hungry. What about lunch? What time do you have lunch?

John: Lunch is the same everyday for me. I always **eat lunch** at 12:30 PM. So whenever I wake up, I **do some** things and then I always have lunch at 12:30 PM, just half past noon. And I always have a simple lunch. Maybe some soup or spaghetti or a sandwich. Something light, and it's always at half past noon. What time do you eat lunch?



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