Reading 1

Read the text. Then complete the exercise.

How to have a great day every day

Many people want to know how to work harder and feel better. How can you have a great day at school or at the office? A good daily routine can help you to have a great day every day.

A Get up early

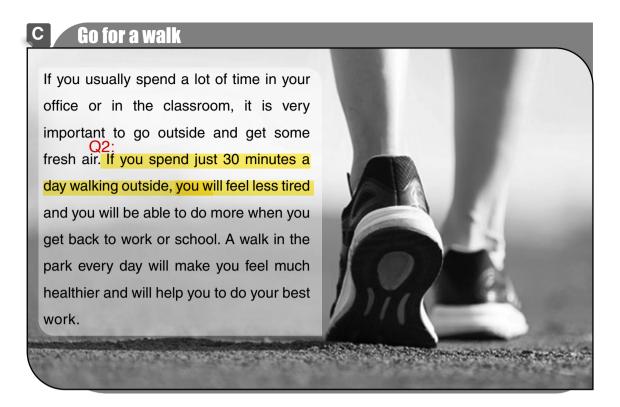
O6: Many people want to stay in bed in the morning, but it is best to get up before 7:00 a.m. If you start working or studying early, you will have more ideas Q4: famous and you will be able to work faster. Many well-known people writers and musicians from the past believed that it was important to get up early – and to go to bed Q5: early too. You should also try to get up at the same time every day, because this is good for your body and brain.



Eat breakfast

Breakfast is the most important meal of the day.
1:
People often say that they don't have time to eat
breakfast, but they will find it more difficult to start
Q3:
work, and they will soon feel very hungry. A healthy
meal of toast, eggs, and fruit juice will help you to
work well all morning – and stop you from eating
unhealthy food like crisps and chocolate later in the
morning!





Choose the correct paragraph to match the information.

- 1. A lot of people don't have time to do this.
- 2. This will stop you from feeling tired.
- 3. This will stop you from eating food that is bad for you.
- 4. In the past, famous people thought that this was a good idea.
- 5. You should do this at the same time every day.
- 6. Many people don't want to do this.

Exercise 3 Vocabulary collocations

Choose the correct verbs from the box to complete the email.

Make, Do, Take, Go (x2), Have(x2), Get

Dear Jane.