



# Answer the questions

how long does he stay on the space station?

Where are the other astronauts from?

What does he do in the morning?

What is the temperature inside the station?

What time do they have Breakfast?

What movies does the narrator like?

How do astronauts work?

What do astronauts do in their free time?

# Dialogue

1 how do I live in space, what to do in the morning, how to wash and how to dress

Ask another speaker about his morning

2 what time do you start to work, what do you do in summer, what time do you have a breakfast and get dressed

1 what to do after breakfast, gym, what to do after gym and what time do you have a lunch ask another about his noon

2 work with teenagers at noon, teach teenagers in the afternoon, read books, use the internet, ask another astronaut about his evening and night

# Dialogue

- 1 what to do in the evening and before going to bed, use the internet, chat with families and friends, go to bed, how is it to sleep in space ask another about his day ending
- 2 meet with friends, chat on the phone, watch TV, play football, take a shower, look at the stars, finishing work

# Present Continuous

- Времена группы **Continuous** указывают на процесс, действие, длящееся в определенный момент в прошлом, настоящем или будущем.

He **is** watching **TV**

She **is** getting **dressed**

They **are** using **the internet**

**to be**

I am            they are

you are        we are

## Reading and vocabulary Breakfast in space

### V Daily routines

1 **SPEAKING** Work in pairs. label photos 1–8 with eight of these daily routines.

- chat on the phone
- do homework
- get dressed
- get home
- get up
- go to bed
- have a shower
- have breakfast
- have dinner
- have lunch
- meet friends
- play football
- read a book
- start school
- use the internet
- watch TV



1



2



3



4



## LIFE IN SPACE

What's that light in the sky? Is it a star? Is it a planet? No, it's the International Space Station, 400 km **above** Earth! I'm here on the space station for six months with five other astronauts from Russia, the USA, Holland and Japan. We travel around Earth sixteen times every day, at a **speed** of 27,724 km per hour.

I get up at six o'clock **in** the morning and I wash. Everything **floats** in space because of zero gravity, including water! We have a special shampoo to **wash** our hair without water!

I get dressed in a T-shirt and shorts. We only use the space suits outside the space station. Outside, the temperature **changes** a lot. It's 100°C in the sun, but it's -100°C in the dark. It's 23°C **inside** the space station, **in** winter and **in** summer. 😊



5



6



7

8

2 1.26 Listen and write the daily routines in exercise 1 that you hear.

1

4

2

5

3

6

3 1.27 Listen, check and repeat the answers to exercises 1 and 2.

4 **SPEAKING** Work in pairs. Look at the photos opposite and answer the questions.

- Where are the people?
- What are they doing?

5 Read the diary of British astronaut Nicola Stenning. Underline the daily routines in the text.

## 14 That's life

We have breakfast **at** quarter to seven. All our food comes in **tins** and special **bags** and it isn't very nice. We don't have pizza on the space station.

**After** breakfast, we do exercise for an hour. Our arms and legs don't do a lot of work on the space station because we float. Exercise is very important. We watch films in the gym. My favourites are Russian **comedies!** They're funny.





Then we start work. We do experiments and work on the computers. We have lunch at one o'clock. **In** the afternoon I make videos for science lessons in schools. I answer questions from students about life in space. **Before** dinner we do **another** hour of exercise. 😬 40

**In** the evening and **at** the weekend, we play games, chat or use the internet. Yes, we've got the internet in space! **On** Sunday, we have a video chat with our families and friends. 😊 45



## STRATEGY

### Guessing the meaning of unknown words 1

#### To guess the meaning of a word:

- read the sentence carefully. The words before and after it help you understand the meaning.
- think of similar words in your language.
- look for other examples of the word in the text.
- pictures and photos can show the meaning.

**6** Read the strategy. Guess the meaning of the words in bold in the diary.

**7** Read the diary again. Are the sentences true (T) or false (F)? Correct the false ones.

- 1 The astronauts are different nationalities.
- 2 The food they eat in space is popular.
- 3 The writer likes Russian films.
- 4 They do one hour of exercise every day.
- 5 They have a video chat every evening.
- 6 They go to bed late.

## V insight Prepositions of time

**8** Study the highlighted prepositions in the blog. Write them in the table.

| Preposition | Time                                       |
|-------------|--|
| 1 .....     | the weekend, night, six o'clock, Christmas |
| 2 .....     | Sunday                                     |
| .....       | the morning, the afternoon, the            |





**8 Study the highlighted prepositions in the blog. Write them in the table.**

| Preposition          | Time  |
|----------------------|---|
| 1 .....              | the weekend, night, six o'clock, Christmas                        |
| 2 .....              | Sunday  |
| 3 .....              | the morning, the afternoon, the evening, summer, winter, December |
| 4 ..... /<br>5 ..... | breakfast, lunch, dinner  |
| -                    | every day / night, all the time, early, late                      |

**9 Complete the text with the correct prepositions or no preposition.**

I'm an astronaut, but I don't work in space. I work in the USA. I start work <sup>1</sup> ..... nine o'clock  
<sup>2</sup> ..... every day. <sup>3</sup> .....  
autumn, winter and spring, I design space vehicles, but  
<sup>4</sup> ..... June, July and August I work at  
Space Camp. Teenagers from a lot of different countries  
come <sup>5</sup> ..... Monday and stay  
<sup>6</sup> ..... all week. <sup>7</sup> ..... the  
morning and afternoon, they learn about space.  
<sup>8</sup> ..... night, they look at the stars with  
telescopes. I finish work <sup>9</sup> ..... late, but I  
don't work <sup>10</sup> ..... the weekend.

**10 SPEAKING** Work in pairs. Tell your partner about your daily routine and the times when you do

# Answer the questions



What time do you get up?

What time do you do your homework?

What time do you go in bed?

What time do you have a breakfast, a lunch, a dinner?

What do you do in the morning, in the afternoon?

What do you do before dinner, after dinner?

What do you do at the week-end?

What do you do every day?