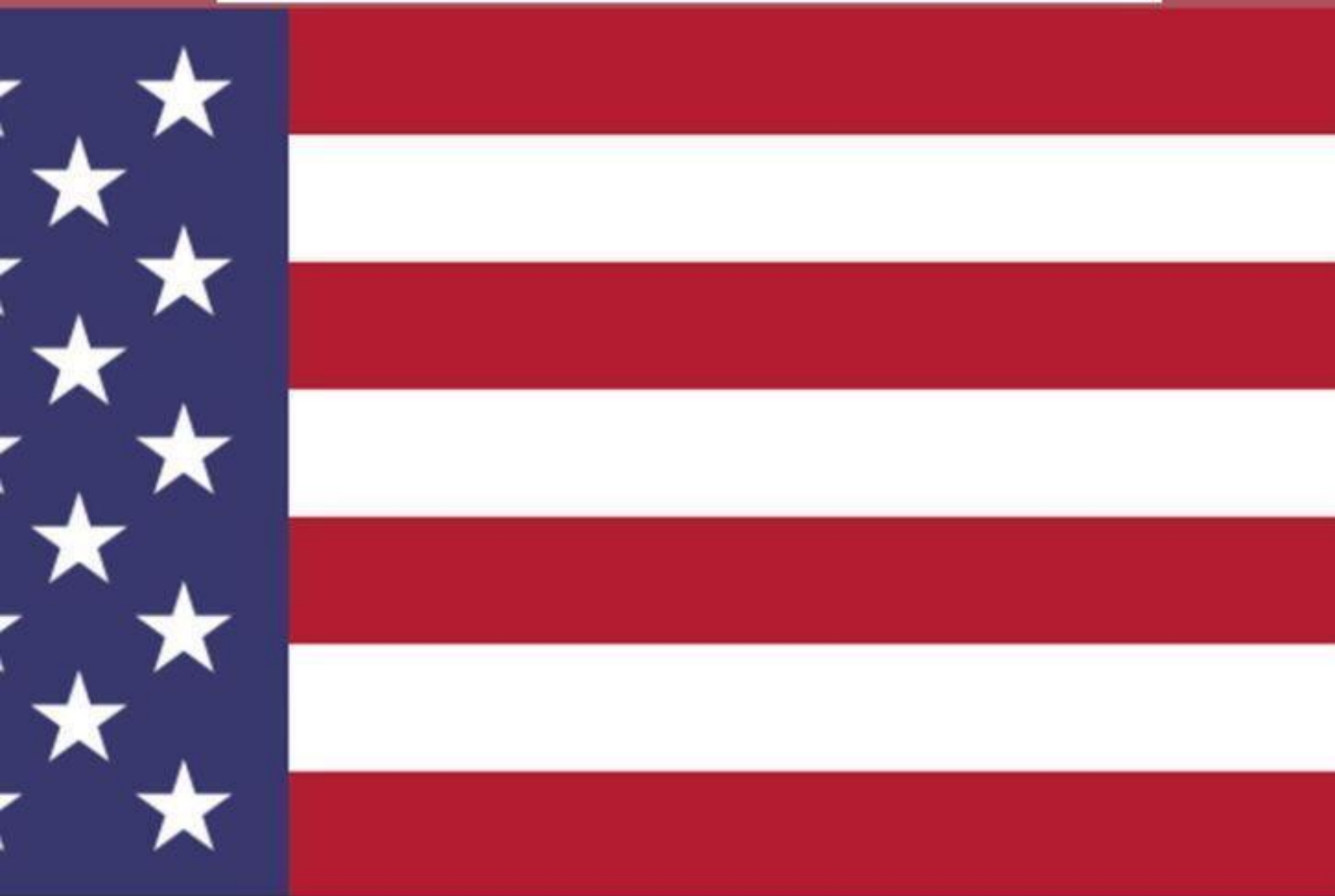


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ДЖОНАС ТИЧЕРМАН

Английская лексика уровня B1

ТЕКСТЫ ДЛЯ ЧТЕНИЯ, СЛОВАРЬ
И УПРАЖНЕНИЯ



Джонас Тичерман

**Английская лексика
уровня В1. Тексты для
чтения, словарь и упражнения**

«Издательские решения»

Тичерман Д.

Английская лексика уровня В1. Тексты для чтения, словарь и упражнения / Д. Тичерман — «Издательские решения»,

Учебное пособие предназначено для изучающих английский язык на уровне В1. Книга включает тематические тексты для чтения, словарь с переводом, систему упражнений и ключи к ответам. Материалы охватывают повседневные темы и направлены на расширение словарного запаса, развитие навыков чтения и понимания текста. Пособие подходит для самостоятельного изучения и работы с преподавателем, обеспечивая последовательное и практико-ориентированное обучение.

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Английская лексика уровня B1

Тексты для чтения, словарь и упражнения

Джонас Тичерман

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Введение

Данное учебное пособие предназначено для изучающих английский язык на уровне B1. Основная цель книги — развитие и закрепление лексического запаса, необходимого для уверенного понимания и использования английского языка в повседневных ситуациях.

Структура пособия построена по единому принципу. Каждая глава включает текст для чтения (Story), тематический словарь (Vocabulary), систему упражнений (Exercises) и ключ с ответами (Answer Key). Такой формат позволяет последовательно развивать навыки чтения, понимания лексики и самостоятельной проверки знаний.

Тексты написаны на современном английском языке, соответствующем среднему уровню владения. Они охватывают распространённые темы повседневной жизни, такие как обучение, работа, здоровье, социальные взаимодействия и личная организация времени. Особое внимание уделяется использованию актуальных слов и выражений, которые регулярно встречаются в реальной коммуникации.

Упражнения направлены на закрепление изученного материала. Они включают задания на заполнение пропусков, выбор правильного ответа, а также вопросы, требующие развернутого ответа. Это позволяет развивать не только знание лексики, но и навыки понимания текста и формулирования мыслей на английском языке.

Пособие может использоваться как для самостоятельного изучения, так и в рамках учебного процесса под руководством преподавателя. Оно рассчитано на систематическую работу и постепенное расширение словарного запаса.

Желаю успехов!

A Typical Day in My Life

1. STORY

I usually wake up at 7 o'clock in the morning on weekdays. My alarm clock rings, and I get out of bed slowly. The first thing I do is open the window to let in fresh air. Then I wash my face, brush my teeth, and get dressed.

After that, I go to the kitchen to prepare breakfast. I usually eat something simple, such as porridge, toast, or eggs. While eating, I often check my phone and read messages or news. Breakfast gives me energy for the day.

I leave home at around 8 o'clock. Depending on the day, I either go to school, university, or work. I usually take public transport, such as a bus or train. The journey takes about 30 to 40 minutes. During this time, I sometimes listen to music, read articles, or just look out of the window.

In the morning, I usually have my most productive hours. I study or work on important tasks. I try to focus and avoid distractions. I make a to-do list, which helps me organize my day and complete tasks more efficiently.

At around 1 o'clock in the afternoon, I take a lunch break. I usually eat in a cafeteria or bring food from home. After lunch, I feel more relaxed, but sometimes a bit tired. I often drink tea or coffee to stay focused.

In the afternoon, I continue studying or working. This part of the day is usually less productive, but I still try to complete my responsibilities. Sometimes I attend meetings, classes, or group activities.

I return home in the evening, usually around 6 or 7 o'clock. When I arrive, I take a short rest. Then I have dinner with my family or alone. After dinner, I usually have free time.

In the evening, I like to relax. I watch videos, read books, or go for a walk. Sometimes I review what I learned during the day or prepare for the next day. I also try to limit screen time before bed.

Before going to sleep, I wash up and get ready for bed. I usually go to sleep at around 11 o'clock. I think about my day for a short moment and plan tomorrow in my mind. Then I fall asleep, ready for a new day.

2. USEFUL WORDS AND EXPRESSIONS

alarm clock — будильник
get out of bed — вставать с кровати
fresh air — свежий воздух
to get dressed — одеваться
porridge — каша
toast — тост
energy — энергия
public transport — общественный транспорт
journey — поездка
productive — продуктивный
distraction — отвлечение
to-do list — список дел
efficiently — эффективно
cafeteria — столовая / кафе
focused — сосредоточенный
responsibility — ответственность
free time — свободное время
to relax — расслабляться
screen time — время перед экраном
to review — повторять, пересматривать
to prepare — готовиться
to attend — посещать
routine — рутина, распорядок дня
tired — уставший
plan — план

3. EXERCISES

Exercise 1: Fill in the blanks

I usually wake up at 7 o'clock in the _____.
I open the window to let in _____ air.
I usually eat _____ or toast for breakfast.
I take _____ transport to go to work or study.
I make a _____ list to organize my day.
I take a lunch _____ at 1 o'clock.
In the afternoon, I complete my _____.
In the evening, I try to limit _____ time.

Exercise 2: Multiple Choice

What time does the writer usually wake up?
A) 6 o'clock
B) 7 o'clock
C) 8 o'clock
What does the writer do first after waking up?
A) Eats breakfast
B) Opens the window
C) Goes outside
How long does the journey usually take?
A) 10—20 minutes
B) 30—40 minutes
C) 1 hour
When is the most productive time of the day?
A) Morning
B) Afternoon
C) Evening
What does the writer do in the evening?
A) Only works
B) Relaxes and reads or watches videos
C) Sleeps immediately

Exercise 3: Questions

What does the writer usually do after waking up?
How does the writer travel to work or study?
What helps the writer stay organized during the day?
What activities does the writer do in the evening?
How would you describe the writer's daily routine?

4. ANSWER KEY

Exercise 1

morning

fresh

porridge

public

to-do

break

responsibilities

screen

Exercise 2

B

B

B

A

B

Exercise 3 (Sample Answers)

After waking up, the writer opens the window, washes, brushes teeth, and gets dressed. Then they prepare breakfast and start the day.

The writer usually travels by public transport, such as a bus or train. The journey takes about 30 to 40 minutes.

A to-do list helps the writer stay organized. It allows them to manage tasks more efficiently and focus on priorities.

In the evening, the writer relaxes by watching videos, reading books, or going for a walk. They also review the day or prepare for tomorrow.

The writer's daily routine is structured and balanced. It includes study or work, rest, and personal time for relaxation and planning.

My Morning Routine

1. STORY

My morning routine is an important part of my daily life because it helps me start the day in a calm and organized way. I usually wake up at 7 o'clock in the morning on weekdays, although sometimes I wake up a little earlier if I have important tasks.

When I wake up, I do not immediately get out of bed. I spend a few minutes stretching and slowly becoming fully awake. This helps me feel more energetic. Then I turn off my alarm clock and open the window to let fresh air into my room.

After that, I go to the bathroom. I wash my face with cold water, brush my teeth carefully, and sometimes take a quick shower. These simple actions help me feel refreshed and ready for the day.

Next, I return to my room and get dressed. I usually choose comfortable and suitable clothes depending on the weather and my plans for the day. I try to prepare my clothes the night before so that I do not waste time in the morning.

After getting dressed, I go to the kitchen to prepare breakfast. My breakfast is usually simple but healthy. I often eat porridge, eggs, yogurt, or toast. I also drink a cup of tea or coffee. While eating, I sometimes read short news articles or check my schedule for the day.

One of the most important parts of my morning routine is planning my day. I usually write a short to-do list. I include my main tasks, such as studying, working, or attending meetings. This helps me stay focused and organized throughout the day.

Before leaving home, I always check that I have everything I need: my phone, wallet, keys, and sometimes books or documents. Forgetting something important can make the day stressful, so I try to be careful.

I usually leave home at around 8 o'clock. If I have time, I walk slowly to the bus stop or train station. I like this short walk because it gives me a few quiet minutes before a busy day begins.

During my morning routine, I try to avoid distractions like social media or unnecessary messages. I prefer to stay calm and focused. I believe that a good morning routine improves my productivity and mood for the whole day.

Over time, my morning routine has become a habit. I do not need to think about each step because everything happens naturally. This routine helps me feel more confident and prepared for any challenges during the day.

2. USEFUL WORDS AND EXPRESSIONS

morning routine — утренний распорядок

to stretch — потягиваться

energetic — энергичный

alarm clock — будильник

fresh air — свежий воздух

to wash up — умываться

to brush teeth — чистить зубы

refreshed — обновлённый, свежий

comfortable clothes — удобная одежда

schedule — расписание

to plan — планировать

to-do list — список дел

task — задача

focused — сосредоточенный

wallet — кошелёк

keys — ключи

stressful — стрессовый

habit — привычка

productivity — продуктивность

distraction — отвлечение

calm — спокойный

prepare — готовить, подготавливать

routine — рутина

confident — уверенный

mood — настроение

3. EXERCISES

Exercise 1: Fill in the blanks

I usually wake up at 7 o'clock in the _____.
I spend a few minutes _____ in bed before getting up.
I open the window to get _____ air.
I usually wear _____ clothes.
I write a _____ list for the day.
I check my phone, wallet, and _____ before leaving.
I try to avoid social media _____ in the morning.
My morning routine is an important _____.

Exercise 2: Multiple Choice

What does the writer do first after waking up?

- A) Eats breakfast
- B) Stretches in bed
- C) Goes outside

What helps the writer feel refreshed?

- A) Watching TV
- B) Washing and brushing teeth
- C) Drinking soda

What is included in the morning routine?

- A) Only breakfast
- B) Planning the day
- C) Playing games

What does the writer prepare before leaving home?

- A) Clothes for the next day
- B) A to-do list and necessary items
- C) Lunch for friends

Why is the morning routine important?

- A) It makes the day chaotic
- B) It improves productivity and mood
- C) It shortens the day

Exercise 3: Questions

What does the writer do immediately after waking up?

What does the writer eat for breakfast?

Why does the writer prepare a to-do list?

What items does the writer check before leaving home?

How does the morning routine affect the writer's day?

4. ANSWER KEY

Exercise 1

morning
stretching
fresh
comfortable
to-do
keys
distraction
habit

Exercise 2

B
B
B
B
B

Exercise 3 (Sample Answers)

After waking up, the writer stretches, turns off the alarm clock, and opens the window to get fresh air.

The writer usually eats porridge, eggs, yogurt, or toast, and drinks tea or coffee.

The to-do list helps the writer organize tasks and stay focused throughout the day.

The writer checks their phone, wallet, keys, and sometimes documents or books.

The morning routine improves productivity, mood, and helps the writer feel prepared and confident for the day.

Going to Work or School

1. STORY

Every weekday, I go to work or school as part of my daily routine. This part of the day is important because it helps me develop my knowledge, skills, and responsibility. Although some mornings feel difficult, I try to stay consistent and motivated.

I usually leave my house at around 8 o'clock in the morning. Before leaving, I make sure that I have everything I need. I check my bag, phone, keys, wallet, and sometimes books or documents. Being prepared helps me avoid stress during the day.

I usually travel by public transport. Depending on the situation, I take a bus, train, or sometimes I walk if the place is not far. The journey usually takes between 30 and 60 minutes. During this time, I try to use it in a useful way. I often listen to music, read articles, or think about my plans for the day.

On the way, I sometimes notice other people who are also going to work or school. Some of them look tired, while others seem active and focused. Everyone is busy with their own routine, and this makes me feel that I am part of a larger community.

When I arrive at work or school, I usually feel more alert and ready to start my tasks. I greet my colleagues, classmates, or teachers and prepare for the first activity of the day. The morning hours are usually the most productive, so I try to focus on important tasks first.

If I am at school, I attend lessons such as mathematics, languages, or science. I take notes, listen carefully, and sometimes participate in discussions. If I am at work, I attend meetings, answer emails, or work on assigned tasks. I try to manage my time efficiently so that I can complete everything on schedule.

During breaks, I usually relax for a short time. I drink water or coffee and talk to other people. These short breaks are important because they help me stay focused for the rest of the day. After the break, I return to my tasks with more energy.

Sometimes the day is busy and challenging, but I try to stay calm and organized. I use planning techniques, such as making lists or setting priorities. This helps me avoid confusion and complete my work more effectively.

By the end of the day, I usually feel tired but satisfied. I know that I have completed my responsibilities and learned something new. Going to work or school every day helps me grow and become more disciplined.

2. USEFUL WORDS AND EXPRESSIONS

daily routine — повседневная рутина
responsibility — ответственность
consistent — последовательный
motivated — мотивированный
prepared — подготовленный
stress — стресс
public transport — общественный транспорт
journey — поездка
commute — дорога на работу/учёбу
alert — бодрый, внимательный
colleague — коллега
classmate — одноклассник/однокурсник
teacher — учитель
task — задача
assignment — задание
efficiently — эффективно
schedule — расписание
break — перерыв
focus — сосредоточенность
priority — приоритет
organized — организованный
discussion — обсуждение
participate — участвовать
disciplined — дисциплинированный
community — сообщество

3. EXERCISES

Exercise 1: Fill in the blanks

I go to work or school as part of my daily _____.

I check my bag, phone, and _____ before leaving.

I usually travel by public _____.

The journey takes about 30 to 60 _____.

I listen to music or read articles during my _____.

I greet my colleagues or _____ when I arrive.

I try to manage my time _____.

Short _____ help me stay focused.

Exercise 2: Multiple Choice

Why does the writer go to work or school?

- A) For entertainment
- B) To develop knowledge and skills
- C) To travel only

How does the writer usually travel?

- A) By airplane
- B) By public transport
- C) By bicycle only

What does the writer do during the journey?

- A) Sleeps all the time
- B) Uses time for useful activities
- C) Talks on the phone only

What happens during breaks?

- A) The writer continues working without rest
- B) The writer relaxes and talks to others
- C) The writer leaves work

How does the writer feel at the end of the day?

- A) Angry
- B) Tired but satisfied
- C) Confused and lost

Exercise 3: Questions

Why is going to work or school important for the writer?

How does the writer prepare before leaving home?

What does the writer usually do during the journey?

What happens during breaks at work or school?

How does the writer describe the end of the day?

4. ANSWER KEY

Exercise 1

routine

wallet

transport

minutes

commute

classmates

efficiently

breaks

Exercise 2

B

B

B

B

B

Exercise 3 (Sample Answers)

Going to work or school is important because it helps the writer develop knowledge, skills, and discipline. It is a key part of their daily life.

The writer prepares by checking their bag, phone, keys, wallet, and other necessary items. This helps avoid stress and problems during the day.

During the journey, the writer listens to music, reads articles, or thinks about plans for the day. This makes the commute more productive.

During breaks, the writer relaxes, drinks something, and talks with other people. These breaks help restore energy and focus.

At the end of the day, the writer feels tired but satisfied because they have completed their tasks and responsibilities.

At the Supermarket

1. STORY

I usually go to the supermarket once or twice a week to buy food and other necessary items. Shopping is an important part of my routine because it helps me plan my meals and manage my budget.

I often make a shopping list before I leave home. I write down everything I need, such as fruits, vegetables, dairy products, and household items. Having a list helps me avoid buying unnecessary things and saves both time and money.

When I arrive at the supermarket, I take a shopping basket or a trolley. Then I start walking through the aisles. Supermarkets are usually large, so it is important to stay organized and follow the list step by step.

First, I usually go to the fresh food section. I choose fruits like apples, bananas, or oranges. I also pick vegetables such as tomatoes, cucumbers, and potatoes. I always try to choose fresh and good-quality products.

Next, I go to the dairy section. I buy milk, yogurt, cheese, and sometimes butter. These products are important for my daily diet. I also check expiration dates to make sure everything is fresh.

After that, I visit the bakery section. I often buy bread, rolls, or pastries. The smell of fresh bread is very pleasant and makes shopping more enjoyable.

Then I move to the grocery aisles. I buy rice, pasta, cereal, and canned food. These products can be stored for a long time, so I usually buy them in larger quantities.

Sometimes I also visit the household section. I buy items like soap, shampoo, cleaning products, and paper towels. These things are not food, but they are necessary for everyday life.

When I finish shopping, I go to the cashier. I wait in line and then place all my items on the conveyor belt. The cashier scans everything, and I pay either with cash or a card.

After paying, I pack my groceries into bags. Then I leave the supermarket and go home. If I have many bags, I sometimes take a taxi or ask for help.

At home, I organize everything and put food in the fridge or cupboards. I feel satisfied because I have everything I need for the next few days. Shopping at the supermarket may take time, but it helps me stay prepared and organized.

2. USEFUL WORDS AND EXPRESSIONS

supermarket — супермаркет
shopping list — список покупок
budget — бюджет
necessary items — необходимые вещи
aisle — проход (в магазине)
trolley — тележка
basket — корзина
fresh products — свежие продукты
dairy products — молочные продукты
expiration date — срок годности
bakery — пекарня / хлебный отдел
groceries — продукты
canned food — консервированные продукты
household items — товары для дома
cashier — кассир
conveyor belt — конвейерная лента
pay — платить
cash — наличные
card payment — оплата картой
pack — упаковывать
organize — организовывать
fridge — холодильник
cupboard — шкаф
product — продукт
section — отдел

3. EXERCISES

Exercise 1: Fill in the blanks

I usually go to the _____ once or twice a week.

I write a _____ before I go shopping.

I take a trolley or _____ in the store.

I choose fresh _____ like apples and bananas.

I always check the _____ date.

I buy bread in the _____ section.

The cashier scans my _____ at the checkout.

I put food in the _____ when I get home.

Exercise 2: Multiple Choice

Why does the writer make a shopping list?

A) To forget things

B) To save time and money

C) To buy more items

What does the writer usually buy first?

A) Cleaning products

B) Fresh fruits and vegetables

C) Canned food

What is checked in the dairy section?

A) Expiration dates

B) Colors of packaging

C) Prices only

What does the writer do at the cashier?

A) Chooses products

B) Waits, pays, and packs items

C) Leaves without paying

What happens after shopping?

A) Items are thrown away

B) Food is organized at home

C) The writer returns to the store

Exercise 3: Questions

Why does the writer prefer using a shopping list?

What types of products are bought in the supermarket?

How does the writer choose fresh products?

What happens at the cashier section?

How does shopping help the writer in daily life?

4. ANSWER KEY

Exercise 1

supermarket

shopping list

basket

products

expiration

bakery

groceries

fridge

Exercise 2

B

B

A

B

B

Exercise 3 (Sample Answers)

The writer uses a shopping list to stay organized and avoid buying unnecessary items. It also helps save time and money.

The writer buys fruits, vegetables, dairy products, bakery items, groceries, and household goods. These cover daily needs.

The writer checks freshness and expiration dates. They also choose good-quality fruits and vegetables.

At the cashier, the items are scanned, and the writer pays using cash or a card. Then the items are packed into bags.

Shopping helps the writer stay prepared and organized. It ensures that they have enough food and necessary items for daily life.

Cooking at Home

1. STORY

I often cook at home because I believe it is healthier and more economical than eating outside. Cooking also helps me relax after a long day and gives me a sense of control over what I eat.

Before I start cooking, I usually decide what I want to prepare. Sometimes I follow a recipe, and other times I cook simple dishes that I already know well. I also check the ingredients I have at home and make a short shopping list if something is missing.

When I am ready to cook, I first clean the kitchen and prepare all the necessary tools. I take out pots, pans, knives, and cutting boards. I also wash vegetables and meat if I am using them. I believe that good preparation makes cooking easier and more enjoyable.

One of my favorite meals to cook is pasta with vegetables. First, I boil water in a pot and add salt. Then I put the pasta into the boiling water and cook it for about ten minutes. While the pasta is cooking, I prepare the vegetables. I chop onions, tomatoes, and peppers into small pieces.

In a frying pan, I heat a little oil and add the vegetables. I cook them slowly until they become soft and smell good. Sometimes I add garlic or spices to improve the taste. Cooking smells always make the kitchen feel warm and comfortable.

When the pasta is ready, I drain the water and mix it with the vegetables. I stir everything carefully so that the flavors combine well. At this stage, I sometimes add cheese or sauce to make the dish richer.

After cooking, I clean the kitchen again. I wash the dishes, wipe the table, and put everything back in its place. I think cleaning after cooking is very important because it keeps the kitchen organized and pleasant.

Finally, I sit down and enjoy my meal. I usually eat slowly and without distractions. I appreciate the effort I made and feel satisfied when the food tastes good. Cooking at home not only saves money but also helps me develop useful life skills.

Over time, I have become more confident in the kitchen. I can prepare different dishes and experiment with new recipes. Cooking has become an important and enjoyable part of my daily routine.

2. USEFUL WORDS AND EXPRESSIONS

cook — готовить
recipe — рецепт
ingredients — ингредиенты
prepare — готовить, подготавливать
chop — нарезать
boil — кипятить
fry — жарить
pan — сковорода
pot — кастрюля
salt — соль
oil — масло
spices — специи
garlic — чеснок
stir — перемешивать
drain — сливать воду
flavor — вкус
meal — приём пищи
healthy — здоровый
economical — экономичный
clean — убирать
kitchen — кухня
dish — блюдо
sauce — соус
confident — уверенный
experiment — экспериментировать

3. EXERCISES

Exercise 1: Fill in the blanks

I often _____ at home because it is healthier.

I sometimes follow a _____ when I cook.

I chop vegetables into small _____.

I boil water in a _____.

I add salt and _____ when cooking.

I mix pasta with _____ after cooking.

I always clean the _____ after cooking.

Cooking helps me develop useful life _____.

Exercise 2: Multiple Choice

Why does the writer prefer cooking at home?

- A) It is more expensive
- B) It is healthier and economical
- C) It is faster only

What is done before cooking?

- A) Cleaning and preparing tools
- B) Eating immediately
- C) Going outside

What is added to boiling water?

- A) Sugar
- B) Salt
- C) Milk

What does the writer do while pasta is cooking?

- A) Sleeps
- B) Prepares vegetables
- C) Leaves the kitchen

What happens after cooking?

- A) The kitchen is cleaned
- B) Everything is left dirty
- C) Food is thrown away

Exercise 3: Questions

Why does the writer prefer cooking at home?

What is the first step before cooking begins?

How is the pasta prepared in the story?

Why is cleaning after cooking important?

How does cooking help the writer in daily life?

4. ANSWER KEY

Exercise 1

cook
recipe
pieces
pot
oil
sauce
kitchen
skills

Exercise 2

B
A
B
B
A

Exercise 3 (Sample Answers)

The writer prefers cooking at home because it is healthier and more economical than eating outside. It also helps them relax.

The first step is cleaning the kitchen and preparing all necessary tools. This makes cooking easier and more organized.

The pasta is boiled in water with salt for about ten minutes. Then it is mixed with cooked vegetables and sometimes sauce or cheese.

Cleaning is important because it keeps the kitchen organized and pleasant. It also makes future cooking easier.

Cooking helps the writer develop useful life skills and become more confident. It also improves independence and healthy habits.

Cleaning and Household Chores

1. STORY

Cleaning and household chores are an important part of my weekly routine. Even though I do not always enjoy doing them, I understand that they help keep my home clean, organized, and comfortable. A tidy environment also improves my mood and productivity.

I usually choose one or two days a week for cleaning. On these days, I start by making a simple plan of what needs to be done. I divide tasks into smaller parts, such as cleaning the kitchen, vacuuming the rooms, washing clothes, and organizing personal items.

First, I begin with the bedroom. I open the windows to let in fresh air and then make my bed. After that, I put away clothes and organize things on my desk. I try not to leave unnecessary items on surfaces because it makes the room look messy.

Next, I clean the living room. I dust the furniture, vacuum the floor, and arrange cushions on the sofa. Sometimes I also clean electronic devices like the TV or remote controls because they collect dust easily.

After that, I move to the kitchen. This is usually the most important part of cleaning because the kitchen is used every day. I wash the dishes, clean the sink, wipe the table, and check that all food is stored properly in the fridge or cupboards. I also take out the trash if it is full.

Laundry is another important task. I sort clothes by color and fabric, then put them in the washing machine. After washing, I hang or dry the clothes and later fold them carefully. Clean clothes always make me feel more organized and comfortable.

Sometimes I also clean the bathroom. I wash the sink, clean the mirror, and disinfect surfaces. It is important to use cleaning products carefully and make sure the room is well ventilated.

When I finish all the chores, I usually feel tired but satisfied. The house looks fresh and clean, and everything is in order. I believe that regular cleaning helps create a peaceful living space.

Even though household chores can take time, I try to do a little bit every day instead of leaving everything for one day. This makes the work easier and less stressful. Over time, cleaning has become a habit that helps me maintain a healthy lifestyle.

2. USEFUL WORDS AND EXPRESSIONS

household chores — домашние дела
clean — убирать
tidy — аккуратный
organize — организовывать
vacuum — пылесосить
dust — вытирать пыль
mop — мыть пол
laundry — стирка
washing machine — стиральная машина
fold — складывать (одежду)
disinfect — дезинфицировать
surface — поверхность
trash — мусор
bin — мусорное ведро
kitchen sink — кухонная раковина
cupboard — шкаф
fridge — холодильник
cushion — подушка
furniture — мебель
surface — поверхность
ventilated — проветриваемый
routine — рутина
productive — продуктивный
messy — грязный, неаккуратный
habit — привычка

3. EXERCISES

Exercise 1: Fill in the blanks

Household _____ are an important part of my routine.

I open the windows to let in fresh _____.

I _____ the floor in the living room.

I wash the dishes in the kitchen _____.

I sort clothes before doing _____.

I use a washing _____ for clothes.

I take out the _____ when it is full.

Cleaning helps me maintain a healthy _____.

Exercise 2: Multiple Choice

Why does the writer do household chores?

- A) To waste time
- B) To keep the home clean and organized
- C) To avoid studying

What does the writer do first when cleaning the bedroom?

- A) Watches TV
- B) Opens the window and makes the bed
- C) Cooks food

What is done in the kitchen?

- A) Only sleeping
- B) Washing dishes and cleaning surfaces
- C) Painting walls

How is laundry handled?

- A) Clothes are thrown away
- B) Clothes are sorted, washed, and folded
- C) Clothes are ignored

How does the writer feel after cleaning?

- A) Angry
- B) Tired but satisfied
- C) Confused

Exercise 3: Questions

Why are household chores important for the writer?

What tasks are included in the bedroom cleaning routine?

What makes the kitchen cleaning especially important?

How is laundry done step by step?

How does cleaning affect the writer's home and mood?

4. ANSWER KEY

Exercise 1

chores

air

vacuum

sink

laundry

machine

trash

lifestyle

Exercise 2

B

B

B

B

B

Exercise 3 (Sample Answers)

Household chores are important because they help keep the home clean, organized, and comfortable. They also improve mood and productivity.

In the bedroom, the writer opens the window, makes the bed, and organizes clothes and personal items. This keeps the room tidy.

The kitchen is important because it is used every day. It requires regular cleaning of dishes, surfaces, and food storage areas.

Laundry is done by sorting clothes, washing them in a machine, drying them, and then folding them. This keeps clothes clean and organized.

Cleaning makes the home fresh, tidy, and comfortable. It also helps the writer feel more satisfied and relaxed.

My Weekend Plans

1. STORY

My weekends are usually a time when I can rest, recover, and spend time doing things I enjoy. After a busy week of work or study, I try to use weekends in a balanced and productive way.

On Saturday morning, I usually wake up a bit later than on weekdays. I do not set an alarm unless I have important plans. After waking up, I take my time to stretch, wash, and have breakfast. I like slow mornings because they help me feel relaxed.

After breakfast, I often plan my weekend. I think about what I need to do and what I want to enjoy. Sometimes I have household tasks such as cleaning, laundry, or shopping. I try to finish these tasks early so that I can enjoy the rest of the day.

In the afternoon, I usually go outside. I may meet friends, go for a walk, or visit a café. If the weather is good, I prefer spending time in a park. Being outside helps me relax and clear my mind after a busy week.

Sometimes I also use Saturday afternoons for hobbies. I read books, watch educational videos, or practice a skill such as writing or learning English. I believe that weekends are a good opportunity for personal development.

On Saturday evening, I usually stay at home. I watch a movie, listen to music, or simply relax. I do not like to make my evenings too busy because I want to feel rested before Sunday.

Sunday is usually a quieter day. I wake up naturally and start my morning slowly. I often use Sunday to prepare for the next week. I check my schedule, organize my tasks, and make a to-do list for Monday.

In the afternoon, I sometimes visit my family or go shopping for the week. I also try to cook meals in advance so that I do not feel rushed during weekdays. This helps me feel more organized and ready for Monday.

In the evening, I usually reflect on my weekend. I think about what I did well and what I could improve. I also try to go to bed early so that I can start the new week with energy.

Overall, my weekend plans are a mix of rest, responsibilities, and enjoyable activities. I try to find a good balance so that I feel both productive and relaxed.

2. USEFUL WORDS AND EXPRESSIONS

weekend — выходные
rest — отдых
recover — восстанавливаться
balanced — сбалансированный
productive — продуктивный
relax — расслабляться
schedule — расписание
plan — план
household tasks — домашние дела
laundry — стирка
to-do list — список дел
free time — свободное время
hobby — хобби
walk — прогулка
café — кафе
park — парк
personal development — личное развитие
educational — образовательный
organize — организовывать
reflect — размышлять
energy — энергия
weekend routine — выходной распорядок
visit — посещать
meal — приём пищи
prepare — готовить

3. EXERCISES

Exercise 1: Fill in the blanks

My weekends are a time to rest and _____.

I usually wake up without an _____ on Saturday.

I make a _____ for my weekend.

I often meet friends or go for a _____.

I use weekends for personal _____.

On Sunday, I check my _____ for the new week.

I prepare meals in _____.

I try to find a good _____ between rest and work.

Exercise 2: Multiple Choice

What does the writer usually do on Saturday morning?

A) Wakes up early with an alarm

B) Wakes up later and relaxes

C) Works immediately

Why does the writer plan the weekend?

A) To feel stressed

B) To organize tasks and activities

C) To avoid rest

What does the writer do in the afternoon?

A) Sleeps all day

B) Goes outside or meets friends

C) Works without breaks

What is Sunday used for?

A) Only entertainment

B) Preparing for the next week

C) Traveling abroad

How does the writer describe weekends overall?

A) Only busy

B) A mix of rest and productivity

C) Completely unplanned

Exercise 3: Questions

Why are weekends important for the writer?

What does the writer usually do on Saturday mornings?

How does the writer spend Saturday afternoons?

What is the purpose of Sunday planning?

How does the writer balance rest and productivity?

4. ANSWER KEY

Exercise 1

recover

alarm

plan

walk

development

schedule

advance

balance

Exercise 2

B

B

B

B

B

Exercise 3 (Sample Answers)

Weekends are important because they allow the writer to rest, recover, and prepare for the next week. They also provide time for personal activities.

On Saturday mornings, the writer wakes up later, stretches, washes, and has a slow breakfast. This helps them feel relaxed.

In the afternoon, the writer meets friends, goes for walks, visits cafés, or works on hobbies and personal development.

Sunday planning helps the writer organize tasks, check their schedule, and prepare for the upcoming week. It improves productivity and reduces stress.

The writer balances rest and productivity by combining relaxation, social activities, and essential tasks during the weekend.

A Busy Day

1. STORY

Sometimes I have very busy days when I need to complete many tasks in a short amount of time. On these days, I feel active but also a little tired by the end of the day. However, I try to stay organized and manage my time carefully.

Конец ознакомительного фрагмента.

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