



# ESL Vocabulary Worksheet for Adults

## Reading Passage - Mastering the Present Simple: Daily Routines

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### Reading Passage

Every day, Maria wakes up at 6:30 in the morning. She starts her day with a healthy breakfast, usually eggs and toast. After breakfast, she brushes her teeth and gets dressed for work. Maria leaves her house at 7:30 and catches the bus to her office. At work, she checks her emails and then attends various meetings throughout the day.

During her lunch break at noon, Maria often eats a salad and reads a book. In the afternoon, she continues working on her projects. Her workday ends at 5:00 PM, and she heads home. In the evenings, Maria enjoys cooking dinner, which she usually eats around 7:00 PM. After dinner, she relaxes by watching television or calling her friends and family. Before going to bed at 10:00 PM, Maria reads for half an hour. This routine helps her stay organized and productive.

## EXERCISE 1: Multiple-Choice Questions

1. What time does Maria wake up?

- a) 6:00 AM
- b) 6:30 AM
- c) 7:00 AM
- d) 7:30 AM

2. What does Maria do after eating breakfast?

- a) She goes to bed
- b) She watches television
- c) She brushes her teeth
- d) She reads a book

3. How does Maria get to work?

- a) She drives
- b) She walks
- c) She catches the bus
- d) She rides a bike

4. What does Maria do during her lunch break?

- a) She attends meetings
- b) She eats a salad and reads
- c) She goes home
- d) She works on her projects

5. When does Maria's workday end?

- a) At noon
- b) At 3:00 PM
- c) At 5:00 PM
- d) At 6:00 PM

6. What activity does Maria enjoy in the evening?

- a) Cooking dinner
- b) Going for a run
- c) Attending yoga class
- d) Working on her projects

7. At what time does Maria usually eat dinner?

- a) 6:00 PM
- b) 7:00 PM
- c) 8:00 PM
- d) 9:00 PM

8. How does Maria relax after dinner?

- a) By reading a book
- b) By watching television or calling friends
- c) By going for a walk
- d) By doing household chores

9. What does Maria do before going to bed?

- a) She watches the news
- b) She reads for half an hour
- c) She listens to music
- d) She plans the next day

10. What time does Maria go to bed?

- a) 9:00 PM
- b) 9:30 PM
- c) 10:00 PM
- d) 10:30 PM



## EXERCISE 2: Fill-in-the-Gaps

Fill in the blanks with words or phrases from the passage:

1. Maria always \_\_\_\_\_ her day with a healthy breakfast.
2. After breakfast, she gets \_\_\_\_\_ for work.
3. She \_\_\_\_\_ her house at 7:30 AM.
4. At work, Maria first \_\_\_\_\_ her emails.
5. She \_\_\_\_\_ various meetings during the day.
6. In the evening, she enjoys \_\_\_\_\_ dinner.
7. Maria \_\_\_\_\_ dinner around 7:00 PM.
8. She \_\_\_\_\_ by watching television or calling friends.
9. Before bed, she \_\_\_\_\_ for half an hour.
10. Her routine helps her stay \_\_\_\_\_ and productive.



### EXERCISE 3: Vocabulary Matching

Match the words with their meanings. Answers are scrambled.

Vocabulary Word	Meaning
Routine	To look at and comprehend words
Productive	A regular way of doing things
Relax	Well planned and ordered
Organized	To clean with a brush
Healthy	To capture or take
Attend	To rest and enjoy oneself
Enjoy	Good for health
Brush	Able to produce good results
Read	To be present at
Catch	To take pleasure in



## **EXERCISE 4: Discussion Questions**

1. Describe your daily routine. How is it similar or different from Maria's?
2. What part of your routine do you find most enjoyable?
3. Why is it important to have a routine?
4. How can routines impact productivity and organization?
5. What changes would you like to make to your daily routine?
6. How does your cultural background influence your daily activities?
7. Discuss the importance of a healthy breakfast in your routine.
8. What activities help you relax after a long day?
9. How does technology affect your daily routine?
10. Share your experiences with adjusting your routine when learning English.