

Daily Routines Around the World

COMPREHENSION • VOCABULARY • DISCUSSION

INTERACTIVE ONLINE TEST

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Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

A People everywhere follow daily routines, but the small details can be different from place to place. Let's look at three friends: Ana from Spain, Kenta from Japan, and Farida from Egypt. Ana usually gets up at 7 a.m. She opens the window to feel the fresh morning air and then makes toast with olive oil and tomato for breakfast. At 8 a.m. she walks to her job at a travel agency. She often takes a short break at 11 o'clock to drink a quick café con leche with her coworkers. After work, Ana returns home at 5 p.m., chats with her family, and eats dinner late—around 9 p.m.—because many Spaniards prefer an evening meal after the sun goes down. Kenta's day starts earlier. He wakes up at 5 a.m. and practices radio-taisō, a short exercise program that many Japanese people listen to on the radio. At 6 a.m. he eats a small bowl of rice, grilled fish, and miso soup. He catches the 6:30 train to his office in Tokyo. At noon Kenta and his colleagues buy simple lunch boxes called bento. After finishing work at 6 p.m., he sometimes meets friends for a quick bowl of ramen, but he is usually home by 8 p.m. to relax and read comics. Farida likes a slow morning. She gets up at 7:30 a.m. and drinks sweet mint tea with fūl, a warm bean dish popular in Egypt. She takes a bus to university and studies until 2 p.m. In the afternoon she visits her grandmother or helps her mother shop at the market. Farida's family eats dinner together at 7 p.m. After dinner, they sit on the balcony to enjoy the cool night air and watch the busy Cairo streets below. Farida normally goes to bed by 11 p.m., ready to start again tomorrow.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
routine	the usual way you do things every day	<i>Brushing your teeth is part of a morning routine.</i>
colleagues	people you work with	<i>She often has lunch with her colleagues.</i>
toast	bread that is heated until it is brown	<i>I like to eat toast with butter for breakfast.</i>
bento	a simple meal packed in a box, common in Japan	<i>He brought a bento to work for lunch.</i>
balcony	an outside space on a building where you can stand	<i>We sat on the balcony and looked at the stars.</i>
relax	to rest and feel calm	<i>After a long day, I like to relax with a book.</i>
coworkers	people you work with; same as colleagues	<i>He often talks to his coworkers during breaks.</i>
agency	a business that provides a service, like travel	<i>She works at a travel agency downtown.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. Every morning, I follow the same _____: get up, eat breakfast, and go to school.
2. He decided to have _____ and jam for breakfast today.
3. My _____ and I are planning a team lunch next week.
4. She enjoys sitting on the _____ to enjoy the view.
5. The _____ he brought for lunch had rice, chicken, and vegetables.
6. After a busy day, it's nice to _____ by watching a movie.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What is a common breakfast food for Ana?

- A. Toast with butter
- B. Toast with olive oil and tomato
- C. Bento box
- D. Rice and fish

Question 2

Which activity does Kenta do before going to work?

- A. Practices radio-taisō
- B. Takes a short walk
- C. Goes shopping
- D. Reads comics

Question 3

What time does Farida usually have dinner with her family?

- A. 6 p.m.
- B. 7 p.m.
- C. 8 p.m.
- D. 9 p.m.

Question 4

Why does Kenta sometimes meet friends after work?

- A. To go to a movie
- B. For a quick bowl of ramen
- C. To visit the market
- D. To practice radio-taisō

Question 5

What is a common evening activity for Farida's family?

- A. Watching TV
- B. Sitting on the balcony
- C. Going for a walk
- D. Reading comics

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. Paragraph B mentions that Ana eats dinner around 9 p.m. How does this dinner time compare to your own, and what are the benefits or drawbacks of eating late?

2. In Paragraph C, Kenta practices radio-taisō in the morning. Do you think morning exercises can improve your day, and why?

3. Paragraph D describes Farida's family enjoying the cool night air on the balcony. How important is family time in your culture, and what activities do you enjoy together?

Answer Key

COMPREHENSION QUESTIONS

Q1 B

Q2 A

Q3 B

Q4 B

Q5 B

VOCABULARY EXERCISE

FIB1 routine

FIB2 toast

FIB3 colleagues

FIB4 balcony

FIB5 bento

FIB6 relax

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What is a common breakfast food for Ana?

✓ B — Toast with olive oil and tomato The passage states that Ana makes toast with olive oil and tomato for breakfast.

✗ A — Toast with butter The passage does not mention Ana eating toast with butter.

✗ C — Bento box Bento is mentioned in Kenta's routine, not Ana's.

✗ D — Rice and fish Rice and fish are part of Kenta's breakfast, not Ana's.

2. Which activity does Kenta do before going to work?

✓ A — Practices radio-taisō Kenta practices radio-taisō, a short exercise program, before work.

✗ B — Takes a short walk The passage does not mention Kenta taking a walk before work.

✗ C — Goes shopping Shopping is part of Farida's routine, not Kenta's.

✗ D — Reads comics Kenta reads comics after work, not before.

3. What time does Farida usually have dinner with her family?

✓ B — 7 p.m. The passage states that Farida's family eats dinner together at 7 p.m.

✗ A — 6 p.m. The passage mentions 7 p.m. as dinner time, not 6 p.m.

✗ C — 8 p.m. The passage does not mention 8 p.m. as dinner time for Farida.

✗ D — 9 p.m. 9 p.m. is mentioned for Ana's dinner, not Farida's.

4. Why does Kenta sometimes meet friends after work?

✓ B — For a quick bowl of ramen The passage states that Kenta sometimes meets friends for a quick bowl of ramen after work.

✗ A — To go to a movie The passage does not mention Kenta going to a movie with friends.

✗ C — To visit the market Visiting the market is related to Farida's routine, not Kenta's.

✗ D — To practice radio-taisō Practicing radio-taisō is part of Kenta's morning routine, not an after-work activity.

5. What is a common evening activity for Farida's family?

✓ **B — Sitting on the balcony**

The passage states that Farida's family sits on the balcony to enjoy the cool night air.

✗ **A — Watching TV**

Watching TV is not mentioned as an activity for Farida's family.

✗ **C — Going for a walk**

The passage does not mention Farida's family going for a walk in the evening.

✗ **D — Reading comics**

Reading comics is an activity Kenta enjoys, not Farida's family.

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