



# Lifestyle and Daily Routines

Multiple matching: daily habits | Cambridge IGCSE ESL 0510/0511

## 1. Lead-in discussion

Talk with a partner before you read.

1. Which daily habit helps you feel organised?
2. What usually stops people from managing their time well?
3. Do you prefer a strict routine or a flexible one?
4. What small change could improve your school week?

### Exercise 2 at a glance

Read four short texts. For each statement, choose the correct person, A-D. One person may be used more than once. Read the whole detail carefully before you choose.

## 2. Read for overall understanding

Read the four texts. Which routine change sounds most realistic for a busy student? Give a reason.

### Changing My Routine

#### A Nia

I used to stay up late finishing homework because I thought I worked better when the house was quiet. The problem was that I arrived at school tired and made careless mistakes. Now I spend twenty minutes after dinner checking what has to be handed in the next day. If a task needs longer, I start it then instead of pretending I will do it after midnight. I still read before bed, but I leave my phone downstairs so I am not tempted to keep scrolling. My friends think I have become very strict with myself, but actually I feel less stressed because mornings are no longer a rush. I have not become perfect; I just notice problems earlier.

#### B Mateo

My routine changed when I joined a community drama group. Rehearsals are twice a week, and at first I worried they would take time away from schoolwork. Instead, they forced me to use the short gaps in my day more carefully. I revise vocabulary on the bus and pack my bag before leaving for rehearsal, so I am not searching for books late at night. I rarely plan my weekends in detail because I still want some free time. However, on rehearsal days I need a clear timetable, otherwise everything gets squeezed into the evening.

#### C Hana

I tried waking up at five o'clock after watching a video about successful people. It lasted three days. I was too tired to concentrate, and I gave up almost immediately. What has worked better is moving one habit, not my whole day. I now prepare breakfast ingredients before bed, which means I can eat properly instead of buying a sugary snack on the way to school. I also walk part of the journey if the weather is good. It is not a dramatic lifestyle change, but my energy levels are more stable than before.

#### D Luca

I used to fill every afternoon with clubs, sport or extra study because I disliked feeling that I had wasted time. Eventually I realised I was too busy to enjoy any of it. My new rule is to keep one afternoon free each week. I do not use it for homework unless there is a real deadline. Sometimes I go cycling; sometimes I do nothing special. My parents were surprised at first because they thought a free afternoon would make me lazy, but my schoolwork has improved. I think the break helps me concentrate on the days when I am busy.

### 3. Strategy focus

#### Check reason and result

A statement may focus on why something changed or what happened afterwards. Check both parts of the sentence before choosing.

### 4. Exam-style matching questions

For each statement, write the correct letter, A, B, C or D, on the line.

No.	Which person...	A-D
1	discovered that a popular routine was unrealistic for them	.....
2	uses travel time for a specific learning task	.....
3	keeps one part of the week deliberately unplanned	.....
4	changed where they keep a device at night	.....
5	became more organised because an outside commitment created pressure	.....
6	prepares something in advance to avoid making a less healthy choice	.....
7	says other people first misunderstood the effect of having free time	.....
8	checks urgent work earlier so late-night study is less likely	.....
9	still avoids planning every part of their free time	.....

### 5. Vocabulary notebook

Underline five useful words or phrases. Check their meaning, then record them in your vocabulary notebook.

### 6. Follow-up tasks

1. Discussion: What might stop someone keeping each of these routines?
2. Strategy: Highlight the sentence where you found each answer. Label it with the question number.
3. Writing: Write advice for a student who is always tired in the morning.
4. Vocabulary: Circle words and phrases connected to habits, time management and energy.

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## 2. Read for overall understanding

Suggested answer: Students' own answers, but they should refer to one or more details from the texts.

## 4. Exam-style matching questions

1. C
2. B
3. D
4. A
5. B
6. C
7. D
8. A
9. B

## Notes for checking

Learners should match the statement to the exact detail in the text.

An option may be used more than once.

If learners disagree, ask them to highlight and label the sentence that proves their answer.