



Lifestyle and Daily Routines

Multiple choice: daily routines | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. What is the most rushed part of your day?
2. Can a morning routine affect the rest of the day?
3. What small habit could make school mornings easier?
4. Do you prefer strict routines or flexible ones?

Exercise 4 at a glance

Read one longer text and answer six multiple-choice questions. Choose A, B or C. The correct answer may depend on attitude, purpose or a detail across a whole paragraph, not just one matching word.

2. Read for overall understanding

Read the article. What did Anya learn about changing her morning routine?

Changing my mornings

by Anya Kovac

I used to start most school days in a hurry. I would press the alarm three times, search for a clean shirt, then leave home without breakfast and blame the bus if I was late. My parents said I needed a routine, but I thought routines were for people with quiet lives and perfect bedrooms. Then I missed an important maths test because I had left my calculator on my desk. That was embarrassing enough to make me try doing mornings differently. I also noticed that the rush made me speak sharply to people who were only trying to help, which was not how I wanted to begin each day.

My first idea was to wake up much earlier, exercise, read and prepare a healthy breakfast. It looked impressive on paper and lasted exactly one Monday. By Tuesday, I was tired and annoyed. The problem was that I had designed a routine for an imaginary version of myself. My older sister suggested starting with the evening instead. If I packed my bag and checked my timetable before bed, there would be fewer decisions to make in the morning. The plan looked like something from a lifestyle video, not something a tired student could repeat in an ordinary week.

That small change worked better than I expected. I put a basket near my bedroom door for keys, bus card and headphones. I also chose clothes before going to sleep. None of this was exciting, but it stopped the morning turning into a treasure hunt. I still woke up slowly, but I was no longer making five decisions while half asleep. The routine gave me space to think about the day instead of only reacting to it. On days with early clubs, the same basket also held permission slips or sports kit notes, so I was not depending on memory alone.

Breakfast was harder. I do not enjoy eating early, so I stopped pretending I would cook before school. Instead, I prepared something simple the night before, usually yoghurt, fruit or a sandwich. Some mornings I still took it with me rather than eating at home. That was not perfect, but it was better than buying sugary snacks on the way. I learned that a realistic habit is more useful than an impressive one you never follow. Preparing breakfast in advance also stopped arguments at home, because I was not blocking the kitchen when everyone else was trying to leave.

The biggest change was not punctuality, although that improved. I felt less irritated before lessons began. When something did go wrong, such as a delayed bus, it did not ruin everything because I had already done the parts I could control. I still have messy mornings sometimes, especially after late sports practice, but I no longer see routine as a strict set of rules. For me, it is a way of making ordinary days easier. That made the change feel less like a personal improvement project and more like a practical tool for reducing pressure.

3. Strategy focus

Underline the key words

Before reading the options, underline the key words in the question. Watch for small traps such as time, reason, attitude or change.

4. Exam-style multiple-choice questions

For each question, choose the correct answer, A, B or C.

Question 1

Why did Anya decide to change her mornings?

- A She forgot something important for a test.
- B Her parents introduced a strict new routine.
- C She wanted more time for exercise before school.

Question 2

What was wrong with Anya's first plan?

- A It depended too much on her sister's help.
- B It left no time for breakfast.
- C It suited an unrealistic version of herself.

Question 3

Why does Anya mention the basket near her door?

- A to explain why her room became tidier
- B to show how one simple system reduced morning decisions
- C to suggest that she often lost expensive items

Question 4

What did Anya realise about breakfast?

- A Eating at home was the only way to avoid unhealthy snacks.
- B A simple prepared option was more realistic than cooking early.
- C She needed to stop taking food with her to school.

Question 5

How did the routine affect Anya when things went wrong?

- A She stopped caring whether she arrived late.
- B She became stricter with everyone at home.
- C She felt more able to cope with small problems.

Question 6

What does Anya now think a routine should do?

- A make ordinary days easier
- B make people follow strict rules
- C make every morning perfect

5. Follow-up tasks

1. Discussion: Which small routine would make the biggest difference to your day?
2. Strategy: Check two answers by underlining the sentence or short section that proves each one.
3. Writing: Write advice for a student who is always rushed in the morning.
4. Vocabulary: Circle words and phrases connected to habits, routines and time management.

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2. Read for overall understanding

Suggested answer: She learned that a routine works best when it removes small decisions and is realistic enough to repeat.

4. Exam-style multiple-choice questions

1. A; 2. C; 3. B; 4. B; 5. C; 6. A

1. A - Missing the maths test because she forgot her calculator made her try changing.
2. C - She says she designed it for an imaginary version of herself.
3. B - The basket helped her keep key items together and avoid searching.
4. B - She stopped pretending she would cook and prepared simple food the night before.
5. C - A delayed bus did not ruin everything because she had controlled what she could.
6. A - She says routine is a way of making ordinary days easier.