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1. SEQUESTRO AMMINISTRATIVO E SEQUESTRO PENALE. NATURA GIURIDICA, FINALITA' E TIPOLOGIE.
2. SICUREZZA URBANA E SICUREZZA INTEGRATA. AMBITI DEFINITORI E DIFFERENZE DA ORDINE PUBBLICO E PUBBLICA SICUREZZA.
3. LA NORMATIVA DI RIFERIMENTO CHE PRESCRIVE LA DURATA DELLA GUIDA DEI VEICOLI ADIBITI AL TRASPORTO DI PERSONE O DI COSE DI CUI ALL'ART. 174 DEL C.D.S.

PC

Il candidato dopo aver aperto il file “PROVA” modifichi il colore testo in rosso

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# A day in my life

Present simple (6): saying how often you do things; prepositions of time (2)

## READING

- 1 You're going to read a magazine article about Tanya Phillips, who is a presenter on breakfast television in Britain. What time do you think her day starts and finishes?
- 2 Read the article and find out what time her day starts and finishes.
- 3 Decide where these sentences go in the article.
  - a After the programme we always have breakfast and relax.
  - b I often go shopping and have lunch with friends.
  - c We usually have dinner quite early, at seven o'clock.
- 4 Write the questions the journalist asked Tanya.  
*What time do you get up?*

## GRAMMAR

Present simple (6): saying how often you do things  
You use the **present simple** and the following **adverbs of frequency** to say how often you do things.

100% \_\_\_\_\_ 0%  
always usually often sometimes never

**You usually put the adverb before the verb.**

*I **always** get up at seven o'clock.*

*I **sometimes** go shopping in the evening.*

*I **often** have a drink with friends.*

*I **never** do the washing up.*

**But you put the adverb after the verb to be.**

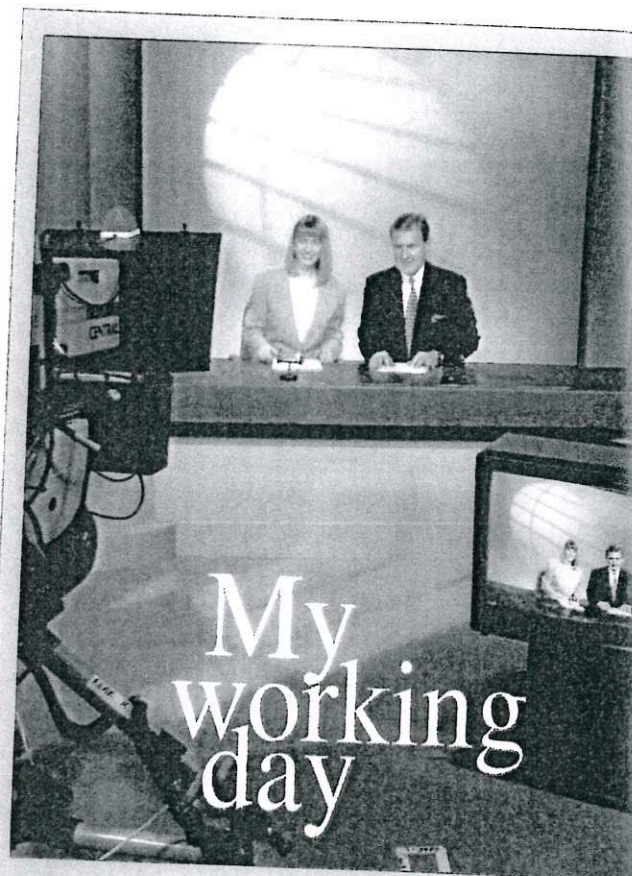
*I'm **usually** asleep by nine o'clock.*

**Prepositions of time (2)**

**at:** at seven o'clock at half past three at the weekend

**on:** on Sunday on Tuesday on Monday morning

**from ... to:** from Monday to Friday from seven to nine o'clock.



**M**y working day starts very early. From Monday to Friday I get up at half past three and I have a shower and a cup of coffee. I usually leave the house at ten past four because the car always arrives a few minutes early. I get to the studio at about five o'clock and start work. *Good Morning Britain* starts at seven o'clock and finishes at nine o'clock. Then I leave the studio at a quarter past ten. After that, I get home at three o'clock. A woman helps me with the housework and the ironing. I read the newspaper and do some work. Then my husband gets home at half past five in the afternoon and I cook dinner. We stay at home in the evening. We don't go out because I go to bed very early. We usually watch television and then I go to bed at half past eight. I'm usually asleep by nine o'clock. At weekends I don't get up until ten o'clock. In the evening, we often see some friends or go to the cinema. But I'm always up early again on Monday morning.