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Том Сториз

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**Английский  
для жизни  
и общения**

*Темы, тексты  
и практика*



# **Том Сториз Английский для жизни и общения. Темы, тексты и практика**

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## **Аннотация**

Учебное пособие предназначено для изучающих английский язык на уровне В1. Материалы основаны на тематических текстах, описывающих реальные жизненные ситуации, и направлены на развитие навыков чтения, говорения и расширение словарного запаса. Каждый раздел включает полезные выражения, речевые модели, упражнения и задания для самостоятельной практики. Пособие помогает формировать уверенное и естественное использование английского языка в повседневном общении.

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# **Английский для жизни и общения Темы, тексты и практика**

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# Введение

Данная книга предназначена для изучающих английский язык на уровне B1 и направлена на развитие навыков понимания и использования языка в повседневных коммуникативных ситуациях. В основе материалов лежит принцип обучения через контекст, что позволяет усваивать лексику и грамматические структуры в естественной речевой среде.

Каждая глава представляет собой тематически организованный текст, описывающий распространённые жизненные ситуации, такие как общение, работа, путешествия, обучение и личный опыт. Тексты сопровождаются подборками устойчивых выражений, лексических единиц и речевых моделей, необходимых для формирования практических навыков говорения и письма.

Особое внимание уделяется развитию способности выражать мысли в простых и структурированных предложениях, а также расширению активного словарного запаса. Материалы разработаны таким образом, чтобы обеспечить постепенное усложнение языковых конструкций без перегрузки обучающегося.

После каждого текста предлагаются упражнения, направ-

ленные на закрепление изученного материала, включая перевод выражений, работу с речевыми моделями, а также задания на личную рефлексия и самостоятельное использование лексики в контексте собственной жизни.

Цель данного издания заключается в формировании устойчивых коммуникативных навыков и повышении уверенности при использовании английского языка в реальных ситуациях общения.

# A Typical Morning

On weekdays, my morning usually starts earlier than I would like. My alarm goes off at 7:00, and for a few seconds, I just lie in bed and think about the day ahead. Sometimes I feel tired, especially if I went to bed late, but I know I have to get up. If I stay in bed too long, I will be in a hurry later.

The first thing I do is check my phone. I look at messages and sometimes scroll through social media, although I try not to spend too much time on it. Then I get up, open the window, and take a deep breath of fresh air. This small habit helps me wake up and feel more awake.

After that, I go to the bathroom, wash my face, and brush my teeth. I don't spend too much time there because I prefer a quick and simple routine in the morning. Then I get dressed. I usually choose my clothes the night before, so I don't have to think about it when I'm still half asleep.

Breakfast is an important part of my morning, although I don't always have enough time for a big meal. On busy days, I just make a cup of coffee and grab something quick, like a sandwich or a piece of fruit. If I have more time, I enjoy cooking something simple, like eggs or oatmeal. Eating a warm breakfast makes me

feel more comfortable and ready for the day.

While I eat, I sometimes watch a short video or listen to music. It helps me relax before I start working. However, I try not to get distracted because time passes quickly in the morning. Before I know it, I need to leave the house.

Before going out, I check if I have everything I need: my phone, keys, wallet, and sometimes my laptop. I often forget something, so now I try to be more careful. It's a small thing, but it can really affect the rest of the day.

When I finally leave the house, I feel a mix of emotions. I might feel a little sleepy, but also ready to start something new. The street is usually busy, and people are going to work, school, or running errands. Everyone has their own plans and worries, just like me.

Although my mornings are quite simple, they play an important role in my day. If I start the morning calmly, I usually feel more focused and productive. But if everything goes wrong, it can affect my mood for hours. That's why I try to keep my morning routine as easy and comfortable as possible, even when I don't feel like getting out of bed.

Here are some useful expressions you might have noticed:

go off (about an alarm) — звонить (о будильнике)  
lie in bed — лежать в постели  
think about the day ahead — думать о предстоящем дне  
be in a hurry — спешить  
check my phone — проверять телефон  
scroll through social media — листать соцсети  
take a deep breath — сделать глубокий вдох  
wake up — просыпаться  
get dressed — одеваться  
half asleep — наполовину спящий  
grab something quick — быстро что-то взять (поесть)  
have enough time — иметь достаточно времени  
before I know it — не успеваю заметить, как  
leave the house — выходить из дома  
check if I have everything — проверить, всё ли с собой  
forget something — забыть что-то  
be more careful — быть более внимательным  
a mix of emotions — смесь эмоций  
feel sleepy — чувствовать сонливость  
ready to start — готов начать  
run errands — делать дела (по городу)  
play an important role — играть важную роль

You can use patterns like these in your own speech:

I usually start my morning by... — Я обычно начинаю утро  
с...

If I don't..., I will... — Если я не..., то я...

The first thing I do is... — Первое, что я делаю — это...

Sometimes I feel..., especially when... — Иногда я чувствую..., особенно когда...

I try not to..., because... — Я стараюсь не..., потому что...

Before I leave the house, I... — Перед тем как выйти из дома, я...

If I have more time, I... — Если у меня больше времени, я...

Now think about your own experience:

What time do you usually wake up?

What is the first thing you do in the morning?

Do you have breakfast every day? Why or why not?

Do you use your phone in the morning? How?

How do you feel in the morning?

What helps you wake up faster?

Do you have a fixed routine or does it change?

Here are some possible answers:

I usually wake up at around 7:30 because I need time to get ready for work. If I wake up later, I am always in a hurry and feel stressed.

The first thing I do is check my phone, although I try not to scroll through social media for too long because it wastes time.

I don't always have breakfast because I don't have enough

time. On busy days, I just grab something quick like a sandwich.

Yes, I check my messages and sometimes scroll through social media, but I try to be more careful and not spend too much time on it.

I often feel sleepy in the morning, especially if I went to bed late, but a cup of coffee helps me wake up.

Taking a deep breath of fresh air and drinking coffee helps me wake up faster and feel more ready to start the day.

I have a simple routine, but sometimes it changes if I have important plans or need to leave the house earlier.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

My alarm usually goes off at \_\_\_\_\_, but I often \_\_\_\_\_.

If I don't get up quickly, I will \_\_\_\_\_.

Before I leave the house, I always \_\_\_\_\_.

On busy mornings, I usually grab \_\_\_\_\_.

I feel more ready to start the day when I \_\_\_\_\_.

# My Daily Routine

My daily routine is quite simple, but it helps me stay organized and feel in control of my day. On weekdays, I usually wake up at around 7:30. I don't always feel energetic in the morning, especially if I went to bed late, but I try to get up without checking my phone for too long. If I start scrolling through social media, I can easily lose track of time.

After I get up, I make my bed and open the window. Fresh air makes a big difference, even if it's cold outside. Then I go to the kitchen and prepare a quick breakfast. Most days, I have coffee and something light, like toast or yogurt. I don't like heavy meals in the morning because they make me feel slow.

Once I finish breakfast, I get dressed and get ready for work or study. If I have an important task, I try to think about it in advance so I don't feel stressed later. Planning even a little helps me stay focused during the day.

My workday usually starts at 9:00. In the morning, I feel more productive, so I try to do the most difficult tasks first. I check my emails, make a to-do list, and start working step by step. Sometimes it's hard to concentrate, especially if there are many distractions, but I try to take short breaks to stay fresh.

At around 1:00, I have lunch. I usually eat something simple, like rice, vegetables, or a sandwich. If the weather is nice, I like to go outside for a short walk. It helps me relax and clear my mind before going back to work.

In the afternoon, my energy level is usually lower, so I try to do easier tasks. I might answer messages, finish small projects, or prepare for the next day. If I feel too tired, I take a short break and have a cup of tea or coffee.

After work, I finally have time for myself. Sometimes I meet friends, but on most days, I prefer to stay at home and relax. I might watch a series, read a book, or listen to music. In the evening, I also try to do something useful, like cleaning, cooking, or learning something new.

Dinner is usually around 7:00 or 8:00. I don't like eating too late because it affects my sleep. After dinner, I spend some quiet time, often without my phone. It helps me slow down and prepare for the next day.

Before going to bed, I try to follow a simple routine. I might take a shower, think about what I did during the day, or plan a few things for tomorrow. I usually go to bed at around 11:30. Sometimes I fall asleep quickly, but other times my mind is still

busy.

Even though my routine is not perfect, it gives me a sense of stability. Small habits, like making my bed or taking breaks, make my day easier and more comfortable, even when I have a lot to do.

Here are some useful expressions you might have noticed:

daily routine — ежедневная рутина

stay organized — оставаться организованным

feel in control — чувствовать контроль

lose track of time — терять счёт времени

make my bed — заправлять кровать

make a big difference — иметь большое значение

prepare a quick breakfast — приготовить быстрый завтрак

feel slow — чувствовать себя вялым

get ready — готовиться

in advance — заранее

stay focused — оставаться сосредоточенным

productive — продуктивный

do difficult tasks first — сначала делать сложные задачи

take short breaks — делать короткие перерывы

clear my mind — очистить мысли

energy level — уровень энергии

answer messages — отвечать на сообщения

have time for myself — иметь время для себя

slow down — замедлиться

prepare for the next day — подготовиться к следующему дню

fall asleep — засыпать

a sense of stability — чувство стабильности

You can use patterns like these in your own speech:

My daily routine is quite..., but it helps me... — Моя рутина довольно..., но она помогает мне...

I try to..., because... — Я стараюсь..., потому что...

If I..., I can... — Если я..., я могу...

In the morning/afternoon/evening, I usually... — Утром/днём/вечером я обычно...

Sometimes it's hard to..., especially when... — Иногда сложно..., особенно когда...

After that, I... — После этого я...

Before going to bed, I... — Перед сном я...

Now think about your own experience:

Do you have a daily routine?

What do you usually do in the morning?

When do you feel most productive?

Do you take breaks during the day?

What do you do after work or study?

How do you relax in the evening?

Do you plan your day in advance?

Here are some possible answers:

Yes, I have a simple daily routine that helps me stay organized. If I don't follow it, I can lose track of time and feel stressed.

In the morning, I usually prepare a quick breakfast and get ready for work. I try not to use my phone too much because it distracts me.

I feel most productive in the morning because my energy level is higher. That's why I do difficult tasks first.

Yes, I take short breaks during the day because it helps me stay focused and not feel too tired.

After work, I usually have time for myself. I like to relax, watch something, or spend time with friends.

In the evening, I try to slow down and avoid stress. Sometimes I read a book or listen to music to clear my mind.

I sometimes plan my day in advance because it helps me feel in control and be more productive.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

My daily routine helps me \_\_\_\_\_ and feel \_\_\_\_\_.

If I don't plan my day, I can \_\_\_\_\_.

In the morning, I usually \_\_\_\_\_ before I \_\_\_\_\_.

When I feel tired, I \_\_\_\_\_ to stay focused.

Before going to bed, I usually \_\_\_\_\_.

# A Busy Day at Work

Some days at work are calm and predictable, but others are the complete opposite. A busy day usually starts the moment I sit down at my desk. I open my laptop, check my emails, and immediately see a long list of messages. At first, I try not to panic, but it's not always easy.

I quickly make a to-do list to stay organized. There are always more tasks than I expect, so I have to decide what is most important. If I don't plan my time well, I can easily fall behind. That's why I try to focus on one thing at a time, although people often interrupt me with questions or new tasks.

In the morning, I usually have the most energy, so I start with the most difficult tasks. Sometimes I need to solve problems or make important decisions, which takes a lot of concentration. If I get distracted, it takes time to get back on track. So I try to turn off notifications and create a quiet space around me.

By late morning, things usually get even busier. I might have meetings with colleagues where we discuss projects, share ideas, and make plans. Some meetings are useful, but others feel too long. Still, I try to stay involved and listen carefully because I don't want to miss anything important.

Lunch on a busy day is often quick and simple. Sometimes I eat at my desk while checking emails or finishing a task. It's not the best habit, but when deadlines are close, it feels necessary. If I have a chance, I take a short walk to clear my mind, even if it's just for ten minutes.

The afternoon can be challenging because my energy level starts to drop, but the work doesn't slow down. I continue working through my tasks, answering messages, and trying to meet deadlines.

Sometimes unexpected problems appear, and I have to change my plans. It can be stressful, especially when everything feels urgent.

On very busy days, I have to multitask. I might be writing an email, talking to a colleague, and thinking about another task at the same time. It's not always effective, but sometimes there is no other choice. I try my best to stay calm and not make mistakes.

Toward the end of the day, I review what I have done. It's satisfying to see that I completed many tasks, even if I didn't finish everything. I update my to-do list and prepare for the next day. This helps me feel more in control and less stressed.

When the workday finally ends, I often feel tired but also a little proud. A busy day can be exhausting, but it can also be

productive. After work, I try to relax and not think too much about tasks and deadlines, although it's not always easy to switch off completely.

Here are some useful expressions you might have noticed:

a busy day — загруженный день

check emails — проверять электронную почту

a long list of messages — длинный список сообщений

make a to-do list — составить список дел

stay organized — оставаться организованным

fall behind — отставать

focus on one thing at a time — сосредоточиться на одном деле

interrupt with questions — прерывать вопросами

get back on track — вернуться к делу

turn off notifications — отключить уведомления

discuss projects — обсуждать проекты

share ideas — делиться идеями

stay involved — оставаться вовлечённым

meet deadlines — соблюдать сроки

eat at my desk — есть за рабочим столом

clear my mind — очистить мысли

energy level drops — уровень энергии падает

unexpected problems — неожиданные проблемы

multitask — делать несколько дел одновременно

stay calm — сохранять спокойствие

review what I have done — пересмотреть сделанное  
feel proud — чувствовать гордость  
switch off — отключиться (перестать думать о работе)

You can use patterns like these in your own speech:

A busy day usually starts when... — Загруженный день  
обычно начинается, когда...

I try not to..., but... — Я стараюсь не..., но...

If I don't..., I can... — Если я не..., я могу...

In the morning/afternoon, I usually... — Утром/днём я  
обычно...

Sometimes I have to..., because... — Иногда мне приходится...  
..., потому что...

Toward the end of the day, I... — Ближе к концу дня я...

After work, I try to... — После работы я стараюсь...

Now think about your own experience:

Do you often have busy days at work or study?

What do you usually do first when you start your workday?

How do you stay organized when you have many tasks?

Do you prefer to work on one task or multitask? Why?

What do you do when you feel stressed at work?

Do you take breaks on busy days?

How do you feel at the end of a busy day?

Here are some possible answers:

Yes, I often have busy days at work, especially when there are deadlines. If I don't stay organized, I can easily fall behind.

The first thing I do is check emails and make a to-do list. It helps me understand what I need to do.

I try to focus on one thing at a time and plan my tasks. This helps me stay calm and be more productive.

I prefer to work on one task because multitasking is stressful and I can make mistakes.

When I feel stressed, I take a short break to clear my mind and then try to get back on track.

Yes, I take short breaks, even on busy days, because it helps me stay focused and not feel too tired.

At the end of a busy day, I feel tired but also proud because I completed many tasks.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

On a busy day, I usually start by \_\_\_\_\_.

If I don't make a to-do list, I can \_\_\_\_\_.

When my energy level drops, I \_\_\_\_\_.

Sometimes I have to multitask because \_\_\_\_\_.

At the end of the day, I feel \_\_\_\_\_ because \_\_\_\_\_.

# Weekend Plans

By the time Friday evening arrives, I usually start thinking about my weekend plans. After a long and busy week, the weekend feels like a small break from everything. Sometimes I plan things in advance, but other times I just decide what to do at the last minute.

On Saturday morning, I don't wake up early unless I really have to. It's nice to stay in bed a little longer and not be in a hurry. I usually start the day slowly, maybe with a cup of coffee and a simple breakfast. Unlike weekdays, I don't check my emails or think about work right away.

If I have enough energy, I like to do something active. For example, I might go for a walk, visit a park, or even try a short workout. It helps me feel fresh and in a better mood. However, if the weather is bad or I feel too tired, I prefer to stay at home and relax.

In the afternoon, I often meet friends or spend time with family. We might go out for lunch, walk around the city, or just sit and talk. These moments are important because during the week, everyone is usually busy. Spending time together helps me feel more connected.

Sometimes I also use the weekend to take care of things I didn't have time for during the week. I might do some cleaning, go shopping, or organize my space. It's not always fun, but it makes the next week easier and less stressful.

Sunday has a slightly different feeling. It's usually quieter and more relaxed. I try not to make too many plans because I want to rest and prepare for the new week. I might read a book, watch a movie, or go for a calm walk. It's also a good time to reflect on the past week and think about what I want to do next.

In the evening, I often start preparing for Monday. I check my schedule, think about my tasks, and maybe choose my clothes for the next day. This small preparation helps me feel more in control and less worried.

Of course, not every weekend is the same. Sometimes I travel, try something new, or spend the whole day doing nothing. And honestly, that can be just as enjoyable.

Here are some useful expressions you might have noticed:

- weekend plans — планы на выходные
- a long and busy week — длинная и загруженная неделя
- plan in advance — планировать заранее
- at the last minute — в последний момент

stay in bed — оставаться в постели  
not be in a hurry — не спешить  
start the day slowly — начинать день медленно  
have enough energy — иметь достаточно энергии  
go for a walk — пойти на прогулку  
feel fresh — чувствовать себя свежо  
in a better mood — в лучшем настроении  
stay at home — оставаться дома  
spend time with family — проводить время с семьёй  
feel more connected — чувствовать связь  
take care of things — заняться делами  
organize my space — организовать пространство  
more relaxed — более расслабленный  
prepare for the new week — подготовиться к новой неделе  
reflect on the past week — подумать о прошедшей неделе  
check my schedule — проверить расписание  
feel in control — чувствовать контроль  
do nothing — ничего не делать

You can use patterns like these in your own speech:

By the time..., I usually... — К тому времени, как..., я обычно...

Sometimes I..., but other times I... — Иногда я..., но в другие разы я...

If I have enough..., I... — Если у меня есть достаточно..., я...

I prefer to..., because... — Я предпочитаю..., потому что...

In the afternoon/evening, I often... — Днём/вечером я часто...

It helps me... — Это помогает мне...

I try not to..., because... — Я стараюсь не..., потому что...

Now think about your own experience:

Do you usually make weekend plans in advance?

What do you like to do on Saturday morning?

Do you prefer active or relaxing weekends? Why?

Do you spend weekends with friends or family?

Do you use weekends to do chores?

How do you usually spend Sunday?

Do you prepare for the new week on Sunday?

Here are some possible answers:

Sometimes I plan in advance, but other times I decide at the last minute because I don't know how I will feel.

On Saturday morning, I like to stay in bed a bit longer and start the day slowly with coffee.

I prefer relaxing weekends because I need to rest after a long and busy week.

I often spend time with family or friends because it helps me feel more connected.

Yes, I take care of things like cleaning and shopping so that

my week is less stressful.

On Sunday, I usually relax, read, or go for a walk because I want to feel calm.

Yes, I check my schedule and prepare for the new week to feel more in control.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

By the time the weekend arrives, I usually \_\_\_\_\_.

On Saturday, I prefer to \_\_\_\_\_ because \_\_\_\_\_.

If I have enough energy, I \_\_\_\_\_.

On Sunday, I try to \_\_\_\_\_.

Preparing for the new week helps me \_\_\_\_\_.

# Household Chores

Household chores are a normal part of everyday life, although not everyone enjoys doing them. For me, chores are something I can't avoid, so I try to make them as simple and manageable as possible. If I ignore them for too long, my home quickly becomes messy, and then it takes much more time to clean everything.

During the week, I don't always have enough time for big tasks, so I focus on small things. For example, I wash the dishes after meals, wipe the table, and put things back in their place. These small habits don't take long, but they make a big difference. If I skip them, the mess builds up, and it becomes harder to deal with later.

I usually leave bigger chores for the weekend. On Saturday, I often clean the apartment. I vacuum the floor, dust the furniture, and clean the bathroom. Sometimes I listen to music while I clean because it makes the process less boring. If I'm in a good mood, I can even enjoy it.

Laundry is another regular chore. I try to do it once or twice a week so that I don't run out of clean clothes. It's not difficult, but it takes time to wash, dry, and fold everything. Sometimes I forget about it and leave clothes in the washing machine for too

long, which is not a great habit.

Cooking is also part of my routine. I don't cook every day, but I try to prepare simple meals at home. It's healthier and often cheaper than eating out. After cooking, I always have to clean the kitchen, which can be a bit tiring, especially in the evening.

There are days when I really don't feel like doing any chores. I just want to relax and do nothing. But I know that if I don't take care of my space, it will only create more stress later. So I try to do at least one or two small tasks, even on lazy days.

Sometimes I make a simple plan for my chores. I decide what to do and when to do it. This helps me stay organized and not feel overwhelmed. When everything is clean and in order, I feel more comfortable and relaxed at home.

Household chores may not be exciting, but they are important. A clean and organized space can really affect how I feel, even when I don't notice it at first.

Here are some useful expressions you might have noticed:

household chores — домашние дела  
everyday life — повседневная жизнь  
can't avoid — невозможно избежать  
messy — беспорядок / грязный

focus on small things — сосредоточиться на мелочах  
wash the dishes — мыть посуду  
wipe the table — вытирать стол  
put things back — убирать вещи на место  
make a big difference — иметь большое значение  
build up — накапливаться  
deal with — справляться с  
vacuum the floor — пылесосить пол  
dust the furniture — вытирать пыль  
do laundry — стирать  
run out of clothes — остаться без чистой одежды  
fold clothes — складывать одежду  
not a great habit — не очень хорошая привычка  
prepare meals — готовить еду  
eating out — есть вне дома  
take care of my space — заботиться о доме  
lazy days — ленивые дни  
feel overwhelmed — чувствовать перегрузку  
in order — в порядке

You can use patterns like these in your own speech:

I try to..., so that... — Я стараюсь..., чтобы...

If I don't..., it will... — Если я не..., это...

During the week, I usually... — В течение недели я обычно...

On weekends, I often... — По выходным я часто...

Sometimes I..., because... — Иногда я..., потому что...

There are days when I... — Бывают дни, когда я...

It helps me... — Это помогает мне...

Now think about your own experience:

Do you do household chores every day?

What chores do you do during the week?

What chores do you usually do on the weekend?

Do you like cleaning? Why or why not?

How often do you do laundry?

Do you cook at home or eat out more often?

How do you feel when your home is clean?

Here are some possible answers:

Yes, I do some small chores every day so that my home doesn't become messy.

During the week, I usually wash the dishes and put things back in their place.

On the weekend, I vacuum the floor and clean the apartment because I have more time.

I don't really like cleaning, but I know it makes a big difference and helps me feel more comfortable.

I do laundry once or twice a week so that I don't run out of clean clothes.

I try to cook at home because it's healthier, but sometimes I eat out when I feel too tired.

When my home is clean and in order, I feel relaxed and less stressed.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

If I don't do chores, my home will \_\_\_\_\_.

During the week, I usually \_\_\_\_\_.

On the weekend, I often \_\_\_\_\_.

I try to do laundry regularly so that \_\_\_\_\_.

A clean home helps me feel \_\_\_\_\_.

# Shopping for Groceries

Shopping for groceries is a regular part of my week, and I usually do it once or twice, depending on how much food I have at home. I prefer not to wait until everything is finished because then I have to buy too many things at once, and it becomes stressful.

Before I go to the store, I often make a shopping list. It helps me stay organized and avoid buying things I don't really need. If I don't write things down, I can easily forget something important or spend too much money on snacks and random items.

I usually go to a supermarket near my home because it's convenient and has everything I need. When I enter the store, I try to follow my list, but it's not always easy. There are so many products, and sometimes I see something interesting and decide to try it.

I often start with fruits and vegetables. I try to choose fresh products, so I look at the color and check if they feel firm. Then I move on to other sections, like dairy, bread, and meat. I usually buy simple and basic ingredients that I can use for different meals.

Sometimes I compare prices to make better decisions. If there is a discount, I might buy more than usual, especially if it's something I use often. However, I try not to buy too much because food can go bad if I don't use it in time.

One of the most difficult things is avoiding unnecessary purchases. Supermarkets are full of things that look attractive, and it's easy to take something just because it looks good. That's why I remind myself to stick to my list and focus on what I really need.

At the checkout, I usually check my items again to make sure I didn't forget anything. Then I pay and pack everything into bags. If I bought a lot, the bags can be quite heavy, which is not very comfortable, especially if I have to walk home.

When I get home, I put everything away in the fridge or on the shelves. It takes a few minutes, but it helps keep everything organized. After that, I feel satisfied because I know I have everything I need for the next few days.

Even though grocery shopping is not very exciting, it is an important part of daily life. When I do it well, it saves time, money, and energy later.

Here are some useful expressions you might have noticed:

shop for groceries — покупать продукты  
once or twice a week — один или два раза в неделю  
make a shopping list — составить список покупок  
stay organized — оставаться организованным  
avoid buying things — избегать покупок  
forget something important — забыть что-то важное  
spend too much money — тратить слишком много денег  
near my home — рядом с домом  
follow my list — следовать списку  
fresh products — свежие продукты  
look at the color — смотреть на цвет  
feel firm — быть плотным (о продуктах)  
basic ingredients — основные ингредиенты  
compare prices — сравнивать цены  
make better decisions — принимать лучшие решения  
go bad — портиться  
avoid unnecessary purchases — избегать лишних покупок  
stick to my list — придерживаться списка  
checkout — касса  
pack into bags — упаковывать в пакеты  
put everything away — разложить всё по местам  
feel satisfied — чувствовать удовлетворение

You can use patterns like these in your own speech:

I usually..., depending on... — Я обычно..., в зависимости от...

Before I..., I often... — Перед тем как..., я обычно...

If I don't..., I can... — Если я не..., я могу...

I try to..., but... — Я стараюсь..., но...

Sometimes I..., especially when... — Иногда я..., особенно

когда...

One of the most difficult things is... — Одна из самых сложных вещей — это...

When I get home, I... — Когда я прихожу домой, я...

Now think about your own experience:

How often do you shop for groceries?

Do you make a shopping list? Why or why not?

Where do you usually buy food?

Do you compare prices when you shop?

Do you often buy unnecessary things?

What do you usually buy every week?

How do you feel after grocery shopping?

Here are some possible answers:

I usually shop for groceries once or twice a week, depending on how much food I have at home.

Yes, I make a shopping list because it helps me stay organized and avoid buying unnecessary things.

I usually go to a supermarket near my home because it's convenient and has a good selection.

Sometimes I compare prices to make better decisions,

especially when I want to save money.

Yes, sometimes I buy snacks that I don't really need because they look attractive.

I usually buy fresh products, basic ingredients, and things I use every day like bread and milk.

After shopping, I feel satisfied because I have everything I need for the next few days.

Try to give a more detailed answer. Use 2—3 expressions from the list and explain your idea with a reason or an example.

Complete the sentences:

Before I go shopping, I usually \_\_\_\_\_.

If I don't make a list, I can \_\_\_\_\_.

I try to buy \_\_\_\_\_ so that \_\_\_\_\_.

One of the most difficult things is \_\_\_\_\_.

After I get home, I \_\_\_\_\_.

# Cooking at Home

Last Sunday I decided to stay at home and cook dinner instead of ordering food. It was a quiet evening, and I wanted to do something relaxing after a busy week. I opened my fridge and looked at what I had. There were some vegetables, a few eggs, rice, and a piece of chicken. It wasn't a lot, but I thought I could make something simple and tasty.

At first, I wasn't very sure what to cook, because I'm not a professional cook. I usually choose easy recipes, so I don't make mistakes. I found a quick idea online for a fried rice dish, and it looked perfect. So I started to prepare everything step by step.

First, I chopped the vegetables. My kitchen got a bit messy, but I didn't mind because cooking at home always feels a bit chaotic at the beginning. Then I cooked the chicken in a pan with some oil and spices. The smell was really good, and I started to feel hungry.

After that, I boiled the rice. While it was cooking, I cleaned the kitchen a little, so I wouldn't have too much work later. I think this is one of the best parts of cooking at home — you can organize everything your own way.

When everything was ready, I mixed the rice, chicken, and vegetables together. I added soy sauce and stirred it carefully. I was a bit nervous, because I didn't know if the taste would be good. But after the first bite, I smiled. It was simple, but really delicious.

I sat at the table, ate slowly, and enjoyed the quiet atmosphere. There was no noise from restaurants, no delivery waiting time — just homemade food and a calm evening. I even made a cup of tea after dinner and felt proud of myself for cooking instead of ordering something.

Cooking at home is not always perfect. Sometimes the food is too salty or something burns. But it feels good to try, because you learn something every time. And maybe next time, I'll try a new recipe — something a bit more difficult, just to see what happens.

Here are some useful expressions you might have noticed:

stay at home — оставаться дома

cook dinner — готовить ужин

busy week — занятая неделя

open the fridge — открыть холодильник

a piece of chicken — кусок курицы

not sure what to cook — не уверен, что готовить

easy recipes — простые рецепты

step by step — шаг за шагом

chop vegetables — нарезать овощи

get a bit messy — немного запачкаться / беспорядок

feel hungry — чувствовать голод

boil rice — варить рис

clean the kitchen — убирать кухню

mix ingredients — смешивать ингредиенты

add spices — добавлять специи

stir carefully — аккуратно перемешивать

first bite — первый кусочек

homemade food — домашняя еда

calm evening — спокойный вечер

feel proud of myself — гордиться собой

try a new recipe — попробовать новый рецепт

make mistakes — делать ошибки

delicious smell — вкусный запах

cook at home — готовить дома

You can use patterns like these in your own speech:

I decided to... — Я решил (а)...

I usually choose... because... — Я обычно выбираю..., потому что...

At first, I wasn't sure... — Сначала я не был (а) уверен (а)...

While I was..., I... — Пока я..., я...

One of the best parts is... — Одна из лучших частей — это...

I started to feel... when... — Я начал (а) чувствовать... когда...

I didn't know if... but... — Я не знал (а), ... но...

After that, I... — После этого я...

It felt good to... — Было приятно...

I ended up... — В итоге я...

Now think about your own experience:

Do you like cooking at home or ordering food? Why?

What is your favourite simple dish to cook?

Do you feel relaxed when you cook, or is it stressful?

Have you ever tried a new recipe that surprised you?

Who usually cooks in your family?

Do you think cooking at home is healthier? Why?

What do you usually do while your food is cooking?

Here are some possible answers:

I prefer cooking at home because it feels healthier and more personal. For example, I can control the ingredients and make the food exactly how I like it. It also saves money and gives me a sense of independence.

My favourite simple dish is pasta with vegetables. I usually cook it when I don't have much time, because it is quick and still tasty. I sometimes add cheese or spices to make it more interesting.

I feel relaxed when I cook, especially in the evening. It helps

me forget about stress, because I focus on simple steps like cutting vegetables or mixing ingredients.

Yes, I once tried a new recipe with chicken and honey sauce. I wasn't sure if it would work, but it turned out very delicious, so I started cooking it more often.

In my family, my mother usually cooks, but I sometimes help her. On weekends, we cook together, and it feels like a small family activity.

I think cooking at home is healthier because you know exactly what you eat. For example, you can use less oil and more fresh ingredients.

While my food is cooking, I usually clean the kitchen or listen to music. It makes the cooking process more enjoyable and less boring.

Complete the sentences:

I decided to \_\_\_\_\_ because I wanted to save money.

At first, I wasn't sure what to \_\_\_\_\_ for dinner.

While I was cooking, I started to feel \_\_\_\_\_.

One of the best parts of cooking at home is \_\_\_\_\_.

After that, I mixed everything and added some \_\_\_\_\_.

# Eating Out with Friends

Last Friday evening I met my friends after work, and we decided to go out for dinner. It had been a long week, so everyone wanted to relax a bit, eat something tasty, and just talk without rushing anywhere. We usually meet in different places, but this time we chose a small restaurant in the city centre that one of my friends recommended.

When I arrived, they were already waiting at the table, laughing about something that happened at work. I joined them, took off my coat, and suddenly I felt that the whole stress of the week started to disappear. The place was not too fancy, but it had a warm atmosphere — soft lights, quiet music, and the smell of fresh food coming from the kitchen.

At first, it took us a long time to decide what to order because everything on the menu sounded good. I was a bit hungry, so I didn't want to wait too long, but at the same time I didn't want to choose something disappointing. Finally, I ordered grilled chicken with vegetables, and my friends chose pasta, burgers, and salads.

While we were waiting for the food, we just talked about everything — work, travel plans, and small funny moments from

the week. I think this is the best part of eating out with friends, because at home people are often distracted, but in a restaurant you really focus on each other.

When the food arrived, it looked amazing. The plates were full, colorful, and smelled delicious. We all paused for a moment before eating, just to take a picture, of course. Then we started eating, and the conversation became a bit slower because everyone was enjoying their meal.

My chicken was actually better than I expected. It was soft, well-seasoned, and the vegetables were fresh. One of my friends said her pasta was a bit too salty, but she still finished it because she was too hungry to complain too much.

As we ate, we also shared food and tried each other's dishes. Someone always says, «Try this, it's really good,» and suddenly your plate becomes half-empty. We laughed a lot, especially when one of my friends accidentally dropped a piece of bread on the floor and tried to hide it like nothing happened.

After dinner, we stayed for a while, ordered tea and dessert, and talked even more slowly. Nobody was in a hurry, and that made the evening feel longer in a good way. It was one of those nights where simple things — food, conversation, and time together — feel more important than anything else.

When we finally left the restaurant, it was already dark outside, but the city still felt alive. We walked together for a bit, planning the next meeting, although nobody really knew when it would happen. Still, everyone agreed that we should do it again soon, because these evenings always feel too short.

Here are some useful expressions you might have noticed:

go out for dinner — пойти поужинать вне дома

long week — длинная/тяжёлая неделя

relax a bit — немного расслабиться

city centre — центр города

warm atmosphere — тёплая атмосфера

soft lights — мягкий свет

smell of food — запах еды

take off my coat — снять пальто

feel stress disappear — почувствовать, как стресс уходит

decide what to order — решить, что заказать

sound good — звучать хорошо / аппетитно

be too hungry — быть слишком голодным

wait for food — ждать еду

talk about everything — говорить обо всём

small funny moments — маленькие смешные моменты

focus on each other — сосредоточиться друг на друге

look amazing — выглядеть потрясающе

smell delicious — пахнуть вкусно

try a dish — попробовать блюдо

well-seasoned food — хорошо приправленная еда

share food — делиться едой

be in a hurry — спешить

order dessert — заказать десерт

plan the next meeting — планировать следующую встречу

feel too short — казаться слишком коротким

You can use patterns like these in your own speech:

We decided to... — Мы решили...

At first, it took us time to... — Сначала нам понадобилось время, чтобы...

While we were waiting, we... — Пока мы ждали, мы...

The best part of... is... — Лучшая часть... — это...

It felt like... — Это было похоже на...

I didn't expect... but... — Я не ожидал (а) ... но...

Everyone agreed that... — Все согласились, что...

We ended up... — В итоге мы...

Nobody was in a hurry — Никто не спешил

It made the evening feel... — Это сделало вечер...

Now think about your own experience:

Do you often go out for dinner with friends? Why or why not?

What kind of restaurants do you prefer when you meet friends?

Do you like sharing food, or do you prefer your own dish?

What do you usually talk about when you eat out?

Have you ever had a funny moment in a restaurant?

Do you think eating out is better than eating at home with friends? Why?

What makes a good evening with friends special for you?

Here are some possible answers:

I don't go out for dinner very often, but when I do, I really enjoy it because it helps me relax after a busy week. For example, I can forget about work and just focus on talking with friends.

I prefer small, cosy restaurants because they have a warm atmosphere and soft lights. It feels more comfortable than big, noisy places, and we can talk more easily.

I like sharing food because it makes the meal more fun. For example, I can try different dishes and discover new tastes, which I usually don't order myself.

We usually talk about everything — work, travel plans, and small funny moments from our lives. It feels natural and helps us stay close as friends.

Yes, once a friend of mine dropped a drink on the table, and we all started laughing. It was a small accident, but it made the evening more memorable.

I think eating out with friends is special, but eating at home is more relaxed. However, restaurants create a different atmosphere, so both are good in different ways.

A good evening is when nobody is in a hurry and everyone

feels comfortable. For example, good food, easy conversation, and a relaxed mood make it really special.

Complete the sentences:

We decided to \_\_\_\_\_ because we wanted to relax after work.

While we were waiting for food, we \_\_\_\_\_ about everything.

The food looked \_\_\_\_\_ when it arrived.

One of the best parts of eating out is \_\_\_\_\_ with friends.

After dinner, we ordered \_\_\_\_\_ and stayed for a while.

# Getting Ready for a Trip

It was late on a Wednesday evening when I finally decided to go on a short trip the next weekend. I didn't plan it for a long time — actually, it happened quite suddenly. A friend texted me and said, «Why don't we go somewhere outside the city? Just for two or three days.» At first, I hesitated because I had a few things to do at home, but then I thought, «I really need a break.»

The next morning, I started getting ready for the trip. Even though it was only a short weekend away, I always manage to make packing feel more complicated than it should be. I opened my wardrobe and just stood there for a minute, trying to decide what to take. The weather forecast said it might be a bit cold in the evenings, so I needed warm clothes, but during the day it would be sunny, so I also needed something light.

I made a list on my phone — clothes, charger, toiletries, passport, and snacks. I always forget at least one important thing, so this time I wanted to be more organized. While I was packing, I kept checking the list again and again, just to be sure.

My suitcase slowly became full, but I still felt like something was missing. I think this happens every time before a trip — a strange feeling that you forgot something important, even when

everything is already packed. I even checked my passport twice, just in case.

In the middle of packing, I stopped for a moment and started thinking about the trip itself. We hadn't even decided everything yet — where exactly we would stay, what places we would visit, or what we would eat. But that uncertainty made it exciting. Sometimes the best trips are the ones that are not perfectly planned.

Later, I called my friend to confirm the details. We talked about transport, meeting time, and a rough plan. We agreed to leave early in the morning so we could arrive before noon and have enough time to explore. After the call, I felt more relaxed because things were becoming clearer.

In the evening, I finished packing and sat on my bed, looking at the suitcase. It was ready, but I wasn't fully ready yet in my mind. I started imagining the journey — the train or car ride, the conversations, the first view of a new place. I like that moment before a trip when everything is still ahead of you.

Before going to sleep, I checked my bag one last time. Toothbrush, charger, clothes — everything seemed fine. Still, I put the suitcase near the door so I wouldn't forget it in the morning. Then I lay down and tried to fall asleep, but my thoughts

kept going back to the trip, as if my mind had already left before me.

Here are some useful expressions you might have noticed:

get ready for a trip — готовиться к поездке

short trip — короткая поездка

go somewhere outside the city — поехать за город

need a break — нуждаться в отдыхе

start packing — начать собирать вещи

manage to do something — умудриться сделать что-то

make packing complicated — усложнять сборы

wardrobe — шкаф с одеждой

weather forecast — прогноз погоды

warm clothes — тёплая одежда

light clothes — лёгкая одежда

make a list — составить список

toiletries — предметы личной гигиены

keep checking — постоянно проверять

again and again — снова и снова

feel something is missing — чувствовать, что чего-то не

хватает

strange feeling — странное чувство

in the middle of packing — посреди сборов

confirm details — уточнить детали

rough plan — примерный план

leave early in the morning — выехать рано утром

feel more relaxed — чувствовать себя спокойнее  
be fully ready — быть полностью готовым  
look at the suitcase — смотреть на чемодан  
fall asleep — заснуть

You can use patterns like these in your own speech:

I decided to... because... — Я решил (а) ... потому что...

At first, I hesitated because... — Сначала я сомневался  
(ась), потому что...

I made a list of... — Я составил (а) список...

While I was..., I... — Пока я..., я...

I kept checking... — Я постоянно проверял (а)...

It felt like... — Это было похоже на...

We agreed to... — Мы договорились...

I felt more relaxed because... — Я почувствовал (а) себя  
спокойнее, потому что...

I started imagining... — Я начал (а) представлять...

Before going to sleep, I... — Перед сном я...

Now think about your own experience:

Do you like travelling or do you find packing stressful? Why?

What do you usually pack first when you go on a trip?

Have you ever forgotten something important while  
travelling?

Do you prefer planned trips or spontaneous ones? Why?

Who do you usually travel with?

What is the most exciting moment before a trip for you?  
Do you check your luggage many times before leaving? Why?

Here are some possible answers:

I like travelling, but I often find packing a bit stressful because I worry about forgetting something important. For example, I always double-check my bag before leaving.

I usually pack clothes first because they take the most space and depend on the weather. After that, I add smaller things like toiletries and chargers.

Yes, I once forgot my charger during a trip, and it was quite inconvenient. Because of that, I now always make a list before packing.

I prefer a mix of both. I like having a basic plan, but also some flexibility, because spontaneous moments often become the most memorable.

I usually travel with friends or family. It makes the journey more fun because we can talk, share experiences, and help each other.

The most exciting moment is right before leaving, when everything is packed and the trip is about to start. I always feel a mix of excitement and curiosity.

Yes, I usually check my luggage several times because I don't want to forget anything important. It gives me peace of mind before leaving.

Complete the sentences:

I decided to go on a trip because I needed \_\_\_\_\_.

While I was packing, I kept checking \_\_\_\_\_ again and again.

I made a list of all the things I needed, like \_\_\_\_\_ and clothes.

Before leaving, I felt more \_\_\_\_\_ because everything was ready.

The most exciting part of getting ready for a trip is \_\_\_\_\_.

# A Day Without a Phone

It started as a small challenge, almost like a joke. On Saturday morning, I woke up and realized my phone battery was dead. I plugged it in, but the charger wasn't working properly, so I had a choice: stay at home and wait, or just go through the day without a phone. I decided to try the second option, just to see what would happen.

At first, it felt strange. I reached for my phone out of habit, even though I knew it wouldn't turn on. It was like my hand was acting automatically. Normally, I check messages, scroll through social media, or listen to music right after waking up, but this time there was only silence.

I made breakfast and sat by the window. Without my phone, everything felt slower, but in a different way — not bad, just unusual. I noticed small things I usually ignore: the sound of people outside, the light on the table, even the taste of my coffee felt stronger.

Later, I decided to go for a walk. Usually, I would use my phone for maps, music, or photos, but now I just walked without any plan. At first, I felt a bit lost because I wasn't checking directions, but after a while, I started to enjoy it. I discovered a

small park near my street that I had never noticed before. People were sitting on benches, talking, reading books, and walking dogs.

Without my phone, I also had more time to think. My mind wasn't jumping from one notification to another, so I started thinking about random things — my week, future plans, and even old memories. It felt a bit strange, but also peaceful.

In the afternoon, I met a friend by chance. Normally, we would text each other to decide where to meet, but this time we just bumped into each other in a café. We ended up sitting together, talking for almost two hours. There were no interruptions, no checking screens, just a real conversation. I didn't realize how rare that had become.

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