

Daily life in London

Routines

People usually start work in the UK at 9 o'clock. Some people have to start earlier if they work in shops, driving buses and trains, or in hotels.

Some people work at home – this is more popular than before.

If you have a computer you can work at home and still have a job

Commuting

In London and other cities most people have to travel a long way to work.

Many people travel about 1 hour to get to work.

In London most people travel to work by Tube. This is the train that goes under the ground.

It is a very big system – 5 million people use the Tube every day. It has more than 240 stations.

Meals

Breakfast is important to start the day. Most people have cereals, fruit, or eggs and sometimes bacon. The famous English breakfast is bacon, eggs and toast. But most people eat healthy breakfasts.

Lunch is usually at 1 o'clock. At work, people usually have a sandwich. At the weekend people eat a big roast dinner with the family and friends

Dinner is usually at 6 or 7 o'clock, but sometimes at 8. At home people cook many different types of food. Or they pay for food that comes from local restaurants – their food comes by motorbike or car from the local restaurant. It's called a 'takeaway'. In London people eat traditional food from Britain, but also a lot of food from other countries.

The most popular food in UK is Indian food – spicy food like curry. Food from Thailand, China, Spain and Italy is also very popular. Most people have very international dinners.

Schools

Young children start school when they are five years old. They go to a Primary school from age 5 to age 11. They go to secondary school when they are 11 years old. A lot of learners go to university – about 50% of all 18 year olds

University courses are three years long.

Work routines

People start work at 9 and they work until 5 - but sometimes much later.

Most people take half an hour or an hour for lunch.

But many have a sandwich and eat in the office

Pubs

After work, people in London often go out with friends before they go home. They visit the pubs in the city for a drink and a snack before they go home. London is a big city – it takes an hour or more to go home.

So people don't want to go home first and then come back to the city for a movie or a dinner

Nightlife

Many people go to the cinema in the evening – there are many cinemas to visit.

Some people prefer to go to the theatre – there are a lot of theatres in the city. Some show dramas, some show comedies, some show musicals.

The city has many, many restaurants and a lot of people like to meet their friends for dinner.

Dinner at home is usually at 6 o'clock (for families with children) or at 7 o'clock, and dinner in the restaurant is usually at 7 or 8 o'clock.

New words for this article

1	tube	the train that goes under the ground
2	cereal	breakfast food like Cornflakes
3	healthy	not sick or ill
4	roast	meat cooked in the oven
5	takeaway	food delivered to your house

Comprehension Questions

- 1 What is the famous English breakfast?
- 2 Where does 'curry' come from?
- 3 How many 18 year-old students go to university?
- 4 When do people finish work in London?
- 5 Where do people sometimes go after work?

Reading comprehension questions -
 1 Bacon eggs and toast
 2 It comes from India
 3 About 50% of the 18 year olds go to university
 4 About 5pm but sometimes later
 5 They go to the pubs

Answers