

MINISTRY OF EDUCATION
SECONDARY ENGAGEMENT PROGRAMME
TERM ONE 2021

Subject: Portuguese

Grade Eight

Week Five (5)

Lesson One Topic: Daily Routine.

Useful vocabulary and expressions to use when talking about daily routine.

cedo – early
tarde – later
às 7h – at 7h
de manhã – in the morning
à tarde – in the afternoon
à noite – in the evening/at night
hoje – today
antes – before
depois – after

às vezes – sometimes
sempre – always
nunca – never
raramente – rarely
normalmente – normally
geralmente – usually
diariamente – daily
em seguida – afterwards

• **days of the week:**

segunda-feira terça-feira quarta-feira quinta-feira sexta-feira sábado domingo

Monday tuesday wednesday thursday friday saturday sunday

vida cotidiana – daily life

acordar – wake up
levantar-se – get up
vestir-se – get dressed
pegar o ônibus/ o metrô/ um táxi – to take the bus/ the subway/ a cab.
ir para o trabalho/ a escola/ a academia/ casa – to go to work/ to school/ to the gym/ home.
chegar- to arrive/ **sair** – to leave.
voltar do trabalho/ da escola/ da academia – to get back from work/ from school/ from the gym.
ir se deitar – to go to bed.
dormir– to sleep

eu durmo às 22h (i sleep at 10pm)

Refeições – meals

tomar café da manhã – to have breakfast
almoçar – to have lunch.
jantar – to have dinner.
comer um lanche / um sanduíche – to eat a snack/ a sandwich
tomar um café/ um suco / um chá/ um refrigerante – to have coffee/ juice/ tea/ a soda
cozinhar – to cook
fazer o café da manhã/ almoço/ o jantar – to make breakfast/ lunch/ dinner

Atividades gerais – general activities

ler o jornal / um livro – to read the newspaper / a book
fazer um intervalo/ descansar – to take a break/ rest.
ouvir rádio/ música – to listen to the radio/ music.
assistir tv – to watch tv.
ir ao cinema/ a um bar/ a um restaurante/ à boate/ à praia/ ao clube – to go to the movies/
to a bar/ to a restaurant/ to a nightclub/ to the beach/ to the club.
malhar/ se exercitar – to work out/ exercise.
estudar – to study
conversar/ sair com os amigos – to talk to/ go out with friends.
fazer compras – to go shopping.
passear com o cachorro – to walk the dog.
olhar e-mails – to check your e-mail

higiene/ cuidados pessoais – personal hygiene/care

tomar banho – take a shower
pentear/lavar o cabelo – comb/ wash your hair
se barbear – shave
se arrumar – get ready
passar maquiagem/perfume – put on makeup/ perfume
cortar as unhas – clip your nails

