

morning routine

Do you like to get up early in the morning?

What's your morning routine?

Do you think breakfast is important?

话题词汇：

a morning person 喜欢早起的人

a morning lark 喜欢早起的人

get out of bed=get up 起床

drag myself out of bed 挣扎着起床

full of beans=energetic 精力充沛的

get more things done 做完更多的事

a night owl 夜猫子

hit the sack=hit the hay=go to bed 上床睡觉

stay up late=burn the midnight oil 熬夜到很晚

suffer from insomnia 失眠

答案中的一些词汇：

unlike ... 不像...

brush my teeth 刷牙

wash my face 洗脸

health-conscious 注意健康的

canteen 食堂

grab ... 去吃...

hearty 丰盛的

according to some experts 根据一些专家说的

as much as possible 尽可能多