A New Morning Habit (A2 · English A2)

Tekst / Transcript

Mia: Good morning, Ben. You look tired today.

Ben: Hi, Mia. I was asleep on the sofa at nine o'clock last night. Then I woke up at two.

Mia: That happens to me too. My daily routine starts too early.

Ben: What time do you get up?

Mia: At six. I make coffee and I read for twenty minutes.

Ben: That is a nice habit. I only look at my phone.

Mia: I want to change my lifestyle. I eat too much bread and sugar.

Ben: Me too. My doctor says I am a little fat now.

Mia: My doctor says the same words to me! But we are not sick.

Ben: No, we are fine. I want to be fit again, like at school.

Mia: You were fast then. You ran with the team every week.

Ben: Yes, and I felt alive and happy after every run.

Mia: So let's run together on Saturday morning.

Ben: Good idea. We can enter the park by the small gate.

Mia: Perfect. It is a quiet place and the air is fresh.

Ben: For me a run is a big adventure. I am not a young boy anymore.

Mia: We are both adults now, but we can still try.

Ben: You are right. Saturday at eight, then.

Mia: See you there. Bring water and good shoes!

Woordenlijst

Word	Meaning
adult	
adventure	
alive	

asleep
daily
fit
lifestyle
habit
everyday
enter
fat
heavy
ideal
physical
soft
light
light
extremely
cover
wild
support

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