The first bit of text is in present tense – what I am doing **now**. The second bit is in past tense – what I did **yesterday**.

I **get** up at about 8 'o'clock and **go** downstairs for some breakfast. I **walk** down to the shop and I **buy** a banana and some orange juice. I **come** back home and **make** myself a cup of tea. Next, I **listen** to the football on the radio before I **go** and **meet** some friends at the cinema. I then **watch** a film called Alice in Wonderland and then I **go** back home. I **cook** some chicken and pasta for my dinner and I **eat** it quickly because I **am** hungry.

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watched	got	cooked	went	bought
walked	came	made	ate	met
was	listened			