



Lic. En Enfermería

Nombre del alumno(a):

López Méndez Conny Yanini

Nombre de profesor:

Lic. Jezabel Ivonne Silvestre Montejo

Nombre de actividad:

Time expressions “My weekly routine”

Inglés: IV

4to. Cuatrimestre, grupo C. (sábados).

My routine in the week is:

I do these activities on Monday, Wednesday and Friday. I wake up at 7:00 in the morning, I prepare my breakfast and go to work. at work I take care of a sick old woman. at 8:00 am I administer oral medication.

I take his blood pressure at 9:00 am, give him fruits and liquids, at lunchtime I give him boiled potatoes and secure a smoothie jar. is going to have a doctor's appointment on September 28th. Then I shower her and clean her wounds, because she has ulcers on her back, In the afternoon I turn on the radio to listen to music in the garden. At 4 in the afternoon I do the blood or glucose test, change gauze, diapers, and tidy up the room. I say goodbye to work and go home at 5 in the afternoon. I prepare the food, talk to my mother, help around the house, take a shower and go to sleep.

Tuesday morning Im going for a run. In the park I exercise and relax, I come home clean and finish at 8:30 am. I prepare breakfast for my family and go to the market to sell plants. I help my mom in the clothing business. In the afternoon I start to embroider blouses and go ahead with my tasks. On Thursday I also do the same. Saturdays and Sundays I get up at 4 am to prepare coffee and rice to sell with my mother.