

# Short life, long life?

## 1 GRAMMAR position of adverbs and expressions of frequency

- a Complete the *You* column in the chart. Then complete the sentences with a verb and an adverb of frequency.

|                         |      |                                                                                   |                                                                                   |                                                                                   |
|-------------------------|------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| always                  | //// |  |  |  |
| usually                 | //// |                                                                                   |                                                                                   |                                                                                   |
| often                   | ///  |                                                                                   |                                                                                   |                                                                                   |
| sometimes               | ✓✓   |                                                                                   |                                                                                   |                                                                                   |
| hardly ever             | ✓    |                                                                                   |                                                                                   |                                                                                   |
| never                   | -    |                                                                                   |                                                                                   |                                                                                   |
| sleep for eight hours   | //// |                                                                                   | ✓✓                                                                                |                                                                                   |
| be relaxed              | //// |                                                                                   | ✓✓                                                                                |                                                                                   |
| play sports or exercise | ✓✓   |                                                                                   | -                                                                                 |                                                                                   |
| eat healthy food        | ///  |                                                                                   | ✓                                                                                 |                                                                                   |
| be sick                 | -    |                                                                                   | ////                                                                              |                                                                                   |

- Matt usually sleeps for eight hours.
- He \_\_\_\_\_ relaxed.
- He \_\_\_\_\_ sports or exercises.
- He \_\_\_\_\_ healthy food.
- He \_\_\_\_\_ sick.
- Becky \_\_\_\_\_ for eight hours.
- She \_\_\_\_\_ relaxed.
- She \_\_\_\_\_ sports and exercises.
- She \_\_\_\_\_ healthy food.
- She \_\_\_\_\_ sick.
- I \_\_\_\_\_ for eight hours.
- I \_\_\_\_\_ relaxed.
- I \_\_\_\_\_ sports and exercises.
- I \_\_\_\_\_ healthy food.
- I \_\_\_\_\_ sick.

Write the adverb of frequency in the correct place in the sentence.

- Pilots sleep in hotels. (often)  
Pilots often sleep in hotels.
- The children walk to school. (every day)  
The children walk to school every day.
- Mike rides his motorcycle to work. (sometimes)  
\_\_\_\_\_
- My sister is late. (never)  
\_\_\_\_\_

- I see my grandparents. (every weekend)  
\_\_\_\_\_
- Ellie drinks coffee. (three times a day)  
\_\_\_\_\_
- I'm hungry. (always)  
\_\_\_\_\_
- We study English. (twice a week)  
\_\_\_\_\_

## 2 VOCABULARY adverbs and expressions of frequency

- a Answer the questions.

### THE TIME QUIZ

- How many minutes in an hour? \_\_\_\_\_
- How many months in a year? \_\_\_\_\_
- How many days in a week? \_\_\_\_\_
- How many seconds in a minute? \_\_\_\_\_
- How many weeks in a month? \_\_\_\_\_
- How many hours in a day? \_\_\_\_\_
- How many days in June? \_\_\_\_\_
- How many weeks in a year? \_\_\_\_\_

- b Complete the sentences with one or two words.

- Leo goes to the gym all week and on weekends.  
Leo goes to the gym every day.
- Tomo usually takes a vacation in the summer and winter.  
Tomo usually takes a vacation \_\_\_\_\_ a year.
- We usually see one new film a month.  
We go to the movie theater \_\_\_\_\_ a month.
- Adele doesn't do any homework at all.  
Adele \_\_\_\_\_ does homework.
- They have English classes on Mondays, Wednesdays, and Fridays.  
They have English classes \_\_\_\_\_ a week.
- My mother goes to the hair salon once a week, on a Friday.  
My mother goes to the hair salon \_\_\_\_\_ Friday.
- Sofia walks to work once a year.  
Sofia \_\_\_\_\_ ever walks to work.
- I always buy a new pair of sunglasses in the summer.  
I buy a new pair of sunglasses \_\_\_\_\_ summer.

### 3 PRONUNCIATION the letter h

a Match the words to their pronunciation. In which word is the *h* not pronounced?

- |          |                                     |             |
|----------|-------------------------------------|-------------|
| 1 half   | <input checked="" type="checkbox"/> | a /hʌr/     |
| 2 high   | <input type="checkbox"/>            | b /'aʊər/   |
| 3 how    | <input type="checkbox"/>            | c /haɪ/     |
| 4 hour   | <input type="checkbox"/>            | d /'həri/   |
| 5 hardly | <input type="checkbox"/>            | e /hæf/     |
| 6 here   | <input type="checkbox"/>            | f /'hæpi/   |
| 7 hurry  | <input type="checkbox"/>            | g /'hɑːdli/ |
| 8 happy  | <input type="checkbox"/>            | h /həʊ/     |

b **iChecker** Listen and check. Then listen again and repeat the words.

### 4 READING

a Read the interview.  
What is surprising about Esther Armstrong?



## Interview with Esther Armstrong, 94

- Interviewer** How do you spend your day, Esther?
- Esther** My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.
- Interviewer** What do you do?
- Esther** I'm an accountant.
- Interviewer** Why do you still work, Esther?
- Esther** To have an interest. Also, my job is very exciting.
- Interviewer** What time do you start work?
- Esther** I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.
- Interviewer** What do you usually do after work, Esther?
- Esther** I go out for dinner with friends two or three times a week, and we go to the movies or the theater, or to the ballet.
- Interviewer** Do you live alone?
- Esther** Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.
- Interviewer** Do you have children, Esther?
- Esther** Yes, I do. Both of my daughters live here in New York. One daughter works nearby, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

#### Glossary

*an accountant* = a person whose job it is to make lists of all the money that people or businesses receive and pay

b Read the interview again. Write T (true) or F (false).

- 1 Esther thinks her day is normal. F
- 2 She doesn't like her job. —
- 3 She sometimes starts work at 10 o'clock. —
- 4 She thinks her job is difficult. —
- 5 She often sees friends after work. —
- 6 She lives with one of her children. —
- 7 She never does housework. —
- 8 She has two children. —

c Underline five words you don't know. Use your dictionary to look up their meaning and pronunciation.

### 5 LISTENING

a **iChecker** Listen to a radio program about being healthy. Who does the doctor say is healthy: Marge, Robbie, or Marge and Robbie?

b **iChecker** Listen again. Write T (true) or F (false).

- 1 Robbie doesn't think he's healthy. F
- 2 Marge hardly ever eats fast food. —
- 3 Marge always has breakfast. —
- 4 Marge often goes to the gym. —
- 5 Marge goes to bed late. —
- 6 Robbie sometimes has breakfast. —
- 7 Robbie plays soccer three times a week. —
- 8 Robbie sleeps for six hours every night. —

### USEFUL WORDS AND PHRASES

Learn these words and phrases.

- hours /'aʊəz/
- minutes /'mɪnɪts/
- seconds /'sekəndz/
- teenager /'tiːneɪdʒər/
- healthy (opposite unhealthy) /'helθi/
- normally /'nɔːməli/
- relax /rɪ'læks/
- be in a hurry /bi ɪn ə 'hʌri/
- social life /'soʊʃl laɪf/
- spend time /spend 'taɪm/