

4C 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.

- b 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)

- 5 I see my grandparents. (every weekend)

- 6 Ellie drinks coffee. (three times a day)

- 7 I'm hungry. (always)

- 8 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.