

Lesson 29: 4C – Short life, long life?

4 LISTENING

a **iChecker** Listen to an interview with Mark. Answer the questions.

- 1 What does he do? _____
- 2 Does he like his job? _____
- 3 When does he work? _____



Learn these words and phrases.

customers /'kʌstəməz/
everyone /'evriwʌn/
everything /'evriθɪŋ/
menu /'menjuː/
busy /'bɪzi/
ready /'redi/
a couple of (hours) /ə 'kʌpl əv/
go back /gəʊ 'bæk/
prepare food /prɪpeə 'fuːd/
enjoy /ɪn'dʒɔɪ/

b **iChecker** Listen again. Number the activities in the order Mark does them.

- ☒ 1 Mark starts work at 7 p.m.
- ☐ He goes to bed.
- ☐ He goes to the gym.
- ☐ He goes home.
- ☐ He has a hamburger or a pizza.
- ☐ He watches TV or checks his emails.
- ☐ He gets up.
- ☐ He has breakfast.
- ☐ He sleeps for eight hours.
- ☐ He has dinner.
- ☐ He finishes work.
- ☐ He has a shower.

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	✓✓✓✓	Matt	Becky	You
often	✓✓✓			
sometimes	✓✓			
hardly ever	✓			
never	-			
sleep for eight hours	✓✓✓✓	✓✓		
be relaxed	✓✓✓✓✓	✓✓✓		
do sport or exercise	✓✓	-		
eat healthy food	✓✓✓	✓		
be ill	-	✓✓✓✓✓		

- 1 Matt usually sleeps for eight hours.
- 2 He _____ relaxed.
- 3 He _____ sport or exercise.
- 4 He _____ healthy food.
- 5 He _____ ill.
- 6 Becky _____ for eight hours.
- 7 She _____ relaxed.
- 8 She _____ sport or exercise.
- 9 She _____ healthy food.
- 10 She _____ ill.
- 11 I _____ for eight hours.
- 12 I _____ relaxed.
- 13 I _____ sport or exercise.
- 14 I _____ healthy food.
- 15 I _____ ill.

- b** Put the adverb of frequency in the correct place as in two examples.
Then **say out loud** your answers (*click on the microphone symbol to record*).

1 Pilots sleep in hotels. (often)

Pilots often sleep in hotels.

2 The children walk to school. (every day)

The children walk to school every day.

3 Mike rides his motorbike to work. (sometimes)

_____.

4 My girlfriend 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)

_____.