Hello!

Welcome to Serendipity English Summer Course!

How often do you do exercise?

.....

Short life, long life?

1. Vocabulary; adverbs and expressions of frequency

a. Match the time words.

sixty seconds	a day
thirty minutes	a week
sixty minutes	a minute
twenty-four hours	a year
seven days	an hour
four weeks	a month
twelve months	half an hour

LIVEWORKSHEETS

b. Complete the **expressions of frequency**. Choose the right option.

How often do you see your friends?

M,T,W,T,F,S,S = every ……

week 1, week 2, week 3, etc = every……...

January, February, March, etc.= every ……

2001, 2002, 2003, etc.= every ……

only on Mondays = once a ……

on Tuesdays and Thursdays = twice a ……

on Mondays, Wednesdays and Fridays = three times a ……

in January, April, July and October = four times a ……

LIVEWORKSHEETS

c. Read the sentences with **adverbs of frequency** and match them with a - f.

- [ ] I always get up at 7.00 during the week.
- [ ] I often go to the cinema after work.
- [ ] I usually finish work at 6.00.
- [ ] I sometimes meet a friend for lunch.
- [ ] I hardly ever go to the theatre.
- [ ] I never have coffee.

a. About seven or eight times a month.

b. I start work at 8.00 every day.

c. But on Fridays we stop at 3.00.

d. I don't like it.

e. Only once or twice a year.

f. About one or twice a month.

LIVEWORKSHEETS

2. Grammar

a. Read the text about British teenagers. Is it the same in your country?

Today's teenagers may not live as long as their parents

Doctors are worried that today's teenagers have a very unhealthy lifestyle, and may not live as long as their parents' generation. Research shows:

- **30% of teenagers never have breakfast.**
- **They eat fast food at least two or three times a week and 75% hardly ever eat fruit or green vegetables.**
- **They don't usually sleep 8 hours a day. (30% sleep only 4 - 7 hours.) They are often tired in the morning.**
- **They spend about 31 hours online every week. A lot of teenagers never do sport or exercise.**

LIVEWORKSHEETS

b. Look at the position of the highlighted words and expressions and choose the right option to complete the grammar rule.

1. Adverbs of frequency (always, usually, often, sometimes. hardly ever, never) go ..... a main verb and ..... the verb *be*.
2. Expressions of frequency (every week, once a day, twice a month, three times a year) go ..... of the sentence.

c. Say true sentences about you using adverbs of frequency or expressions of frequency.

be late for work/school	watch the news on TV
go to the hairdresser	check your email
be tired in the morning	go to the cinema
do housework	chat online

3. Reading

a. Read the article; **The secrets of a long life**

b. Mark the sentences T (True) or F (False).

- They have a big family. ☐
- They hardly ever eat meat. ☐
- They have pets. ☐
- They often go to the doctor. ☐
- They often see friends. ☐

LIVEWORKSHEETS