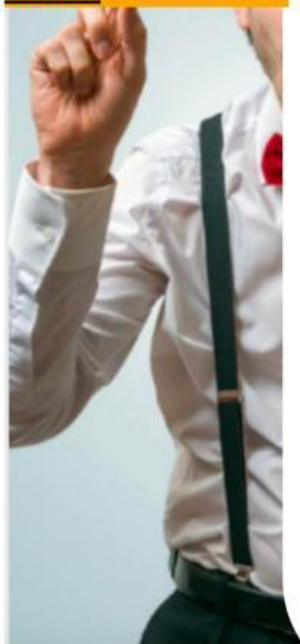


Forms to express exception and habit



Student A: Hey, I've been thinking about my daily habits lately. Apart from weekends, I usually wake up at 6 AM. How about you?

Student B: That's impressive! Nine times out of ten, I hit the snooze button and wake up around 7. In most cases, I end up rushing through my morning routine because of it.

Student A: I get that. Not counting the times I stay up late, I manage to get a good night's sleep.

Student B: I wish I could do that. This does not include weekends, but I often find myself staying up past midnight. How do you manage to stick to your bedtime?

Student A: Well, I try to avoid screens an hour before bed. Reading a book helps me relax. Apart from this, I make sure to exercise regularly. Is there any habit you're proud of?

Student B: Yes, actually. More often than not, I cook my meals at home. It's healthier and saves money. But eating out is an exception, usually when I'm too tired or on special occasions.

Student A: That's great! I need to improve my eating habits. In most cases, I end up ordering takeout.

Student B: Maybe we can help each other out. I can share some easy recipes, and you can give me tips on sticking to a bedtime routine.

Student A: Sounds like a plan! Apart from these changes, is there anything else you're working on?

Student B: Not counting my occasional laziness, I want to start a regular workout routine.

Complete the ideas with the correct expression

apart from

nine times out of ten

not counting

In most cases ...

This does not include

-

More often than not

... is an exception

• **Example comment:** "_____ from weekends, I go jogging every morning. _____ of ten, it makes me feel energized for the rest of the day. _____, I prefer jogging outside, but _____ include rainy days when I stay indoors. Jogging has become an essential part of my routine."

• **Example comment:** "I want to improve my sleeping habits. Not _____ weekends, I often go to bed late. In _____, I get around six hours of sleep, which is not enough. _____ not, I end up feeling tired during the day. Watching TV late at night is _____; usually, I read a book before bed. I plan to set a strict bedtime to improve my sleep."

• **Example comment:** "Over the past year, I've started cooking more at home. _____ cases, I prepare healthy meals, but _____ include busy weekdays when I might order takeout. Eating out is an exception now; I usually prefer home-cooked meals."

Fill in the blanks with the appropriate expressions

apart from

-

nine times out of ten

-

not counting

-

In most cases I...

-

This does not include

-

More often than not

-

... is an exception

1. _____ I _____ on weekends, I
because ...
2. _____, I _____ first thing in the
morning...
3. _____ holidays, I _____.
4. _____, _____ before
going to bed.
5. I try to eat healthy meals during the week. _____
_____ when I might indulge in desserts.
6. _____, I prefer watching movies at home rather
than _____
7. I usually _____. _____ when I'm on
vacation.