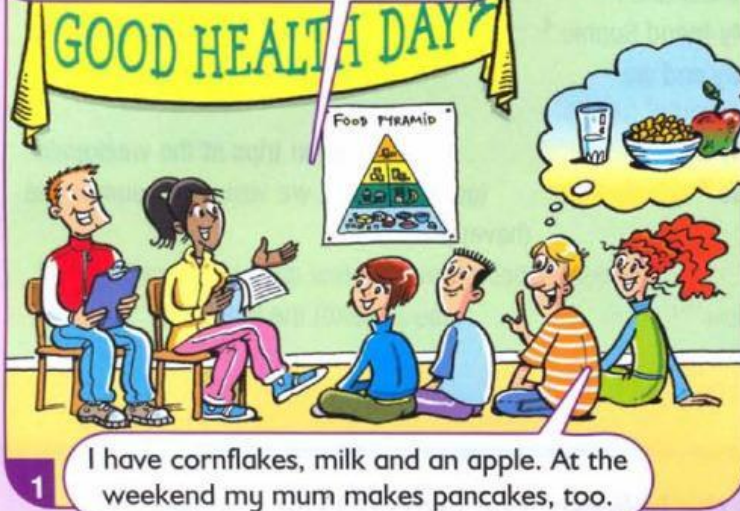


8

Present simple, adverbs of frequency

A good, healthy breakfast is important.
For example, what do you usually have for breakfast, Harry?



Very good! What about you, Beth?



Excellent! Peter?



Fruit? What fruit do you eat, Peter?



1 Complete the table.

Adverbs of frequency

always		I always have breakfast in the morning.
usually		I have cornflakes.
often		My mum makes pancakes.
sometimes		I have milk.
never		I eat fruit.

2 Read the information.

Adverbs of frequency

- We often use **adverbs of frequency** with the present simple to say how often something happens.
- Adverbs of frequency come before the main verb.
Positive: I **always** get up early.
Negative: We **don't usually** go out on Fridays.
Question: What do you **usually** do on Saturdays?
- They come after the verb be.
Positive: We **are never** late for school.

Negative: They **aren't usually** busy on Sundays.

Question: Is your dad **always** tired after work?

Time expressions

- Time expressions** with more than one word come at the beginning or end of the sentence.
Once a month Jon visits his aunt.
I meet my friends at the sports centre **three times a week**.
We go to the cinema **on Sundays**.
I get up at 7.30 **every day**.

3 Complete the questionnaire.

TeenLink

How healthy are you?

- | | | | |
|------------------------------------|-----------|-------------|-------------|
| 1 I eat breakfast in the morning. | A always | B often | C sometimes |
| 2 I eat in a fast food restaurant. | A often | B sometimes | C never |
| 3 I walk to school. | A usually | B sometimes | C never |
| 4 I watch TV in my free time. | A always | B usually | C never |
| 5 I have dinner after eight. | A always | B sometimes | C never |
| 6 I go to bed early on weekdays. | A always | B usually | C never |

4 Now write your answers to the questionnaire in Exercise 3.

- I breakfast in the morning.
- I in a fast food restaurant.
- I to school.
- I in my free time.
- I after eight.
- I on weekdays.

5 Complete.

- 1 Harry doesn't always have cornflakes for breakfast. (not have / always)
- 2 Peter and Lucy pancakes in the morning. (not eat / usually)
- 3 I late for school. (be / never)
- 4 My mum shopping on Fridays. (not go / always)
- 5 We jeans. (not wear / often)
- 6 Mrs Green busy on Saturdays. (not be / always)
- 7 In my country, it in the summer. (not rain / usually)
- 8 Sally late. (not get up / often)

6 Look and write questions and answers.

	always	usually	often	sometimes	never
Harry			walk to school		
Peter				eat fruit	
Beth					late for school
Lucy			go to the zoo		
Cosmo	eat a lot				
Izumi					get up late

- 1 Harry / walk to school / often?
Does Harry often walk to school? Yes, he does.
- 2 Peter / eat fruit / always?
Does Peter always eat fruit? No, he sometimes. He never eats fruit.
- 3 Beth / late for school / usually?
.....
- 4 Lucy / go the zoo / often?
.....
- 5 Cosmo / eat a lot / always?
.....
- 6 Izumi / get up late / sometimes?
.....

7 Put the expressions in the correct place.

- 1 I eat burgers. (never) I never eat burgers.
- 2 My brother eats burgers. (once a week)
- 3 My dad plays golf. (every weekend)
- 4 My mum plays tennis. (sometimes)
- 5 What time do you have lunch? (usually)
- 6 What time do you have supper? (on Saturdays)
- 7 Do you go to the sports centre? (often)
- 8 Does your brother go to the sports centre? (twice a week)

8 Read and complete.

- A: What ¹ *do you usually do* (do / usually) at weekends?
 B: Well, lots of things. I go to the cinema with my cousin on Saturdays. And on Sundays,
 I ² (visit / always) my grandparents.
 A: ³ (you / visit / them / every week)?
 B: Yes, I do.
 A: And how often ⁴ (you / go) to the sports centre?
 B: I ⁵ (go / never) to the sports centre. But my brother
⁶ (go / there / once a week). What about you? What
⁷ (you / do / on Sundays)?
 A: I ⁸ (stay / usually) at home.
 I ⁹ (watch / my favourite programme / in the morning) and
 then I ¹⁰ (do / my homework / in the afternoon).

Writing practice

9 Read, choose and write.

Dear Lucy,

It's Sunday today and I'm very happy. I ¹ *always* (always / never) do all my homework on Saturday so I am free on Sunday.

I usually get up late ² (at / on) Sunday mornings. I have breakfast and then I often play computer games with my brother, but I ³ (always / never) win!

I have lunch at home with my parents ⁴ (at / on) one o'clock. My mum is a fantastic cook!

My friend Keiko and I often go to the cinema ⁵ (in / on) the afternoon.

We ⁶ (sometimes / always) visit friends and we listen to music or chat.

⁷ (At / In) the evening I watch TV with my family. Unfortunately, I ⁸ (usually / never) stay up late on a Sunday because Monday is a school day!

What about you? How do you spend your Sundays?

Love,
Izumi

10 Write.

Write to TeenLink. Tell us what you do on Sundays. Use Exercise 9 and the questions to help you.

~~~~~

I usually get up ..... on Sundays.

I have breakfast and then I .....

.....  
 .....  
 .....

- 1 What time do you get up?
- 2 What do you do after breakfast?
- 3 Do you do your homework?
- 4 Where do you have lunch?
- 5 Do you meet your friends?
- 6 What do you do in the afternoon?
- 7 What do you do in the evening?
- 8 What time do you go to bed?