



Beginner 2 | Lesson 5 | Adverbs of Frequency

Eating Habits

Daniel and Hana discuss what they like to have for dinner and how they get their food.

Daniel: So Hana, tell me, do you cook much?

Hana: Yes, I _____ cook. I often cook with my roommate, and _____ make Chinese or Japanese food. How about you?

Daniel: Well, I don't really cook _____ because I'm really busy during the week. So, I always get something at a shop and eat that. During the weekends, I _____ during the weekends because I really like making food. So, that's what I do.

Hana: So, do you ever eat out?

Daniel: Only _____, because I'm really busy during the week, and I prefer cooking during the weekends, so _____ often. I don't go out really _____ eat. Whenever I'm tired, and I don't have time to cook during the weekend, I go and _____ a friend. So, how about you?

Hana: Well, I always cook, so I _____ go and eat out on the weekends with my friends or family.

Daniel: So do you _____ take-away?

Hana: No, _____. Normally when I go out to eat, I like to sit and enjoy my food. How about you?

Daniel: Well, that's really nice. Of course, I do like to sit and enjoy my food, but I have to admit that occasionally I have to buy take-away, especially when I'm coming late from work, and I'm driving. I'm so hungry that, most of the time, I don't really make it home, so I have to buy something and eat it on my way, and that's a shame. But that's the way it is.



And do _____ have people over for dinner?

Hana: Yes, I sometimes do. I really like cooking so occasionally I invite my friends over and I cook for them or we all cook together. How about you?

Daniel: Not really. I do love cooking, but the problem is my place is really small, so even though I want to invite my friends, I never do it, because my place would only fit one or two people. So unfortunately, I never have my friends over for dinner.

Quiz

- 1) When does he usually cook?
 - a) Every night
 - b) Weekdays
 - c) Weekends
- 2) What does she usually do?
 - a) Buy dinner
 - b) Cook dinner
 - c) Eat at work
- 3) When does she eat out?
 - a) Every night
 - b) Weekends
 - c) Never
- 4) Who does she cook with?
 - a) Her mother
 - b) Her friends from work
 - c) Her roommate
- 5) How often does he cook for friends?
 - a) Often
 - b) Sometimes
 - c) Never

Grammar Challenge

Fill in the blanks with the correct word.

- | | | | |
|--------------|-------------|--------------|----------|
| normally | you usually | eat out with | always |
| always cook | that often | we always | ever buy |
| occasionally | never | not really | often to |

Speaking Challenge

Match the answers with the questions.

- 1) Do you cook often?
- 2) Do you eat out often?
- 3) How often do you cook for people?
- 4) How often do you eat fast food?
- 5) How often do you eat salad?

- () I almost never eat out.
 () I rarely eat fast food.
 () I never cook for people.
 () I have salad all the time, usually with lunch.
 () I do cook for myself often.

What about you? Share your answers to the questions.

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Grammar

Adverbs of Frequency

Point 1: We use adverbs of frequency to show how often we do something.

1. I **always** have coffee in the morning.
2. I **usually** eat dinner at home.
3. I **sometimes** eat at restaurants.
4. I **never** drink alcohol.

Point 2: Adverbs of time and relative strength.

1. Always (100%)
2. Almost always
3. Usually
4. Often
5. Sometimes
6. Hardly ever / Rarely
7. Almost never
8. Never (0%)

Point 3: Adverbs of time can be used immediately in front of the verb.

1. Thomas **almost always** paints in the evening.
2. She **usually** gets to work early.
3. We **hardly ever** rent movies.
4. I **never** stay out late.

Point 4: **Sometimes**, **usually**, and **often** can go before the subject or at the end of the verb phrase.

1. **Usually** I read before bed.
2. I read before bed **usually**.
3. **Often** I go there.
4. I go there **often**.
5. **Sometimes** I play tennis at night.
6. I play tennis at night **sometimes**.