

GRAMMAR

Present and past habits

1 Choose the correct verb forms.

- When I was younger I *was always* / *used to* stay in bed until 11.00 on Sunday morning.
- He *eats* / *is eating* a lot of meat and fish at the moment because he's training for a match.
- My sister *is constantly looking* / *constantly looks* for new shoes.
- When we were at primary school, we *would go* / *were going* to bed before nine during the week.
- I *always feel* / *am feeling* hungry when I wake up in the morning.
- Daniel *used to* / *would* be better-looking than he is now.
- My brother *was always* / *would* playing tricks on me when we were young.

2 Complete the sentences with the words in brackets.

- Stacey arrives late too often, and it annoys you. (always)
Stacey *is always arriving late*.
- When you were a child you rode your tricycle every day. (would)
When I was a child _____.
- The sofa is your temporary bed while your room is being decorated. (sleeping)
I _____ while my room is being decorated.
- Susan hated shopping for clothes when she was a child. (used)
When she was a child, Susan _____.
- Going for a run is something you do every morning. (go)
I _____ in the morning.
- You get annoyed at yourself because you frequently forget your key. (constantly)
I _____ my key!
- Your grandfather used to tell silly jokes when you were younger. (always)
My grandfather _____ silly jokes when I was younger.
- Running home from school was something you did every day. (used)
I _____ every day.

3 Choose the correct sentence in each pair.

-  a I use to ride horses when I was young.
b I used to ride horses when I was young.
- a I have listened to music since I was five years old.
b I used to listen to music since I was five years old.
- a We went to the same school and every morning she used to pick me up from my house.
b We went to the same school and every morning she was picking me up from my house.
- a We'll go to the park and hang out by the lake, like we used to.
b We'll go to the park and hang out by the lake, like we use to.

VOCABULARY

Expressing frequency

1 Match the adverbs to words or expressions in the box with a similar meaning. One adverb matches two expressions.

all the time	every once in a while
from time to time	often
	seldom

- rarely _____
- constantly _____
- occasionally _____
- most days _____

2 Put the adverbs and expressions in brackets in the correct position.

- My dad *constantly* asks me how I'm doing at school _____ (constantly)
- We go _____ to a circus _____ (every once in a while)
- I _____ go to bed after midnight _____ (seldom)
- My best friend and I _____ meet for a chat _____ (most weeks)
- I _____ read a newspaper _____ (every day)
- I _____ visit an art gallery _____ (from time to time)
- _____ I _____ listen to music. (rarely)
- My family _____ eats in a restaurant _____ (almost never)

3 Rewrite the sentences in Exercise 2 so that they are true for you.

- My dad occasionally asks me how I'm doing at school.*
- _____
- _____
- _____
- _____
- _____
- _____
- _____

