

LIFESTYLES — INTERACTIVE WORKSHEET

Name:

Class:

Score:

1. DO or DOES?

___ you usually drink coffee?

☐ Do

☐ Does

___ she often read books?

☐ Do

☐ Does

___ they go to school every day?

☐ Do

☐ Does

___ he exercise in the morning?

☐ Do

☐ Does

2. ADVERBS OF FREQUENCY

I ___ eat breakfast.

☐ always

☐ usually

☐ never

She is ___ late.

☐ often

☐ rarely

☐ always

We ___ visit our family.

☐ sometimes

☐ never

☐ always

3. CHOOSE THE RIGHT QUESTION

___ do you exercise?

☐ How often

☐ How much time

☐ How long

___ do you spend online?

☐ How often

☐ How much time

☐ How long

___ do you sleep every night?

☐ How often

☐ How much time

☐ How long

QUICK CHECK

How often = frequency | How much time = amount of time

How long = duration | Adverb usually comes before the main verb.

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4. PUT THE ADVERB IN THE CORRECT PLACE

I / eat breakfast / always.

Example: I always eat breakfast.

They / go to school / usually.

Example: They usually go to school.

She / is / often / happy.

Example: She is often happy.

1) We / visit our family / sometimes.

2) He / is / rarely / late.

3) I / exercise / usually / in the morning.

5. MY DAILY ROUTINE

How often do you exercise?

How much time do you spend online?

How long do you sleep every night?

6. ASK A CLASSMATE

Ask your classmate and choose one answer.

How often do you exercise?

☐ Every day ☐ Sometimes ☐ Rarely

How often do you read books?

☐ Often ☐ Sometimes ☐ Never

EXIT TICKET

Write one sentence using an adverb of frequency.