

Adverbs of Frequency and Vocabulary (unit 6 book 1)

I. Unscramble and write the verb according to the noun.

1. My brother/run / sometimes /on weekends.

_____.

2. Stretch / I / always / before a work out.

_____.

3. active /A couch potato / almost never / is.

_____.

4. Do / aerobics / My sister / usually/ on Tuesdays and Fridays.

_____.

5. I / weight train / hardly ever.

_____.

II. Choose the *best* answer.

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|---|---|
| 1. Do you ever play sports? ____ | a. Yes, I often do. |
| 2. How often does your sister run.? ____ | b. Usually I go bowling on Saturdays and visit my parents on Sundays. |
| 3. Do you ever sing in the shower? ____ | c. No, I hardly ever play sports, I'm a couch potato. |
| 4. Do you ever exercise in your house? ____ | d. Yes, sometimes I do but I prefer going to the gym. |
| 5. What do you usually do on weekends? ____ | e. about three times a week. |

III. Vocabulary builder

Sports nut	junk food	free time
Fundraiser	tip	couch potato
Healthy	real	teen
Athlete	gym rat	fitness freak
Tired	middle-aged	keep fit

- When you are _____ you have little energy.
- We raised money to help children in a _____.
- My cousin is seventeen years old, she is a _____. Her mother is forty five she is _____.
- A _____ is a piece of advice.
- A _____ is a sports fan and an _____ is someone who is good at sports.
- A _____ is obsessed with working out.
- Tom spends more time at the gym than in his house. He is a _____.
- My brother is very lazy. He is a _____.
- _____ is not _____. It isn't _____ food.
- My mother works a lot but in her _____ she works out to _____.

