The man who works and is not bored is never old.
Pablo Casals, Spanish cellist

4C Short life, long life?

I. GRAMMAR

Complete the sentences with a verb and an adverb of frequency.

1 Matt *usually sleeps* for eight hours.
2 He _____ relaxed.
3 He _____ sports or exercises.
4 He _____ healthy food.
5 He _____ sick.

always ✓✓✓✓✓ usually ✓✓✓✓ often ✓✓✓ sometimes ✓✓ hardly ever ✓ never –	Matt	Becky
sleep for eight hours	✓✓✓✓	✓✓
be relaxed	✓✓✓✓✓	✓✓✓
play sports or exercise	✓✓	–
eat healthy food	✓✓✓	✓
be sick	–	✓✓✓✓✓

6 Becky _____ for eight hours.
7 She _____ relaxed.
8 She _____ sports and exercises.
9 She _____ healthy food.
10 She _____ sick.

II. VOCABULARY

Complete the sentences with one or two words.

1 Leo goes to the gym all week and on weekends.
Leo goes to the gym *every* *day*.
2 Tomo usually takes a vacation in the summer and winter.
Tomo usually takes a vacation _____ a year.
3 We usually see one new film a month.
We go to the movie theater _____ a month.
4 Adele doesn't do any homework at all.
Adele _____ does homework.

LIVEWORKSHEETS

5 They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes _____ _____ a week.

6 My mother goes to the hair salon once a week, on a Friday.
My mother goes to the hair salon _____ Friday.

7 Sofia walks to work once a year.
Sofia _____ ever walks to work.

8 I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses _____ summer.

III. PRONUNCIATION

Match the words to their pronunciation. In which word is the h not pronounced? …….

1 half	e	a	/hɪr/
2 high		b	/ˈaʊər/
3 how		c	/haɪ/
4 hour		d	/ˈhəri/
5 hardly		e	~~/hæf/~~
6 here		f	/ˈhæpi/
7 hurry		g	/ˈhɑrdli/
8 happy		h	/haʊ/

IV. READING

1. Read the interview. What is surprising about Esther Armstrong?

Interview with Esther Armstrong, 94

Interviewer How do you spend your day, Esther?

Esther My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.

Interviewer What do you do?

Esther I'm an accountant.

Interviewer Why do you still work, Esther?

Esther To have an interest. Also, my job is very exciting.

LIVEWORKSHEETS

Interviewer What time do you start work?

Esther I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.

Interviewer What do you usually do after work, Esther?

Esther I go out for dinner with friends two or three times a week, and we go to the movies or the theater, or to the ballet.

Interviewer Do you live alone?

Esther Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.

Interviewer Do you have children, Esther?

Esther Yes, I do. Both of my daughters live here in New York. One daughter works nearby, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

2. Read the interview again. Write T (true) or F (false).

1 Esther thinks her day is normal. F
2 She doesn't like her job. ___
3 She sometimes starts work at 10 o'clock. ___
4 She thinks her job is difficult. ___
5 She often sees friends after work. ___
6 She lives with one of her children. ___
7 She never does housework. ___
8 She has two children. ___

LIVEWORKSHEETS