

- Adverbs of frequency usually go before the main verb: *always, almost always, usually, often, sometimes, hardly ever, almost never, never*: She **never eats** breakfast. I **almost always have** tea in the morning.  
Sometimes can also begin a sentence: **Sometimes** I eat broccoli.

Rewrite the conversation. Add the adverbs in the correct places.

**A:** Where do you have lunch? (usually)

Where do you usually have lunch?

**B:** I go to a restaurant near work. (often)

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**A:** Do you eat at your desk? (ever)

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**B:** No, I stay in for lunch. (hardly ever)

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**A:** And what do you have? (usually)

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**B:** I have soup or a salad. (always)

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**A:** Me, too. I have a big lunch. (never)

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