

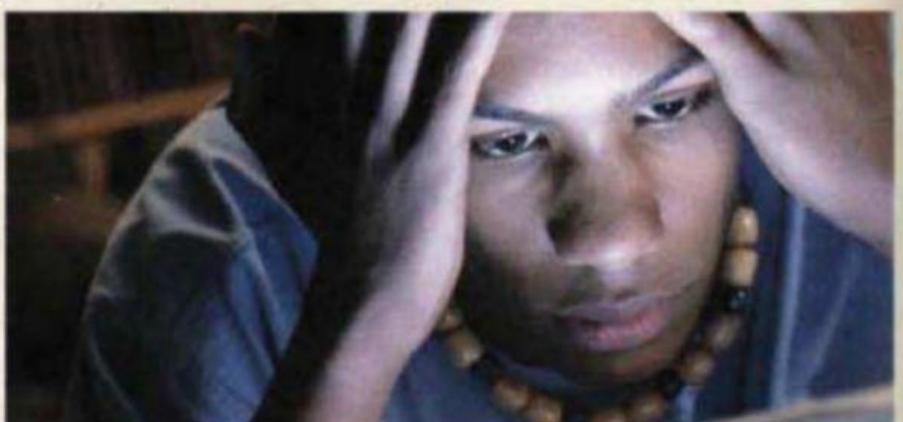
## GRAMMAR position of adverbs and expressions of frequency

Read the text about British teenagers. Is it the same in your country?

### Today's teenagers may not live as long as their parents

Doctors are worried that today's teenagers have a very unhealthy lifestyle, and may not live as long as their parents' generation. Research shows:

- 30% of teenagers **never have** breakfast.
- They **eat** fast food at least **two or three times a week** and 75% **hardly ever eat** fruit or green vegetables.
- They **don't usually sleep** 8 hours a day. (30% sleep only 4–7 hours.) They **are often** tired in the morning.
- They **spend** about 31 hours online **every week**. A lot of teenagers **never do** sport or exercise.



b Look at the position of the **highlighted** words and expressions. **Circle** the correct rule.

- 1 Adverbs of frequency (e.g. *usually*) go...  
*before / after* a main verb.  
*before / after* the verb *be*.
- 2 Expressions of frequency (e.g. *every week*) go...  
*at the beginning / at the end* of a phrase or sentence.