

Short life, long life?

1 GRAMMAR position of adverbs and expressions of frequency

a Complete the *You* column in the chart. Then complete the sentences with a verb and an adverb of frequency.

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

- Matt usually sleeps for eight hours.
- He _____ relaxed.
- He _____ sports or exercises.
- He _____ healthy food.
- He _____ sick.
- Becky _____ for eight hours.
- She _____ relaxed.
- She _____ sports and exercises.
- She _____ healthy food.
- She _____ sick.
- I _____ for eight hours.
- I _____ relaxed.
- I _____ sports and exercises.
- I _____ healthy food.
- I _____ sick.

Write the adverb of frequency in the correct place in the sentence.

- Pilots sleep in hotels. (often)
Pilots often sleep in hotels.
- The children walk to school. (every day)
The children walk to school every day.
- Mike rides his motorcycle to work. (sometimes)

- My sister is late. (never)

- I see my grandparents. (every weekend)

- Ellie drinks coffee. (three times a day)

- I'm hungry. (always)

- We study English. (twice a week)

2 VOCABULARY adverbs and expressions of frequency

a Answer the questions.

THE TIME QUIZ

- How many minutes in an hour? _____
- How many months in a year? _____
- How many days in a week? _____
- How many seconds in a minute? _____
- How many weeks in a month? _____
- How many hours in a day? _____
- How many days in June? _____
- How many weeks in a year? _____

b Complete the sentences with one or two words.

- Leo goes to the gym all week and on weekends.
Leo goes to the gym every day.
- Tomo usually takes a vacation in the summer and winter.
Tomo usually takes a vacation _____ a year.
- We usually see one new film a month.
We go to the movie theater _____ a month.
- Adele doesn't do any homework at all.
Adele _____ does homework.
- They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes _____ a week.
- My mother goes to the hair salon once a week, on a Friday.
My mother goes to the hair salon _____ Friday.
- Sofia walks to work once a year.
Sofia _____ ever walks to work.
- I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses _____ summer.

3 PRONUNCIATION the letter h

a Match the words to their pronunciation. In which word is the *h* not pronounced? _____

- | | | |
|----------|-------------------------------------|-------------|
| 1 half | <input checked="" type="checkbox"/> | a /hʌr/ |
| 2 high | <input type="checkbox"/> | b /'aʊər/ |
| 3 how | <input type="checkbox"/> | c /haɪ/ |
| 4 hour | <input type="checkbox"/> | d /'həri/ |
| 5 hardly | <input type="checkbox"/> | e /hæf/ |
| 6 here | <input type="checkbox"/> | f /'hæpi/ |
| 7 hurry | <input type="checkbox"/> | g /'hɑːdli/ |
| 8 happy | <input type="checkbox"/> | h /həʊ/ |

b **iChecker** Listen and check. Then listen again and repeat the words.

4 READING

a 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.
- 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.

Glossary

an accountant = a person whose job it is to make lists of all the money that people or businesses receive and pay

b 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. —

c Underline five words you don't know. Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

a **iChecker** Listen to a radio program about being healthy. Who does the doctor say is healthy: Marge, Robbie, or Marge and Robbie?

b **iChecker** Listen again. Write T (true) or F (false).

- 1 Robbie doesn't think he's healthy. F
- 2 Marge hardly ever eats fast food. —
- 3 Marge always has breakfast. —
- 4 Marge often goes to the gym. —
- 5 Marge goes to bed late. —
- 6 Robbie sometimes has breakfast. —
- 7 Robbie plays soccer three times a week. —
- 8 Robbie sleeps for six hours every night. —

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- hours /'aʊəz/
- minutes /'mɪnɪts/
- seconds /'sekəndz/
- teenager /'tiːneɪdʒər/
- healthy (*opposite* unhealthy) /'helθi/
- normally /'nɔːməli/
- relax /rɪ'læks/
- be in a hurry /bi ɪn ə 'hʌri/
- social life /'soʊʃl laɪf/
- spend time /spend 'taɪm/