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

4C 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	–	✓✓✓✓✓	

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

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

11 I _____ for eight hours.
12 I _____ relaxed.
13 I _____ sports and exercises.
14 I _____ healthy food.
15 I _____ sick.

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

1 Pilots sleep in hotels. (often)
Pilots often sleep in hotels.
2 The children walk to school. (every day)
The children walk to school every day.
3 Mike rides his motorcycle to work. (sometimes)
_____.
4 My sister is late. (never)
_____.
5 I see my grandparents. (every weekend)
_____.
6 Ellie drinks coffee. (three times a day)
_____.
7 I'm hungry. (always)
_____.
8 We study English. (twice a week)
_____.

2 VOCABULARY adverbs and expressions of frequency

a Answer the questions.

THE TIME QUIZ

1 How many minutes in an hour? _____
2 How many months in a year? _____
3 How many days in a week? _____
4 How many seconds in a minute? _____
5 How many weeks in a month? _____
6 How many hours in a day? _____
7 How many days in June? _____
8 How many weeks in a year? _____

b 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.
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.

LIVEWORKSHEETS