

# 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	-			
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.

- b 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)  
\_\_\_\_\_

- 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

- 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?

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- 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.