

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 *is relaxed*.
3 He *plays sports or exercises*.
4 He *eats healthy food*.
5 He *is sick*.
6 Becky *sleeps for eight hours*.
7 She *is relaxed*.
8 She *plays sports or exercises*.
9 She *eats healthy food*.
10 She *is sick*.
11 I *sleep for eight hours*.
12 I *am relaxed*.
13 I *play sports or exercises*.
14 I *eat healthy food*.
15 I *am 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)
Mike sometimes rides his motorcycle to work.
4 My sister is late. (never)
My sister never is late.

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?

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 *every year*.
- 3 We usually see one new film a month.
We go to the movie theater *every month*.
- 4 Adele doesn't do any homework at all.
Adele *never* does homework.
- 5 They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes *every week*.
- 6 My mother goes to the hair salon once a week, on a Friday.
My mother goes to the hair salon *every Friday*.
- 7 Sofia walks to work once a year.
Sofia *never* walks to work.
- 8 I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses *every summer*.