EXPRESSIONS OF FREQUENCY

a Complete the expressions.

How often do you see your friends?

1	every /ˈevri/ *day*	M, T, W, Th, F, S, S
2	every w_____	week 1, week 2, week 3, etc.
3	every m_____	January, February, March, etc.
4	every y_____	e.g. 2017, 2018, 2019, etc.
5	once /wʌns/ a _____	e.g. only on Mondays
6	twice /twaɪs/ a _____	e.g. on Mondays and Wednesdays
7	three times a _____	e.g. on Mondays, Wednesdays, and Fridays
8	four times a _____	e.g. in January, April, July, and October

b 4.17 Listen and check.

ADVERBS OF FREQUENCY

a What do the highlighted words mean? Match sentences 1–6 to a–f.

1 *b* I always /ˈɔːlweɪz/ get up at 7.00 during the week.
2 ___ I often /ˈɒfn/ go to the cinema after work.
3 ___ I usually /ˈjuːʒuəli/ finish work at 6.00.
4 ___ I sometimes /ˈsʌmtaɪmz/ meet a friend for lunch.
5 ___ I hardly ever /hɑːdli ˈevə/ go to the theatre.
6 ___ I never /ˈnevə/ have coffee.

a About seven or eight times a month.
~~b I start work at 8.00 every day.~~
c But on Fridays we stop at 3.00.
d I don't like it.
e Only once or twice a year.
f About once or twice a month.

b 4.18 Listen and check.

c 4.19 Listen and repeat the highlighted adverbs of frequency.

> **normally**
> Normally /ˈnɔːməli/ is the same as *usually*.
> *I normally get up early. = I usually get up early.*