

## POSITION OF ADVERBS AND EXPRESSIONS OF FREQUENCY

Read the text about teenagers in the USA and then complete the sentences:



HOME BLOG NEWS ABOUT

## Teenagers in trouble

American teenagers may, for the first time in the nation's history, live shorter lives than their parents because of their unhealthy lifestyles. According to recent research:

- 96% **spend** more than five hours looking at a screen **every day**.
- 86% **hardly ever eat** fruit or green vegetables.
- 75% **don't usually sleep** for eight hours a day – the average is seven hours.
- 34% **eat** fast food at least **once a day**.
- 33% **drink** more than four sugary drinks **every day**.
- 31% **are often** very stressed.
- 25% **never do** sport or exercise.

Look at the position of the **highlighted** words and expressions. **Circle** the correct rule.

- 1 Adverbs of frequency (e.g. *usually*) go:  
*before / after* a main verb.  
*before / after* the verb *be*.
- 2 Expressions of frequency (e.g. *every week*) go *at the beginning / at the end* of a phrase or sentence.

Complete the months in the phone, then listen and repeat:



**IN + MONTH.** Write the first letter of the month with capital letter.

My birthday is in December. When is your birthday?

My birthday is / It's .....