Use the words in brackets to make sentences.

1) I do sport. (never) _____

2) My mom phones me on Monday evenings. (usually) _____

3) He's tired in the mornings (often) _____

4) We have a drink after work on Fridays. (always) _____

5) Do you walk to work? (usually) _____

6) I'm at home in the afternoons. (not usually) _____

7) Classes are on Saturdays. (sometimes) _____

8) I watch TV. (not often) _____

Look at the chart and complete the conversation using adverbs of frequency.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
vegetables							
fruit							✓
chicken	✓		✓		✓	✓	
steak	✓	✓	✓	✓	✓	✓	✓
fish		✓		✓			
chips	✓	✓	✓		✓	✓	✓

A So, Mr Price, let`s look at your diet. Do you eat vegetables and fruit?

B Er, no, doctor. I _____ _____ vegetables and I _____ _____ _____ fruit.

A What about meat and fish?

B Well, I _____ _____ fish, maybe once or twice a week and I _____ _____ chicken. I like steak so I _____ _____ steak for lunch and I _____ _____ it with chips.