

Short life, long life?

1 VOCABULARY

adverbs and expressions of frequency

- a))) Fill in the blanks with a "time" word.
 Listen and check.

- 1 sixty seconds = a *minute*
- 2 thirty minutes = half an _____
- 3 sixty minutes = an _____
- 4 twenty-four hours = a _____
- 5 seven days = a _____
- 6 four weeks = a _____
- 7 twelve months = a _____

- b ➤ **Vocabulary Bank Time.**

2 GRAMMAR

position of adverbs and expressions of frequency

- a Read the text about teenagers. Is it the same in your country?

Today's teenagers may not live as long as their parents

- b 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.

- c ➤ **Grammar Bank 4C.** Learn more about adverbs and expressions of frequency and practice them.

- d Make true sentences about you with the verb phrases below and an adverb or expression of frequency. Compare with a partner.

be late for work / school	watch the news on TV
go to the hair salon	check your email
be tired in the morning	go to the movies
do housework	chat online

I'm often late for work.

I check my emails five times a day.

3 PRONUNCIATION

the letter h

- a))) Listen and repeat the words and sound.

 house	how	hardly	healthy	high
	have	hungry	happy	

- b))) Listen. **Circle** the word where *h* is not pronounced.

Harry's a *hair* stylist.

He *hardly* ever has breakfast.

He only has *half* an hour for lunch.

He often has a *hamburger* for dinner.

Harry isn't very *healthy*.

- c Practice saying the sentences.

Doctors are worried that today's teenagers have a very unhealthy lifestyle, and may not live as long as their parents' generation. Research shows:

- 30% of teenagers **never have** breakfast.
- They **eat** fast food at least **two or three times a week** and 75% **hardly ever eat** fruit or green vegetables.
- They **don't usually sleep** 8 hours a day. (30% sleep only 4–7 hours.) They **are often** tired in the morning.
- They **spend** about 31 hours online **every week**. A lot of teenagers **never play** sports or exercise.



4 READING & SPEAKING

a Work in pairs. Check (✓) five things that you think help people to live to be a hundred. Then read the article to check.

- They have a big family.
- They aren't in a hurry.
- They sleep eight hours.
- They have pets.
- They hardly ever eat meat.
- They hardly ever take medicine.
- They often go to the doctor.
- They work outside.
- They often see friends.

b Read the article again. In which places are these things important?

- 1 a special kind of water _____
- 2 a special kind of food _____
- 3 the weather _____
- 4 being positive _____

c Underline new words or phrases in the texts and compare with a partner. Try to guess their meaning. Choose two words to learn from each text.

d Look at the five things in a that are in the texts. Are they true for people in your country? Do you think they have a healthy lifestyle?

e ► **Communication** *Short life, long life?*
p.101 Interview your partner with the questionnaire. Then change roles.

The secrets of a long life

In three areas of the world, a very high number of people live to be 100. Scientists want to know why. What do the three places have in common?

Ecuador

Vilcabamba, a small village in the Andes, is often called "the Valley of Long Life." What's its secret? Firstly, Vilcabamba is not very hot or very cold – the temperature is usually between 64 and 80 degrees Fahrenheit (18 and 27 degrees Celsius), and the air is very clean. Secondly, people work hard in the fields and exercise a lot. Thirdly, their diet is very healthy. They eat a lot of fruit and vegetables, and they hardly ever eat meat or fish. The water they drink, from the river in Vilcabamba, is very rich in minerals. They also have a good social life. In Vilcabamba people say, "The left leg and the right leg help you to be healthy, because they take you to your friends' homes."

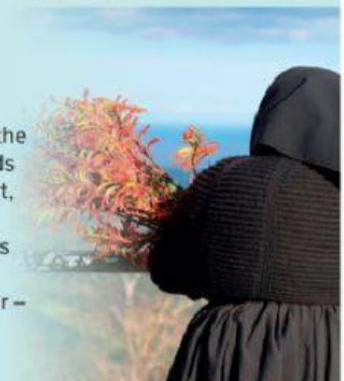
Italy

In Ogliastra, a mountain region of Sardinia, one out of every 200 people lives to be 100, and they are usually very healthy, too. Most of the people in the villages work outside in their fields and with their animals. They have a healthy diet, with a lot of vegetables and not much meat or fish. They hardly ever take any medicine. "Life is hard," says Fortunato, who is a shepherd, "but I am never stressed. I never read the newspaper – because I can't read very well."

Japan

People in Okinawa in Japan do not have big meals. They usually just have vegetables and fish, and often eat soy. Okinawans are very active, and they often work until they are 80 or more. But they also relax every day – they see friends and they meditate. Ushi, from Okinawa, is 107. In the evening, she often dances with her daughter. "I want to have a boyfriend," she says. When journalists ask people from Okinawa "What is your secret?" they answer, "We are happy, we are always positive, and we are never in a hurry."

soy a kind of bean typical in Asia



VOCABULARY BANK

EXPRESSIONS OF FREQUENCY

a Complete the expressions.

How often do you see your friends?

- | | |
|--------------------------------|--------------------------------------|
| 1 every <i>/evri/ day</i> | 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 _____ | 2001, 2002, 2003, etc. |
| 5 once <i>/wʌns/ a</i> _____ | only on Mondays |
| 6 twice <i>/twʌis/ a</i> _____ | on Mondays and Wednesdays |
| 7 three times a _____ | on Mondays, Wednesdays, and Fridays |
| 8 four times a _____ | in January, April, July, and October |

b))) Listen and check.

c Cover the left-hand column. Test yourself.

ADVERBS OF FREQUENCY

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

- 1 I **always** */ɔlweɪz/* get up at 7:00 during the week.
- 2 I **often** */ɔfn/* go to the movies after work.
- 3 I **usually** */juʒəli/* finish work at 6:00.
- 4 I **sometimes** */sʌmtaɪmz/* meet a friend for lunch.
- 5 I **hardly ever** */hɑrdli 'evər/* go to the theater.
- 6 I **never** *'nevər/* 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))) Listen and check.



normally

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

SHORT LIFE, LONG LIFE? Students A+B

Interview your partner. **A** ask the questions in the questionnaire.

B answer and give more information if you can. Then change roles.

How often do you...?

- 1 **have breakfast**
 - a hardly ever / never
 - b sometimes / usually
 - c always
- 2 **eat fresh fruit and vegetables**
 - a hardly ever
 - b once a day
 - c three times a day
- 3 **eat fast food**
 - a often
 - b sometimes
 - c hardly ever / never
- 4 **exercise**
 - a hardly ever / never
 - b once or twice a week
 - c three or four times a week
- 5 **feel tired or stressed**
 - a always / often
 - b sometimes
 - c hardly ever / never

6 **relax**

- a hardly ever / never
- b sometimes
- c every day

7 **see your friends**

- a sometimes
- b often
- c very often

How many...?

8 **hours do you usually sleep a day**

- a 0 to 4
- b 5 to 6
- c 7 to 9

9 **cups of coffee do you drink a day**

- a more than five
- b usually only one or two
- c I don't drink coffee

10 **Which of these is true for you?**

- a I'm not very positive about life.
- b I'm usually positive about life.
- c I'm always positive about life.

Now calculate your partner's score.

a = 5 b = 7 c = 10 Total score = number of years you live

GRAMMAR BANK

adverbs and expressions of frequency

1 I **always** have toast for breakfast.)))
Do you **usually** go to work by bus?
She doesn't **often** go to the movies.
They're **sometimes** late.
She **hardly ever** watches TV.
He is **never** stressed.

2 I have English classes **twice a week**.
She doesn't work **every day**.

1 We use adverbs of frequency to say how often you do something.

- Adverbs of frequency go **before** all main verbs (except *be*).
after *be*.
- Use a [+] verb with *never* and *hardly ever*. He **never smokes**.
NOT *He doesn't never smoke*.
- In negative sentences, the adverb of frequency goes between *don't / doesn't* and the verb.
- 2 Expressions of frequency usually go at the end of a sentence or verb phrase.

a Put the adverb or expression of frequency in the right place.

They drive – they don't have a car. **never**
They never drive – they don't have a car.

- 1 Do you wear glasses? **usually** _____
- 2 I'm bored. **hardly ever** _____
- 3 She does housework. **sometimes** _____
- 4 We go to the movies. **once a week** _____
- 5 Why are you late? **always** _____
- 6 I walk to work. **every day** _____
- 7 My friend is stressed. **never** _____
- 8 Does it rain in the winter? **often** _____

b Order the words to make sentences.

always she at six up gets
She always gets up at six.

- 1 for late never I am class
- 2 eat ever fast hardly we food
- 3 what work you usually time do finish ?
- 4 parents radio often the my listen don't to
- 5 always brother lunchtime is my hungry at
- 6 don't homework always our we do
- 7 you work every day to do drive ?
- 8 hardly teacher angry is our ever