

Hello!

Welcome to Serendipity English Summer Course!

How often do you do exercise?



.....

Short life, long life?

1. Vocabulary; adverbs and expressions of frequency

a. Match the time words.

sixty seconds

thirty minutes

sixty minutes

twenty-four hours

seven days

four weeks

twelve months

a day

a week

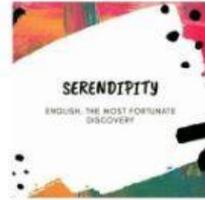
a minute

a year

an hour

a month

half an hour



b. Complete the **expressions of frequency**. Choose the right option.

How often do you see your friends?

M,T,W,T,F,S,S = every

week 1, week 2, week 3, etc = every.....

January, February, March, etc.= every

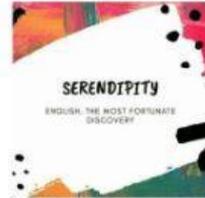
2001, 2002, 2003, etc.= every

only on Mondays = once a

on Tuesdays and Thursdays = twice a

on Mondays, Wednesdays and Fridays = three times a

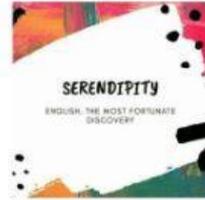
in January, April, July and October = four times a



c. Read the sentences with **adverbs of frequency** and match them with a - f.

- I **always** get up at 7.00 during the week.
- I **often** go to the cinema after work.
- I **usually** finish work at 6.00.
- I **sometimes** meet a friend for lunch.
- I **hardly ever** go to the theatre.
- I **never** 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 one or twice a month.



2. Grammar

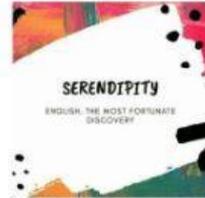
- a. Read the text about British teenagers. Is it the same in your country?

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



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** do sport or exercise.



b. Look at the position of the highlighted words and expressions and choose the right option to complete the grammar rule.

1. Adverbs of frequency (always, usually, often, sometimes, hardly ever, never) go a main verb and the verb *be*.
2. Expressions of frequency (every week, once a day, twice a month, three times a year) go of the sentence.

c. Say true sentences about you using adverbs of frequency or expressions of frequency.

- | | |
|-------------------------|----------------------|
| be late for work/school | watch the news on TV |
| go to the hairdresser | check your email |
| be tired in the morning | go to the cinema |
| do housework | chat online |

3. Reading

a. Read the article; [The secrets of a long life](#)

b. Mark the sentences T (True) or F (False).

- They have a big family.
- They hardly ever eat meat.
- They have pets.
- They often go to the doctor.
- They often see friends.