



Write the adverb or expression of frequency in the correct place in the sentence.

1. Pilots sleep in hotels. (often)

2. The children walk to school. (every day)

3. Mike rides his motorbike to work. (sometimes)

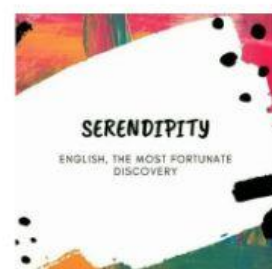
4. My girlfriend is late. (never)

5. I see my grandparents. (every weekend)

6. Ellie drinks coffee. (three times a day)

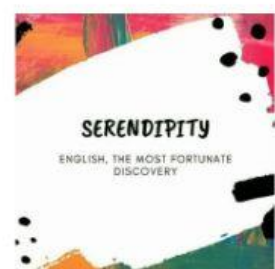
7. I'm hungry. (always)

8. We study English. (twice a week)



Complete the sentences with one or two words.

1. Leo goes to the gym all week and at weekends.
Leo goes to the gym _____ .
2. Jon usually has a holiday in the summer and winter.
Jon usually has a holiday _____ a year.
3. We usually see one new film a month.
We go to the cinema _____ a month.
4. Adele doesn't do any homework at all.
Adele _____ does homework.
5. They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes _____ a week.
6. My mother goes to the hairdresser once a week, on a Friday.
My mother goes to the hairdresser _____ Friday.
7. Emma walks to work once a year.
Emma _____ ever walks to work.
8. I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses _____ summer.



Read the interview.

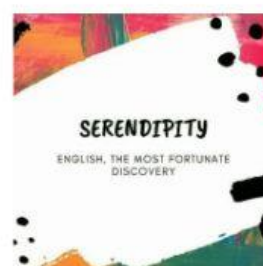
Interview with Esther Armstrong, 94.



- Interviewer** How do you spend your day, Esther?
- Esther** My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.
- Interviewer** What do you do?
- Esther** I'm an accountant.
- Interviewer** Why do you still work, Esther?
- Esther** To have an interest. Also, my job is quite exciting.
- Interviewer** What time do you start work?
- Esther** I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.
- Interviewer** What do you usually do after work, Esther?
- Esther** I go out for dinner with friends two or three times a week, and we go to the cinema or the theatre, or to the ballet.
- Interviewer** Do you live alone?
- Esther** Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.
- Interviewer** Do you have children, Esther?
- Esther** Yes, I do. Both of my daughters live here in New York. One daughter works very near, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

Glossary

an accountant = a person whose job it is to make lists of all the money that people or businesses receive and pay



Read the interview again and mark the sentences T (true) or F (false).

1. Esther thinks her day is normal. ☐
2. She doesn't like her job. ☐
3. She sometimes starts work at 10 o'clock. ☐
4. She thinks her job is difficult. ☐
5. She often sees friends after work. ☐
6. She lives with one of her children. ☐
7. She never does housework. ☐
8. She has two children. ☐

Listen to a radio programme about being healthy and mark the sentences T (true) or F (false).

1. Robbie doesn't think he is healthy. ☐
2. Marge hardly ever eats fast food. ☐
3. Marge always has breakfast. ☐
4. Marge often goes to the gym. ☐
5. Marge goes to bed late. ☐
6. Robbie sometimes has breakfast. ☐
7. Robbie plays football three times a week. ☐
8. Robbie sleeps for six hours every night. ☐

