



Beginner 2 | Lesson 5 | Adverbs of Frequency

Eating Habits

Daniel and Hana discuss what they like to have for dinner and how they get their food.

Daniel: So Hana, tell me, do you cook much?

Hana: Yes, I _____ cook. I often cook with my roommate, and _____ make Chinese or Japanese food. How about you?

Daniel: Well, I don't really cook _____ because I'm really busy during the week. So, I always get something at a shop and eat that. During the weekends, I _____ during the weekends because I really like making food. So, that's what I do.

Hana: So, do you ever eat out?

Daniel: Only _____, because I'm really busy during the week, and I prefer cooking during the weekends, so _____ often. I don't go out really _____ eat. Whenever I'm tired, and I don't have time to cook during the weekend, I go and _____ a friend. So, how about you?

Hana: Well, I always cook, so I _____ go and eat out on the weekends with my friends or family.

Daniel: So do you _____ take-away?

Hana: No, _____. Normally when I go out to eat, I like to sit and enjoy my food. How about you?

Daniel: Well, that's really nice. Of course, I do like to sit and enjoy my food, but I have to admit that occasionally I have to buy take-away, especially when I'm coming late from work, and I'm driving. I'm so hungry that, most of the time, I don't really make it home, so I have to buy something and eat it on my way, and that's a shame. But that's the way it is.



And do _____ have people over for dinner?

Hana: Yes, I sometimes do. I really like cooking so occasionally I invite my friends over and I cook for them or we all cook together. How about you?

Daniel: Not really. I do love cooking, but the problem is my place is really small, so even though I want to invite my friends, I never do it, because my place would only fit one or two people. So unfortunately, I never have my friends over for dinner.

Quiz

- 1) When does he usually cook?
 - a) Every night
 - b) Weekdays
 - c) Weekends
- 2) What does she usually do?
 - a) Buy dinner
 - b) Cook dinner
 - c) Eat at work
- 3) When does she eat out?
 - a) Every night
 - b) Weekends
 - c) Never
- 4) Who does she cook with?
 - a) Her mother
 - b) Her friends from work
 - c) Her roommate
- 5) How often does he cook for friends?
 - a) Often
 - b) Sometimes
 - c) Never

Grammar Challenge

Fill in the blanks with the correct word.

normally	you usually	eat out with	always
always cook	that often	we always	ever buy
occasionally	never	not really	often to

Speaking Challenge

Match the answers with the questions.

- 1) Do you cook often?
- 2) Do you eat out often?
- 3) How often do you cook for people?
- 4) How often do you eat fast food?
- 5) How often do you eat salad?

- () I almost never eat out.
 () I rarely eat fast food.
 () I never cook for people.
 () I have salad all the time, usually with lunch.
 () I do cook for myself often.

What about you? Share your answers to the questions.

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Grammar

Adverbs of Frequency

Point 1: We use adverbs of frequency to show how often we do something.

1. I **always** have coffee in the morning.
2. I **usually** eat dinner at home.
3. I **sometimes** eat at restaurants.
4. I **never** drink alcohol.

Point 2: Adverbs of time and relative strength.

1. Always (100%)
2. Almost always
3. Usually
4. Often
5. Sometimes
6. Hardly ever / Rarely
7. Almost never
8. Never (0%)

Point 3: Adverbs of time can be used immediately in front of the verb.

1. Thomas **almost always** paints in the evening.
2. She **usually** gets to work early.
3. We **hardly ever** rent movies.
4. I **never** stay out late.

Point 4: **Sometimes**, **usually**, and **often** can go before the subject or at the end of the verb phrase.

1. **Usually** I read before bed.
2. I read before bed **usually**.
3. **Often** I go there.
4. I go there **often**.
5. **Sometimes** I play tennis at night.
6. I play tennis at night **sometimes**.