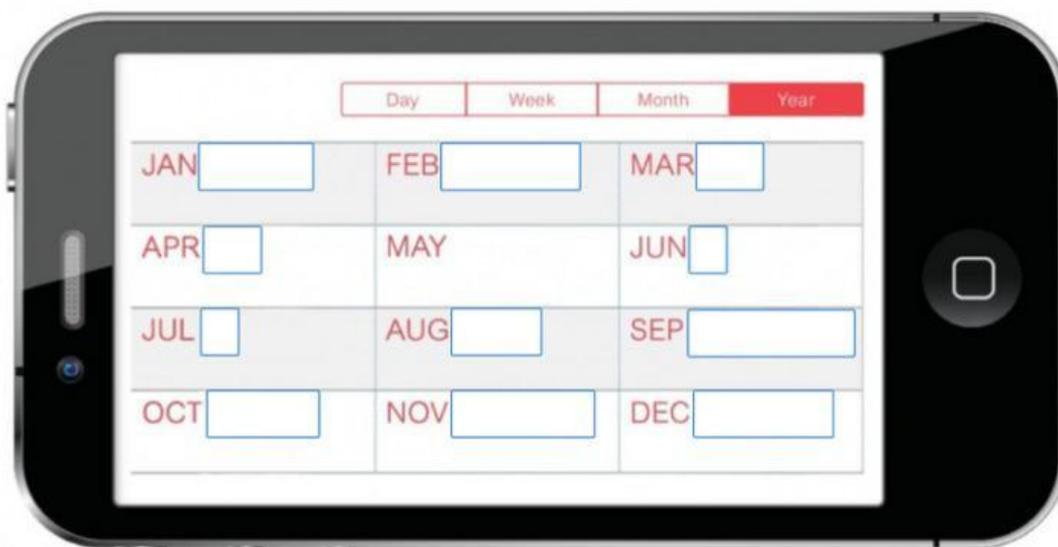


a  4.16 Complete the months in the phone calendar. Listen and check.



2 EXPRESSIONS OF FREQUENCY

a Complete the expressions.

How often do you see your friends?

- 1 every /'evri/ day 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 e.g., 2017, 2018, 2019, etc.
- 5 once /wʌns/ a e.g., only on Mondays
- 6 twice /twais/ a e.g., on Mondays and Wednesdays
- 7 three times a e.g., on Mondays, Wednesdays, and Fridays
- 8 four times a e.g., in January, April, July, and October

3 ADVERBS OF FREQUENCY

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

- 1 **b** I **always** /'ɔːlweɪz/ get up at 7:00 during the week.
- 2 I **often** /'ɒfn/ go to the movies after work.
- 3 I **usually** /'juːʒuəli/ finish work at 6:00.
- 4 I **sometimes** /'sʌmtaɪmz/ meet a friend for lunch.
- 5 I **hardly ever** /'hɑːdli '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 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.

American teenagers may, for the first time in the nation's history, live shorter lives than their parents because of their unhealthy lifestyles.

According to recent research:

- 96% spend more than five hours looking at a screen every day.
- 86% hardly ever eat fruit or green vegetables.
- 75% don't usually sleep for eight hours a day – the average is seven hours.
- 34% eat fast food at least once a day.
- 33% drink more than four sugary drinks every day.
- 31% are often very stressed.
- 25% never play sports or exercise.

4C

a Put the adverb of frequency in the correct place in the sentence. 

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

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

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

How often do you...?

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Interview your partner. **A** ask the questions in the questionnaire. **B** answer and give more information if you can. Then change roles.



Now calculate your partner's score.

a = 5 b = 7 c = 10

Total score = number of years you live

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 / never
- b once a day
- c three times a day

3 eat fast food

- a often
- b sometimes, not often
- 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 drink soda

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

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.