Questions with HOW

HOW is used to ask about frequency, time, and ability.



1. How often…? We use it to ask **how many times** something happens.
Structure: How often + do/does + subject + verb?
Examples
- How often do you work out?
  – Every day.
  – Twice a week.
  – Not very often.

2. How long…? We use it to ask about **time or duration**.
Structure: How long + do/does + subject + verb?
Examples
- How long do you spend at the gym?
  – Thirty minutes a day.
  – Two hours a week.
  – About an hour on weekends.



3. How well vs. How good (IMPORTANT!)

How well → VERB (action): We use HOW WELL to talk about **how you do an action.**
Pattern: **How well + do/does + subject + verb?**
Examples
- How well do you play tennis?
  – Pretty well.
  – Not very well.

How good → NOUN / SKILL: We use HOW GOOD to talk about **ability or level**.
Pattern: **How good + be + subject + at + noun?**
Examples:
- How good are you at sports?
  – Pretty good.
  – OK.
  – Not so good.



COMPARE:
✓ How **well do you play** soccer?
✓ How **good are you at** soccer?

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Exercise 1 – Choose the correct option

1. _____ often do you exercise?
   a) How long b) How often c) How good

2. _____ long do you study English?
   a) How well b) How often c) How long

3. _____ well do you play soccer?
   a) How good b) How often c) How well

Exercise 2 – Match the question with the answer

Questions:	**Answers:**
1. How often do you read?	A. About eight hours a day.
2. How long do you sleep?	B. Pretty good.
3. How good are you at English?	C. Twice a week

Exercise 3 – Complete the sentences with often / long / good

1. How _____ do you work out?
2. How _____ do you spend at school?
3. How _____ are you at math?

Exercise 4 – Write your answers

1. How often do you exercise? _____

2. How long do you study English? _____

3. How good are you at sports? _____

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