




# 4C Short life, long life?

## 1 GRAMMAR position of adverbs and expressions of frequency

a Complete the *You* column in the chart. Then complete the sentences with a verb and an adverb of frequency.

	always	usually	often	sometimes	hardly ever	never			
	✓✓✓✓	✓✓✓	✓✓	✓✓	✓	-			
sleep for eight hours	✓✓✓✓	✓✓					Matt	Becky	You
be relaxed	✓✓✓✓	✓✓							
play sports or exercise		✓✓							
eat healthy food		✓✓✓		✓					
be sick						✓✓✓✓			

- Matt usually sleeps for eight hours.
- He \_\_\_\_\_ relaxed.
- He \_\_\_\_\_ sports or exercises.
- He \_\_\_\_\_ healthy food.
- He \_\_\_\_\_ sick.
- Becky \_\_\_\_\_ for eight hours.
- She \_\_\_\_\_ relaxed.
- She \_\_\_\_\_ sports and exercises.
- She \_\_\_\_\_ healthy food.
- She \_\_\_\_\_ sick.
- I \_\_\_\_\_ for eight hours.
- I \_\_\_\_\_ relaxed.
- I \_\_\_\_\_ sports and exercises.
- I \_\_\_\_\_ healthy food.
- I \_\_\_\_\_ sick.

b Write the adverb of frequency in the correct place in the sentence.

- Pilots sleep in hotels. (often)  
Pilots often sleep in hotels.
- The children walk to school. (every day)  
The children walk to school every day.
- Mike rides his motorcycle to work. (sometimes)  
\_\_\_\_\_
- My sister is late. (never)  
\_\_\_\_\_

- I see my grandparents. (every weekend)  
\_\_\_\_\_
- Ellie drinks coffee. (three times a day)  
\_\_\_\_\_
- I'm hungry. (always)  
\_\_\_\_\_
- We study English. (twice a week)  
\_\_\_\_\_

## 2 VOCABULARY adverbs and expressions of frequency

a Answer the questions.

### THE TIME QUIZ

- How many minutes in an hour? \_\_\_\_\_
- How many months in a year? \_\_\_\_\_
- How many days in a week? \_\_\_\_\_
- How many seconds in a minute? \_\_\_\_\_
- How many weeks in a month? \_\_\_\_\_
- How many hours in a day? \_\_\_\_\_
- How many days in June? \_\_\_\_\_
- How many weeks in a year? \_\_\_\_\_

b Complete the sentences with one or two words.

- Leo goes to the gym all week and on weekends.  
Leo goes to the gym every day.
- Tomo usually takes a vacation in the summer and winter.  
Tomo usually takes a vacation \_\_\_\_\_ a year.
- We usually see one new film a month.  
We go to the movie theater \_\_\_\_\_ a month.
- Adele doesn't do any homework at all.  
Adele \_\_\_\_\_ does homework.
- They have English classes on Mondays, Wednesdays, and Fridays.  
They have English classes \_\_\_\_\_ a week.
- My mother goes to the hair salon once a week, on a Friday.  
My mother goes to the hair salon \_\_\_\_\_ Friday.
- Sofia walks to work once a year.  
Sofia \_\_\_\_\_ ever walks to work.
- I always buy a new pair of sunglasses in the summer.  
I buy a new pair of sunglasses \_\_\_\_\_ summer.

### 3 PRONUNCIATION the letter h

a Match the words to their pronunciation. In which word is the *h* not pronounced? \_\_\_\_\_

- |          |                                     |             |
|----------|-------------------------------------|-------------|
| 1 half   | <input checked="" type="checkbox"/> | a /hʌr/     |
| 2 high   | <input type="checkbox"/>            | b /'aʊə/    |
| 3 how    | <input type="checkbox"/>            | c /haɪ/     |
| 4 hour   | <input type="checkbox"/>            | d /'həri/   |
| 5 hardly | <input type="checkbox"/>            | e /hæf/     |
| 6 here   | <input type="checkbox"/>            | f /'hæpi/   |
| 7 hurry  | <input type="checkbox"/>            | g /'hɑːdli/ |
| 8 happy  | <input type="checkbox"/>            | h /həʊ/     |

b **iChecker** Listen and check. Then listen again and repeat the words.

### 4 READING

a Read the interview. What is surprising about Esther Armstrong?



## 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 very 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 movies or the theater, 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 nearby, 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

b Read the interview again. Write T (true) or F (false).

- |  |   |
|--|---|
| 1 Esther thinks her day is normal.         | F |
| 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.                    | — |

c **Underline** five words you don't know. Use your dictionary to look up their meaning and pronunciation.

### 5 LISTENING

a **iChecker** Listen to a radio program about being healthy. Who does the doctor say is healthy: Marge, Robbie, or Marge and Robbie?

b **iChecker** Listen again. Write T (true) or F (false).

- |  |   |
|--|---|
| 1 Robbie doesn't think he's healthy.       | F |
| 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 soccer three times a week.  | — |
| 8 Robbie sleeps for six hours every night. | — |

### USEFUL WORDS AND PHRASES

Learn these words and phrases.

hours /'aʊəz/

minutes /'mɪnəts/

seconds /'sekəndz/

teenager /'tiːneɪdʒər/

healthy (opposite unhealthy) /'helθi/

normally /'nɔːrməli/

relax /rɪ'læks/

be in a hurry /bi ɪn ə 'hʌri/

social life /'səʊʃl laɪf/

spend time /spend 'taɪm/

**iChecker** TESTS FILE 4