

Expressing frequency

VOCABULARY 2.1

- 1 a** Read the nutritional advice in the 'Healthy eating' leaflet. Choose the correct phrases in these sentences.
- You can eat chips every so often /most of the time.
 - Try to eat some fruit *once in a while*/every day.
 - It's alright to snack on biscuits *once in a while*/most of the time.
 - Only eat crisps *every now and again*/more often than not.
 - Eating red meat *most days*/rarely isn't good for you.

b Read these comments. Are the people following the advice in the leaflet? Write Y (Yes) or N (No).

- ☒ Y More often than not I'll choose fish or chicken rather than a burger.
- ☐ I have chips for dinner most days.
- ☐ I seldom remember to eat an apple or an orange.
- ☐ I have a biscuit with my coffee every now and again.
- ☐ Every so often, when I'm on the computer, I'll have a packet of crisps.
- ☐ I only eat vegetables at weekends.
- ☐ My favourite food is cheese sandwiches on white bread – I eat them for lunch once in a while.

Healthy eating



✓ GO AHEAD! (EVERY DAY)

- fruit, nuts
- wholemeal bread
- white meat (e.g. chicken, turkey)
- vegetables
- white/oily fish

✗ BE CAREFUL! (ONCE A WEEK)

- crisps
- white bread, rice, pasta
- red meat
- fried or roast potatoes
- cakes, biscuits, chocolate

Present and past habits, repeated actions and states GRAMMAR 2.1

- 2** Choose the correct verb form. Sometimes both are possible.

When my father ¹reached/would reach 40, something strange ²used to happen/happened to him. Before this, he ³was always eating/always used to eat what he wanted, but now ⁴he's never eating/he won't eat any fried food and ⁵he's always worrying/he worried about how much sugar and salt there is in everything. This is the same man who ⁶used to eat/would eat chocolate all day long! These days ⁷he gets up/he'd get up early to go to the gym every morning before work. Before his 40th birthday, he ⁸would even complain/was even complaining about having to walk to the car!

- 3** Are the words/phrases in **bold** correct? Change the incorrect words/phrases and tick the correct phrases.

I used to live in a tiny village in southern Italy many years ago before I ¹~~used to go~~ to university. At that time there ²~~was~~ very little tourism so there ³~~didn't use to be~~ many restaurants and there only ⁴~~use to be~~ one small hotel. Because the village was so small everyone ⁵~~would know~~ everyone else and so people ⁶~~would always say~~ hello to you in the shops or while you were walking down the streets. We ⁷~~spent~~ a lot of time sitting in cafés and bars, chatting to everyone in our bad Italian! It ⁸~~would be~~ very cheap to eat out so we ate delicious food all the time for next to nothing. We ⁹~~used to make~~ some fantastic friends and we still go back there from time to time to visit them.



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|---------------|---------|---------|
| 1 <u>went</u> | 4 _____ | 7 _____ |
| 2 <u>✓</u> | 5 _____ | 8 _____ |
| 3 _____ | 6 _____ | 9 _____ |

4 Choose the correct endings.

- 1 My aunt is always apologising for everything she does.
☒ a I find it really annoying!
b She's very polite!
- 2 Fred used to like playing football
a but he prefers watching it these days.
b but he doesn't like watching it.
- 3 I went to Scotland for my holidays last year.
a It would rain every day.
b It rained every day.
- 4 I'll go out for a long walk when I'm feeling stressed.
a It helps me clear my head.
b It'd help me feel better.
- 5 My dad and I would watch *Match of the Day* together on television.
a It used to be on at 10 p.m. on Saturdays.
b I remember seeing it a couple of times.

5 Rewrite the sentences using the word in brackets.

- 1 I drank up to five cups of strong coffee every morning before I gave up. (would)
I would drink up to five cups of strong coffee every morning before I gave up.
- 2 My doctor frequently tells me to take more exercise. (always)

- 3 My wife always checks the labels before she buys food. (will)

- 4 When I was a student, I was a vegetarian. (used to)

- 5 I never worried about my food until I put on weight. (used to)

- 6 When my children were small I never gave them fast food. (would)
