4 SPEAKING

a In pairs, interview your partner with the questionnaire.

How often do you do exercise?

Quite often. I play football with my friends twice a week.

Do you live the Okinawa way?

1 How often do you do exercise?
- a Every day.
- b Quite often.
- c Hardly ever / Never.

2 Do you do a martial art, e.g. karate, tai chi?
- a Yes, often.
- b Yes, sometimes.
- c No, never.

3 How many portions of fruit and vegetables do you eat a day?
- a Seven portions a day.
- b Five portions a day.
- c Less than five portions a day.

4 How often do you eat meat?
- a Every day.
- b Three times a week.
- c Hardly ever / Never.

5 How often do you eat fish?
- a Three times a week.
- b Once a week.
- c Hardly ever / Never.

6 How often do you drink alcohol?
- a Often.
- b Sometimes.
- c Hardly ever / Never.

7 Do you smoke?
- a Yes.
- b Sometimes.
- c Never.

8 How often do you meet your friends?
- a Every day.
- b Once or twice a week.
- c Once a month.

9 How often do you meditate?
- a Every day.
- b Sometimes.
- c Hardly ever / Never.

10 How often are you in a hurry?
- a Always.
- b Sometimes.
- c Hardly ever / Never.

3C The Okinawa way

1	a 2	b 1	c 0
2	a 2	b 1	c 0
3	a 2	b 1	c 0
4	a 0	b 2	c 1
5	a 2	b 1	c 0
6	a 0	b 2	c 1
7	a 0	b 1	c 2
8	a 2	b 1	c 0
9	a 2	b 1	c 0
10	a 0	b 1	c 2

What your score means:

0–7 Your philosophy is 'a short life and a happy one'. Have a good time!

8–14 Your lifestyle is OK but you don't live the Okinawa way. You need to change some things if you want to have a very long life.

15–20 Congratulations! You live the Okinawa way. You have a very good chance of living until you are 100 years old (or more!).

LIVEWORKSHEETS

5 PRONUNCIATION the letter *h*

a 3.10 Listen and repeat.



how hardly heavy high
have half hungry happy

b Say the sentences. Circle the word where *h* is not pronounced.

Harry's unhealthy.
He hardly ever has breakfast.
He usually eats hamburgers.
He's always in a hurry.
He's often half an hour late for work.



c 3.11 Listen and check.

3 C Communicative **How often ...?**

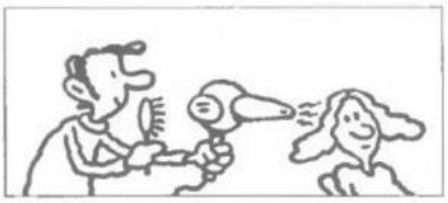
New English File Teacher's Book Elementary
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A Ask and answer questions.

How often do you go to the hairdresser's ...?

Once a week. What about you?

never
hardly ever
sometimes
(not) often
once a week / month / year
every day / week / month



go to the hairdresser's



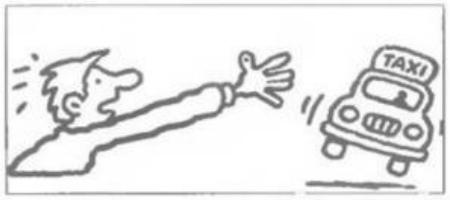
eat chocolate



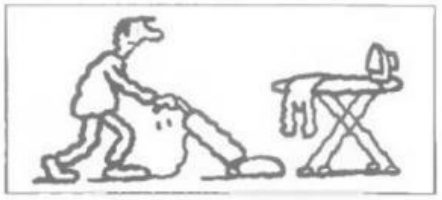
go to the theatre



be late for work / school



get a taxi



do housework



see your best friend



read the newspaper

LIVEWORKSHEETS

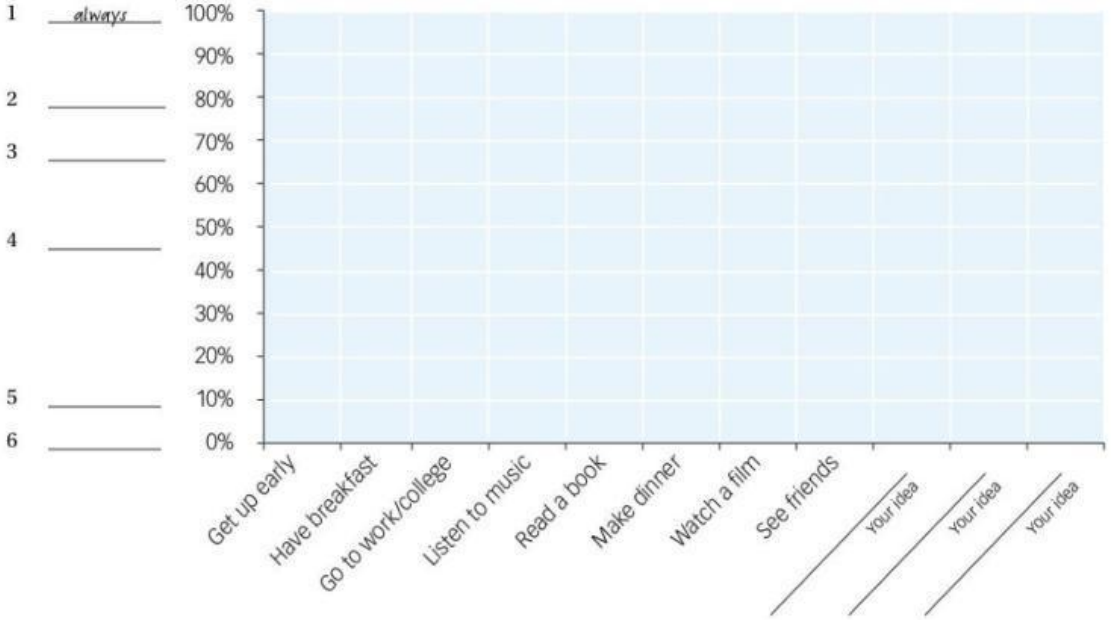
2 Grammar My day

1 Fill in gaps 1–5 on the graph with the words from the box.

~~always~~ hardly ever never often sometimes usually

2 Draw bars on the graph to show a typical day for you.

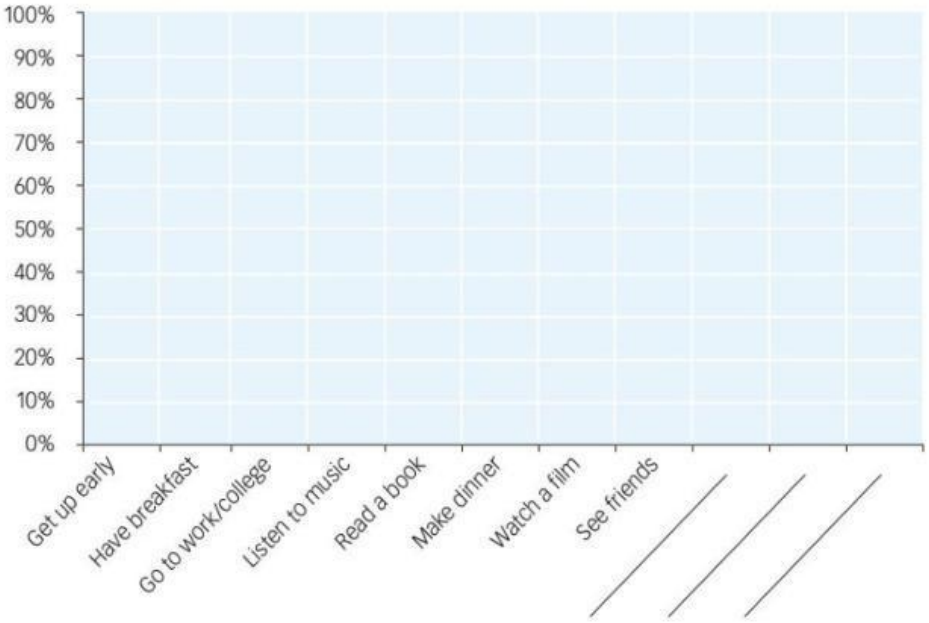
My day



3 Work with a partner. Describe your day using your graph in exercise **2**.

4 Complete the graph for your partner.

My partner's day



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LIVEWORKSHEETS

☐ EXERCISE 10. Let's talk: class activity.

Directions: Talk about what your classmates do in the evening.

PART I. Check (✓) the boxes to describe your activities after 5:00 P.M.

	always	usually	often	sometimes	seldom	rarely	never
1. eat dinner							
2. go to a movie							
3. go shopping							
4. go swimming							
5. spend time with my friends							
6. be at home							
7. listen to music							
8. watch videos or DVDs							
9. speak English							
10. send e-mails							
11. surf the Internet							
12. drink coffee after 9:00							
13. be in bed at ten o'clock							
14. go to bed late							

3 **SPEAKING** **Complete the sentences so four of them are true and two of them are false for you. Then work in pairs. Tell your partner your sentences. They have to guess which sentences are false. They can ask more questions to find out what is true or false.**

1 I _____ more than three times a day.

2 I always _____ in the evenings.

3 I never _____ at school.

4 I hardly ever _____ when I go home.

5 I often _____ when I'm tired.

6 I sometimes _____ on Friday afternoons.

OK, sentence one. I speak to my mum on the phone more than three times a day.

Three times a day? No, I think that's false.

No, it's true!

When do you phone her?

When I arrive at school, at lunchtime and when I leave school.

LIVEWORKSHEETS

Start A



work at nine o'clock



two sisters



home



early



in the evening

Start B



in a large town



on holiday



to the cinema



dinner



a pizza



the kids from school



my friends



on Saturday nights



my car



my job

pick up

buy

come

drive

cook

get up

GO OUT

go

have

like

live

order

love

relax

phone

start

Start D



at seven o'clock



to the gym



near my school



my wife



new clothes

Start C

LIVEWORKSHEETS