

HOW OFTEN...?

Look at Linda's timetable. Then, complete the story with the correct frequency words and phrases.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
drink water						
eat fruit and vegetables						
drink water						
eat carrots	exercise	drink water	drink water	exercise	eat carrots	exercise
drink water	drink water			drink water	drink water	drink water

Linda stayed with her aunt and uncle during the holidays. She had to eat fruit and vegetables _____, and she had to _____ twice a week because they are good for your eyes. Her auntie told her to exercise _____ for 30 minutes, because it's good for her health. Also, she had to drink a big glass of water _____ a day, _____.