Adverb of frequency

Complete these sentences.

1. I seldom visit my relatives, so I ..... see my uncle John.

a) usually b) almost never c) almost always

2. I'm never late for our English class. I'm ..... on time.

a) often b) usually c) always

3. James goes to the beach only once a year. He ..... goes to the beach.

a) almost never b) never c) sometimes

4. I ..... eat junk food because I know it's not very healthy.

a) always b) sometimes c) seldom

5. ..... we go to the gym to exercise, maybe two or three days a week.

a) rarely b) sometimes c) always

6. I.....watch cartoons because I hate them. News shows are much better.

a) usually b) never c) sometimes

7. I went to a restaurant last week, but I.....eat at home.

a) occasionally b) usually c) always

8. She doesn't.....finish work early because she is often busy.

a) never b) usually c) hardly ever

9. We visit our grandparents three or four times.....

a) the month b) month c) a month

10. He almost never see a doctor because he is ..... sick.

a) always b) normally c) seldom

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11. Do you.....travel to other countries on your summer holiday?

a) ever b) never to c) how often

12. I.....study very hard, so I usually get high grades in school.

a) always b) rarely c) seldom

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