

2.1 Present simple and adverbs of frequency

Present simple positive

GR2.1a »

- 1 I **go** to the beach on Saturdays.
- 2 He **gets up** at six o'clock every day.
- 3 She **comes** from Turkey.
- 4 They **have** four children.

Present simple positive (+)

I	cook	
You	cook	
He/She/it	cooks	at weekends.
We	cook	
They	cook	

Spelling rules

- Verbs ending in -ch, -sh, -s, -ss, -z, -o, and -x
 watch → watches miss → misses
 wash → washes go → goes
 relax → relaxes do → does
 - Verbs ending in consonant + -y
 study → studies
 - The third person he/she/it form of have is has.
- We use the present simple to talk about habits or routines.
He goes to work every day.
 - We also use it to talk about a fact or something we think is true for a long time.
Penguins eat fish. She lives in Bonn.

Adverbs of frequency

- We use adverbs of frequency with the present simple to say how often we do something.

GR2.1b »

100%						0%
always	usually	often	sometimes	hardly ever	never	

- 1 I **always** go to bed before ten o'clock.
- 2 Do you **usually** have toast for breakfast?
- 3 We're **sometimes** tired in the afternoon.
- 4 They **hardly ever** go to the cinema.

- We usually put the adverb *after* the verb *to be* and *before* all other verbs.
*Silvia **is often** at home on Saturdays.*
*Andy **never goes** to work on Sundays.*
- Sometimes* and *usually* can come at the beginning or end of sentences.
***Sometimes** I listen to music at work.*
*Winters are very cold here, **usually**.*

- 1 Complete the sentences with the correct form of the verb in (brackets).

- 1 Four scientists work at the research centre. (work)
- 2 They _____ their jobs. (love)
- 3 Our friend _____ lots of photos. (take)
- 4 We _____ a lot of free time. (have)
- 5 She _____ in the evening. (relax)
- 6 I _____ a book on the bus. (read)
- 7 He _____ films at weekends. (watch)
- 8 You _____ your clothes here. (wash)

- 2 Put the words in the right order to make sentences.

- 1 go / We / to / often / beach / the
We often go to the beach.
- 2 He / big / always / dinner / makes / a

- 3 visit / islands / other / They / sometimes

- 4 You / work / the / in / lab / usually

- 5 sleep / have / never / enough / We

- 6 listen / never / at / music / to / work / I

- 7 It / ever / rains / the / on / island / hardly

- 8 my / in / city / never / It / cold / is

- 9 I / worried / ever / hardly / am

- 10 houses / in / cold / The / sometimes / are / winter

- 3 Complete the text with the correct form of the words in the box.

enjoy finish go hardly have listen never **study**
 usually work

Cara is a scientist and she ¹ studies the sun. She lives in Calama in Chile. During the week she gets up early and ² _____ to the research centre. She ³ _____ has a small breakfast – a biscuit and a cup of coffee. She ⁴ _____ with five other researchers. They all ⁵ _____ their jobs. She ⁶ _____ work at five o'clock.
 In the evening, she ⁷ _____ dinner with her husband and they often watch a DVD or ⁸ _____ to music. They ⁹ _____ watch TV because they think it's boring and they ¹⁰ _____ ever talk about work.