

# 1 GRAMMAR position of adverbs and expressions of frequency

a Complete the *You* column in the chart. Then complete the sentences with a verb and an adverb of frequency.

				
		Matt	Becky	You
always	✓✓✓✓✓			
usually	✓✓✓✓			
often	✓✓✓			
sometimes	✓✓			
hardly ever	✓			
never	-			
sleep for eight hours	✓✓✓✓		✓✓	
be relaxed	✓✓✓✓✓		✓✓✓	
do sport or exercise	✓✓		-	
eat healthy food	✓✓✓		✓	
be ill	-		✓✓✓✓✓	

- 1 Matt usually sleeps for eight hours.
- 2 He is usually relaxed.
- 3 He does sport or exercise.
- 4 He eats healthy food.
- 5 He is ill.
  
- 6 Becky sleeps for eight hours.
- 7 She is relaxed.
- 8 She does sport or exercise.
- 9 She eats healthy food.
- 10 She is ill.
  
- 11 I sleep for eight hours.
- 12 I am relaxed.
- 13 I do sport or exercise.
- 14 I eat healthy food.
- 15 I am ill.