The man who works and is not bored is never old.
Pablo Casals, Spanish cellist

Short life, long life?

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.

always ✓✓✓✓✓ usually ✓✓✓✓ often ✓✓✓ sometimes ✓✓ hardly ever ✓ never –	Matt	Becky	You
sleep for eight hours	✓✓✓✓	✓✓	
be relaxed	✓✓✓✓✓	✓✓✓	
play sports or exercise	✓✓	–	
eat healthy food	✓✓✓	✓	
be sick	–	✓✓✓✓✓	

1 Matt *usually sleeps* for eight hours.
2 He _____ relaxed.
3 He _____ sports or exercises.
4 He _____ healthy food.
5 He _____ sick.

6 Becky _____ for eight hours.
7 She _____ relaxed.
8 She _____ sports and exercises.
9 She _____ healthy food.
10 She _____ sick.

11 I _____ for eight hours.
12 I _____ relaxed.
13 I _____ sports and exercises.
14 I _____ healthy food.
15 I _____ sick.

Write the adverb of frequency in the correct place in the sentence.

1 Pilots sleep in hotels. (often)
Pilots often sleep in hotels.
2 The children walk to school. (every day)
The children walk to school every day.
3 Mike rides his motorcycle to work. (sometimes)
_____.
4 My sister is late. (never)
_____.
5 I see my grandparents. (every weekend)
_____.
6 Ellie drinks coffee. (three times a day)
_____.
7 I'm hungry. (always)
_____.
8 We study English. (twice a week)
_____.

2 VOCABULARY adverbs and expressions of frequency

a Answer the questions.

THE TIME QUIZ

1 How many minutes in an hour? _____
2 How many months in a year? _____
3 How many days in a week? _____
4 How many seconds in a minute? _____
5 How many weeks in a month? _____
6 How many hours in a day? _____
7 How many days in June? _____
8 How many weeks in a year? _____

b Complete the sentences with one or two words.

1 Leo goes to the gym all week and on weekends.
Leo goes to the gym *every day*.
2 Tomo usually takes a vacation in the summer and winter.
Tomo usually takes a vacation _____ a year.
3 We usually see one new film a month.
We go to the movie theater _____ a month.
4 Adele doesn't do any homework at all.
Adele _____ does homework.
5 They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes _____ _____ a week.
6 My mother goes to the hair salon once a week, on a Friday.
My mother goes to the hair salon _____ Friday.
7 Sofia walks to work once a year.
Sofia _____ ever walks to work.
8 I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses _____ summer.

LIVEWORKSHEETS

3 PRONUNCIATION the letter *h*

a Match the words to their pronunciation. In which word is the *h* not pronounced? _____

1	half	e	a /hɪr/
2	high		b /ˈaʊər/
3	how		c /haɪ/
4	hour		d /ˈhəri/
5	hardly		e ~~/hæf/~~
6	here		f /ˈhæpi/
7	hurry		g /ˈhɑrdli/
8	happy		h /haʊ/

b iChecker Listen and check. Then listen again and repeat the words.

4 READING

a Read the interview. What is surprising about Esther Armstrong?

Interview with Esther Armstrong, 94

Interviewer How do you spend your day, Esther?

Esther My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.

Interviewer What do you do?

Esther I'm an accountant.

Interviewer Why do you still work, Esther?

Esther To have an interest. Also, my job is very exciting.

Interviewer What time do you start work?

Esther I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.

Interviewer What do you usually do after work, Esther?

Esther I go out for dinner with friends two or three times a week, and we go to the movies or the theater, or to the ballet.

Interviewer Do you live alone?

Esther Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.

Interviewer Do you have children, Esther?

Esther Yes, I do. Both of my daughters live here in New York. One daughter works nearby, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

Glossary
an accountant = a person whose job it is to make lists of all the money that people or businesses receive and pay

b Read the interview again. Write T (true) or F (false).

1 Esther thinks her day is normal. F
2 She doesn't like her job. ___
3 She sometimes starts work at 10 o'clock. ___
4 She thinks her job is difficult. ___
5 She often sees friends after work. ___
6 She lives with one of her children. ___
7 She never does housework. ___
8 She has two children. ___

c Underline five words you don't know. Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

a iChecker Listen to a radio program about being healthy. Who does the doctor say is healthy: Marge, Robbie, or Marge and Robbie?

_____

b iChecker Listen again. Write T (true) or F (false).

1 Robbie doesn't think he's healthy. F
2 Marge hardly ever eats fast food. ___
3 Marge always has breakfast. ___
4 Marge often goes to the gym. ___
5 Marge goes to bed late. ___
6 Robbie sometimes has breakfast. ___
7 Robbie plays soccer three times a week. ___
8 Robbie sleeps for six hours every night. ___

USEFUL WORDS AND PHRASES

Learn these words and phrases.

hours /ˈaʊərz/
minutes /ˈmɪnəts/
seconds /ˈsɛkəndz/
teenager /ˈtineɪdʒər/
healthy (*opposite* unhealthy) /ˈhelθi/
normally /ˈnərməli/
relax /rɪˈlæks/
be in a hurry /bi ɪn ə ˈhəri/
social life /ˈsoʊʃl laɪf/
spend time /spɛnd ˈtaɪm/

LIVEWORKSHEETS