Date: How often do you...?

Topic: Adverbial expressions of frequency

1 Are watching TV and playing video games bad habits? Why or why not?

2 Do the Good and Bad habits and check in the appropriate column

The Good and Bad Habits

How often do you . . .	A Every day		B Twice or three times a week		C Once a month		D Never	
	Me	You	Me	You	Me	You	Me	You
1 get up early?								
2 eat fast food?								
3 hang out with your family?								
4 watch TV?								
5 eat some fruit?								
6 go to bed very late?								
7 read a book or a magazine in English?								
8 play video games?								
9 play a sport or exercise?								
10 text someone during class?								

Date: How often do you...?

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3 Write in your notebook

Adverbial expressions of frequency

How often do you watch TV?

I watch TV **every day/twice a week.**

every		day
once		week
twice	a	month
three times		year

4 Look

How often? = I want to know the frequency

Example: How often do you brush your teeth?

Number + Times	+ A +	Time Period (SINGULAR NOUN)	Time Period
Once*	a	day	daily
Twice*	a	week	weekly
Three times	a	month	monthly
Four times	a	year	annually

EVERY +	Number +	Time Period (PLURAL NOUN)	EVERY +	Time Period (SINGULAR NOUN)
Every	two	days	Every	day
Every	three	weeks	Every	week
Every	four	months	Every	month

- She visits the dentist twice a year.
- He goes to the gym three times a week.
- I call her daily to make sure she is fine.
- There is a leap day every four years.
- We pay our mortgage every month.

* ~~one time~~ ✗ once ✓

~~two times~~ ✗ twice ✓

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