



Date: _____
Topic: **How often do you...?**
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?								





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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

Once* a day

Twice* a week

Three times a month

Four times a year

Time Period

daily

weekly

monthly

annually

EVERY + Number + Time Period

PLURAL NOUN

Every two days

Every three weeks

Every four months

EVERY + Time Period

SINGULAR NOUN

Every day

Every week

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 ✓