

# ADVERBS of FREQUENCY

- Complete these sixteen sentences to score your knowledge of **ADVERBS OF FREQUENCY**.

1. I seldom visit my relatives, so I ... see my uncle John.
  - a) usually
  - b) almost never
  - c) almost always
2. I'm never late for our English class. I'm ... on time.
  - a) often
  - b) usually
  - c) always
3. James goes to the beach only once a year. He ... goes to the beach.
  - a) almost never
  - b) never
  - c) sometimes
4. My sister often ... a book in the evenings.
  - a) reads
  - b) read
  - c) is reading
5. I ... eat junk food because I know it's not very healthy.
  - a) always
  - b) sometimes
  - c) seldom
6. ... we go to the gym to exercise, maybe two or three days a week.
  - a) Rarely
  - b) Sometimes
  - c) Always
7. I ... watch cartoons because I hate them. News shows are much better.
  - a) almost always
  - b) sometimes
  - c) never
8. They always ... to bed early because they always get up early.
  - a) go
  - b) will go
  - c) goes
9. I went to a restaurant last week, but I ... eat at home.
  - a) usually
  - b) seldom
  - c) always
10. She doesn't ... finish work early because she is often busy.
  - a) never
  - b) usually
  - c) always
11. It ... snows where I live, so I never make a snowman.
  - a) sometimes
  - b) never
  - c) always
12. We visit our grandparents three or four times ....
  - a) the month
  - b) month
  - c) a month
13. He almost never sees a doctor because he is ... sick.
  - a) almost always
  - b) usually
  - c) seldom
14. Do you ... travel to other countries on your summer holiday?
  - a) ever
  - b) never
  - c) how often
15. I ... study very hard, so I usually get high grades in school.
  - a) always
  - b) rarely
  - c) almost never
16. He's never angry. He ... has a smile on his face.
  - a) never
  - b) always
  - c) seldom