



# FREQUENCY

To express **FREQUENCY** we can use:

- **Adverbs of frequency** (always - usually - sometimes - rarely - never)
- Or these **expressions**, when we know the number of times we do something:



Let's concentrate on these expressions.

| Number + Times | A | Time Period |
|----------------|---|-------------|
| Once*          | a | day         |
| Twice*         | a | week        |
| Three times    | a | month       |
| Four times     | a | year        |

Click on the pictures, listen to the sentences and choose **once**, **twice**, **three times** or **four times**. Then, write the complete sentence.



Mum (wash) the clothes / **once** a week.

Mum **washes** the clothes once a week.



Dad (go) to the supermarket / \_\_\_\_\_ a month.



Ian (have) virtual lessons / \_\_\_\_\_ a day.



Jenny (go) to the dentist / \_\_\_\_\_ a year.



My cousins (play) tennis / \_\_\_\_\_ a week.



Now, answer the following questions.

once a.... / twice a..../ three times a .../four times a.....

① How often does Peter visit his grandparents? *1/week*

He visits his grandparents once a week.

② How often does Mike go shopping? *1/ month*

③ How often do your parents go to the cinema? *2/month*

④ How often does your brother have a music lesson? *3/ month*

⑤ How often do your friends play video games? *4/ week.*

⑥ How often does your mum cook? *2/day*