

3A Frequency adverbs and expressions

We use frequency adverbs with the simple present to talk about routines and how often we do things.



We usually put frequency adverbs before the main verb.

I always listen to the radio in the car. NOT ~~*Always I listen to the radio in the car.*~~ or ~~*I listen always to the radio in the car.*~~

But we usually put frequency adverbs after the verb *be*.

They're never late. NOT ~~*They never are late.*~~

We use *How often ... ?* to ask about how frequently actions happen.

How often do you go out for dinner?

We also use frequency expressions with the simple present to talk about regular habits and routines.

I visit my parents every day.

I visit my grandparents twice a week.

I visit my cousins once a year.



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I go to the movies	every	day.
	once a	week.
	twice a	month.
	three times a	year.
	four times a	

Once means "one time" and *twice* means "two times."

We usually use frequency expressions at the end of a sentence. We sometimes use them at the start of a sentence.

I visit my cousins once a year.

Once a year, I visit my cousins.

NOT ~~*I once a year visit my cousins.*~~

1 Rewrite the sentences. Put the frequency adverbs in the correct places.

1 My father reads the newspaper. (always)

2 My aunt has lunch with friends. (often)

3 My cousin is at home in the evening. (usually)

4 They work on the weekend. (sometimes)

5 I go to the movies. (never)

6 I'm very busy. (often)

2 Complete the sentences. Put one word in each sentence.



1 I go to the gym _____ day.

2 We go on vacation three times a _____ – in March, May, and October.

3 I see my grandparents twice _____ week.

4 I usually have a cup of coffee _____ a day – with breakfast and after lunch.

5 My dad plays golf three _____ a week.

6 My brother visits me twice a week, but my sister only visits me _____ a week.

3 Correct the sentences.

1 Never Sam listens to music.

2 Always the apartments here are nice.

3 We eat out hardly ever on Saturdays.

4 Lidia drives to work every days.

5 We see our cousins four or five times year.

6 I go to the theater once time a month.