

English File Elementary- 4 C- Short life, long life ?

1 Vocabulary : Adverbs and expressions of frequency.

a.- Match the numbers with the letters. Join with the mouse.



- |                     |                 |
|---------------------|-----------------|
| 1 sixty seconds.    | a) a week       |
| 2 thirty minutes    | b) an hour      |
| 3 sixty minutes     | c) a minute     |
| 4 twenty four hours | d) a month      |
| 5 seven days        | e) a year       |
| 6 four weeks        | f) half an hour |
| 7 twelve months     | g) a day        |

b.- How often do you see your friends ? Match






- |                       |   |
|-----------------------|---|
| 1) everyday           | a) January, February, March etc.        |
| 2) every week         | b) in January, April, July and October. |
| 3) every month        | c) week 1, week 2, week 3 , etc.        |
| 4) once a week        | d) on Mondays, Wednesdays and Fridays.  |
| 5) twice a week       | e) only on Mondays                      |
| 6) three times a week | f) on Mondays and Wednesdays            |
| 7) four times a year  | g) M,T, W,Th,F,S, S                     |

c.- Match the numbers with the letters



- |  |                |
|--|----------------|
| 1) I don't like coffee at all.                             | a) often       |
| 2) I see them only once or twice a year.                   | b) never       |
| 3) I start work at 8 everyday .                            | c) usually     |
| 4) I go to the gym everyday except Sundays .               | d) hardly ever |
| 5) I go by bus everyday except on Tuesdays and Thursdays . | e) always      |

d.- Look at the chart and complete the sentences

			
	Matt	Becky	You
always ✓✓✓✓✓			
usually ✓✓✓✓			
often ✓✓✓			
sometimes ✓✓			
hardly ever ✓			
never -			
sleep for eight hours	✓✓✓✓	✓✓	
be relaxed	✓✓✓✓✓	✓✓✓	
do sport or exercise	✓✓	-	
eat healthy food	✓✓✓	✓	
be ill	-	✓✓✓✓✓	

1) Matt usually sleeps for eight hours.

2) He is relaxed.

3) He doesn't do sport or exercise.

4) He eats healthy food.

5) He isn't ill.

6) Becky usually sleeps for eight hours.

7) She is relaxed.

8) She doesn't do sport or exercise.

9) She eats healthy food.

10) She is ill.

How about you ? What about you ?

Complete the following sentences about you orally.

11) I usually sleep for eight hours.

12) I am relaxed.

13) I don't do sport or exercise.

14) I eat healthy food.

15) I am not ill.

Adverbs of frequency – Mid or End position ?

Always → I **always** have coffee for breakfast I am **always** at home in the morning.

Never → He **never** reads books He is **never** at home.

Hardly ever/Almost never → They **hardly ever** go out . They are **hardly ever** in town.

Usually → Do you **usually** exercise ? Are you **usually** at the gym on week-ends ?

Often → He **often** takes a taxi- He is **often** at his office.

Everyday → They walk to school **everyday**- He is at this office **everyday**.

On Mondays → He is never at home **on Mondays**

Once a week → They exercise at the fitness centre **once a week**.

RE-write the sentences using the adverb of frequency between brackets.

1) Pilots sleep in hotels ( often )

\_\_\_\_\_

2) The children walk to school (everyday)

\_\_\_\_\_

3) Mike rides his motorbike to work (sometimes)

\_\_\_\_\_

4) My girlfriend is late ( never)

\_\_\_\_\_

5) I see my grandparents ( every weekend )

\_\_\_\_\_

6) Ellie drinks coffee ( Three times a day )

\_\_\_\_\_

7) I'm hungry ( always )

\_\_\_\_\_

8) We study English ( twice a week )

\_\_\_\_\_

Click on the right answer.

- 1) Leo goes to the gym all week and at the weekends.

Leo goes to the gym    always    everyday .

- 2) Jon usually has a holiday in the summer and winter.

John usually has a holiday    two times    twice    a year.

- 3) We usually see one new film a month.

We go to the cinema    one time    once    a month.

- 4) Adele doesn't do any homework at all.

Adele    never    hardly ever    does homework.

- 5) They have English classes on Mondays , Wednesdays, and Fridays.

They have English classes    three time    three times    a week.

- 6) My mother goes to the hairdresser once a week, on Friday.

My mother goes to the hairdresser    all    every    Friday.

- 7) Eve walks to work once a week.

Eve    never    hardly ever    walks to work.

- 8) I always buy a new pair of glasses in the summer.

I always buy a new pair of glasses    every    all    summer.

Reading .



Esther Armstrong, 94

Some people are not young but they are not old either. There are different ways to express the idea that somebody is not young but in a nice way. These are some of the ways :

She is a senior citizen.

She is a nice grannie.

She is 65 years ~~old~~ young .

She is young at heart.

She is elderly

She is in her advanced years.



Read the interview and then do the exercise that follows it

**Interviewer** How do you spend your day, Esther?  
**Esther** My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.  
**Interviewer** What do you do?  
**Esther** I'm an accountant.  
**Interviewer** Why do you still work, Esther?  
**Esther** To have an interest. Also, my job is quite exciting.  
**Interviewer** What time do you start work?  
**Esther** I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.  
**Interviewer** What do you usually do after work, Esther?  
**Esther** I go out for dinner with friends two or three times a week, and we go to the cinema or the theatre, or to the ballet.  
**Interviewer** Do you live alone?  
**Esther** Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.  
**Interviewer** Do you have children, Esther?  
**Esther** Yes, I do. Both of my daughters live here in New York. One daughter works very near, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

**Glossary**

*an accountant* = a person whose job it is to make lists of all the money that people or businesses receive and pay

True ( T ) or false ( F )

- 1) Esther thinks her day is normal. \_\_\_\_\_
- 2) She doesn't think her day is normal. \_\_\_\_\_
- 3) She sometimes starts work at 10 o'clock. \_\_\_\_\_
- 4) She thinks her job is difficult . \_\_\_\_\_
- 5) She often sees friends after work. \_\_\_\_\_
- 6) She lives with one of her children . \_\_\_\_\_
- 7) She never does housework. \_\_\_\_\_
- 8) She has two children. \_\_\_\_\_



Dieticians say fast food is unhealthy

Listen to a radio program about being healthy. Write T ( true) or F ( false ).

- 1) Robbie doesn' t think he is healthy. \_\_\_\_\_
- 2) Marge hardly ever eats fast food. \_\_\_\_\_
- 3) Marge always has breakfast . \_\_\_\_\_
- 4) Marge often goes to the gym. \_\_\_\_\_
- 5) Marge goes to bed late. \_\_\_\_\_
- 6) Robbie sometiems has breakfast . \_\_\_\_\_
- 7) Robbie plays football three times a week. \_\_\_\_\_
- 8) Robbie sleeps for six h ours every night. \_\_\_\_\_