

## Lesson B:

*I always have juice for breakfast.*

### Warm-up

#### Favorite meals



breakfast



lunch



dinner

What's your favorite meal of the day?

My favorite meal is

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## Grammar

### Adverbs of Frequency

- Mark:** What do you do on weekends?  
**Melissa:** I usually clean my bedroom, but sometimes I go to the gym.  
**Mark:** Oh, I see. Does your sister do the same?  
**Melissa:** Not really. She always wakes up late on weekends because she works from Monday to Friday.  
**Mark:** That's nice. I never sleep late. On weekends I wake up at 7.30 a.m.  
**Melissa:** Wow! That's early for a Saturday or Sunday. I rarely wake up early those days.  
**Mark:** Well, the thing is that I often work those days, so I have to wake up early. When I don't work on Saturday, I have homework to do, so it's better for me to start early.  
**Melissa:** Do you ever do something fun on weekends?  
**Mark:** Rarely. I mean, I guess on vacation I usually go to the mall and shop for clothes with my brother. He's really generous so he always pays for all the clothes I buy. I think that's so cool!

I <b>always</b> eat breakfast.	100%
You <b>usually</b> have soup for lunch.	90%
He <b>frequently</b> eats meat.	80%
She <b>often</b> cooks beef.	70%
It <b>sometimes</b> eats chicken.	50%
We <b>occasionally</b> drink soda.	30%
They <b>seldom</b> have dessert.	10%
I <b>rarely</b> have dinner.	5%
We <b>never</b> eat shrimps for breakfast.	0%

**Sometimes** it eats chicken.



Do you **ever** eat shrimps for breakfast?

- Yes, I **always** do.
- **Sometimes** I do.
- No, I **never** do.



## 1. Match

1. Adverbs of Frequency ... a.... usually, always, never, etc.
2. Some adverbs of frequency are ... b.... describe how often an action happens.

## 2. Put the adverbs in the correct place.

A: Do you have eggs for breakfast? (usually)

B: Well, on weekends I eat eggs with my family. (always)

A: Do you eat lunch with your friends? (ever)

B: Yes, I eat lunch with them. (sometimes)



## 3. Unscramble the sentences:

1. I / have / hardly ever / tomatoes / for lunch

2. when I listen to music / I / apples / eat / sometimes

3. eat / for / bread / never / breakfast / I



### Wrap-up

1. What are frequency adverbs used for?
2. Tell the class about something you never eat.
3. Tell the class about something you always eat for breakfast.
4. Do you ever have fish for dinner?

