

Lesson 2B

GRAMMAR | adverbs and phrases of frequency

VOCABULARY | everyday activities

PRONUNCIATION | linking

VOCABULARY

everyday activities

1 A Complete the conversations with the correct form of the verbs in the box.

check get up go (x2) go to meet spend (x2)

1 A: Do you want to shopping with me on Saturday?
B: Sorry, I can't. I always my mum for lunch on Saturdays.

2 A: Does Amanda always early?
B: Yes, she does. She running before work.

3 A: I work a lot, but I'd like to more time with my family.
B: Me too. The problem is that my son a lot of time online!

4 A: You need to the meeting at ten.
B: OK. I just need to my emails first.

B Choose the correct word or phrase to complete the sentences.

1 Do you time with your family at the weekend?
a go b spend c meet

2 I usually running every morning before breakfast.
a do b get up c go

3 your messages before the meeting.
a Check b Meet c Get

4 Let's for coffee tomorrow morning.
a get up b spend time c meet

5 I don't want to Jen's party at the weekend.
a go to b get c go

6 It's Sunday tomorrow. We can up late.
a go b get c go to

C Choose the correct words to complete the profile.

My weekend

At the weekend, I usually ¹go / get up early on Saturday and ²go / get shopping at the market. I go early because it's busy later. After that, I ³take / meet friends for lunch. In the afternoon, I like to ⁴spend / do time with my boyfriend. We go to the park, or go to the cinema. We do something together because I ⁵make / spend a lot of time at work. I try not to ⁶check / spend emails on my phone at the weekends! On Sunday, I get ⁷on / up late and have lunch with my family. Sometimes I ⁸go / get running in the afternoon. Then I relax in the evening.



GRAMMAR

adverbs and phrases of frequency

2 A The sentences below have a mistake. Choose the best option to correct the mistake.

1 I meet my sister for lunch every Tuesdays.
a always Tuesday b every Tuesday
c every a Tuesday

2 Jack doesn't work usually at the weekend.
a don't work usually b usually don't work
c doesn't usually work

3 I always am tired at the end of the day.
a Am I always b I am always c Always I am

4 He plays football twice in week.
a twice weeks b twice week c twice a week

B Choose the correct words to complete the sentences.

1 I **often / never** get up early. I love to sleep!
2 **Often we / We often** meet for lunch at a café.
3 I go shopping with my mum **every weekend / weekends**.
4 I check my emails three or four **time / times** a day.
5 I **never am / am never** late for school.
6 **How / When** often do you go on holiday?
7 I **sometimes / always** finish work late, every day!
8 Jamie **hardly ever reads / doesn't read** books.

C Put the words in brackets in the correct order to make sentences.

¹ (quiet / It's / never) in the mornings in our house. There's lots to do before work and school. ² (up / My / late / often / gets / son), so he doesn't have time to have breakfast. I make it for him every day, but ³ (ever / it / he / eats / hardly). I eat cereal and have a coffee in the kitchen, but ⁴ (usually / news / to / my / the / listens / wife) in the bedroom while she gets ready. ⁵ (listens / music / daughter / often / My / to) in her bedroom, too. Then the dog wakes up and runs around the house. It's crazy! However, ⁶ (never / work / I'm / late / for)!

PRONUNCIATION

3 A **2.04 | linking** Listen and complete the sentences with one word in each gap.

1 We have Spanish classes twice a
2 I go to a party once a
3 I check my messages once a!
4 We meet for lunch every
5 We only go on holiday once a
6 I check my emails once an

B **2.04 |** Listen again and repeat. Practise the linking between words.

READING

4A Complete the quiz with the words in the box.

always ever every often on
sometimes twice weekend

B Answer the questions for you. Then read the key and check your answers.

Key

Mostly a: You like being with other people. You have a lot of friends and you're happy when you spend time with them. It's important to be alone sometimes, too.

Mostly b: You like to be with other people and you have a good group of friends. But sometimes you like to do things alone and have a quiet time. Both are important to you and that's a healthy way to spend your time.

Mostly c: You like being alone most of the time. You hardly ever spend time with other people and you don't feel bored when you're alone. That's fine, but it's good to be with your friends and family, too. Try to meet a friend for coffee or lunch sometimes.

C Read the descriptions. Match the person (1–3) with the section of the key (a–c) in Ex 4B.

- 1 Sofia is a writer and spends a lot of time online. She has 1,000 friends on social media, but doesn't know all of them. She thinks short work meetings are useful. She plays tennis twice a week with her friend. At the weekend she usually meets another friend for dinner. She hardly ever goes to parties.
- 2 Samuel is a doctor. He works hard in the week and often leaves the hospital at 8 p.m. He gets up early and goes running every day before work. At the weekend he spends time online and sometimes meets a friend or his family for lunch. He likes to read interesting articles and the news.
- 3 Adesh is a digital designer. He likes long meetings and talks a lot about work with other people. He always gets up late at the weekend because he spends time with his friends on Friday and Saturday nights. They like parties! On Sunday afternoons he plays football in a local team.

QUIZ



Alone OR together?

Some people like to do things with other people. Some people like to do things alone. Do our quiz and learn about yourself.

1 How often do you meet friends for coffee?

- a I meet a group of friends for coffee ¹ a week or more.
- b Once a week or less. I meet a friend and we talk about our lives.
- c Hardly ² I like to read a book while I drink coffee.

2 What type of exercise do you like?

- a Team sports. I meet friends and play sport once a week.
- b I usually go running with a friend at the ³
- c I go running alone, never with other people.

3 How do you spend time online?

- a I ⁴ use social media and talk online with my friends.
- b I use social media and I sometimes watch videos.
- c I read websites about things I like.

4 How ⁵ do you go to parties?

- a ⁶ weekend. My friends always have parties!
- b Rarely. Maybe five or six times a year.
- c Never. I don't like parties.

5 Do you get up late at the weekend?

- a Yes, always. And I come home late ⁷ Fridays and Saturdays!
- b Usually, but sometimes I get up early.
- c No. I always get up early at the weekend. I like the quiet mornings.

6 Do you like meetings?

- a Yes, it's good to talk to people I work with.
- b ⁸ , but only if they're short.
- c I hate them. I like to work alone.