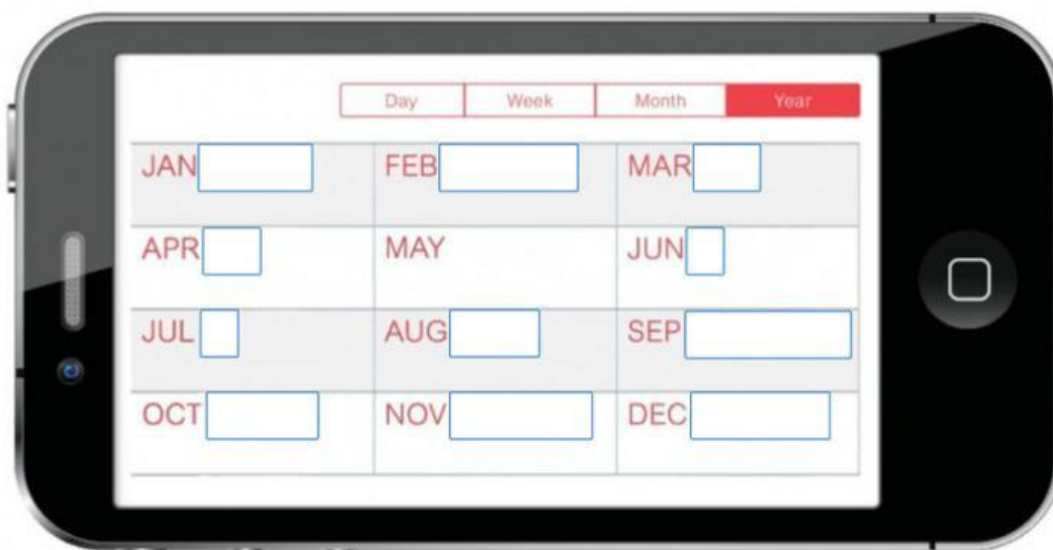


- a  **4.16** Complete the months in the phone calendar. Listen and check.



Day	Week	Month	Year
JAN		FEB	MAR
APR		MAY	JUN
JUL		AUG	SEP
OCT		NOV	DEC

2 EXPRESSIONS OF FREQUENCY

a Complete the expressions.

How often do you see your friends?

- 1 every /'evri/ day M, T, W, Th, F, S, S
- 2 every w week 1, week 2, week 3, etc.
- 3 every m January, February, March, etc.
- 4 every y e.g., 2017, 2018, 2019, etc.
- 5 once /wʌns/ a e.g., only on Mondays
- 6 twice /twais/ a e.g., on Mondays and Wednesdays
- 7 three times a e.g., on Mondays, Wednesdays, and Fridays
- 8 four times a e.g., in January, April, July, and October

3 ADVERBS OF FREQUENCY

a What do the **highlighted** words mean? Match sentences 1–6 to a–f.

- 1 ☒ **b** I **always** /ɔlweiz/ get up at 7:00 during the week.
- 2 ☐ I **often** /ɔfn/ go to the movies after work.
- 3 ☐ I **usually** /'yuzʊəli/ finish work at 6:00.
- 4 ☐ I **sometimes** /sʌmtaɪmz/ meet a friend for lunch.
- 5 ☐ I **hardly ever** /hardli 'evər/ go to the theater.
- 6 ☐ I **never** /nevər/ have coffee.

- a About seven or eight times a month.
- b I start work at 8:00 every day.
- c But on Fridays we stop at 3:00.
- d I don't like it.
- e Only once or twice a year.
- f About once or twice a month.

- b Look at the position of the highlighted words and expressions. Circle the correct rule.

- 1 Adverbs of frequency (e.g., *usually*) go:
before / after a main verb.
before / after the verb *be*.
- 2 Expressions of frequency (e.g., *every week*) go at the
beginning / at the end of a phrase or sentence.

American teenagers may, for the first time in the nation's history, live shorter lives than their parents because of their unhealthy lifestyles.

According to recent research:

- 96% **spend** more than five hours looking at a screen **every day**.
- 86% **hardly ever eat** fruit or green vegetables.
- 75% **don't usually sleep** for eight hours a day – the average is seven hours.
- 34% **eat** fast food at least **once a day**.
- 33% **drink** more than four sugary drinks **every day**.
- 31% **are often** very stressed.
- 25% **never play** sports or exercise.

a Put the adverb of frequency in the correct place in the sentence. 

They drive – they don't have a car. **never**

They never drive – they don't have a car.

- 1 I walk to work. **always**
- 2 Do you wear glasses? **usually**
- 3 I'm bored. **hardly ever**
- 4 She does the housework. **sometimes**
- 5 We go to the movies. **hardly ever**
- 6 Why are you late? **always**
- 7 My girlfriend is stressed. **never**
- 8 Does it rain in December? **often**

How often do you...?

Page 104



Now calculate your partner's score.

a = 5 b = 7 c = 10

Total score = number of years you live

Interview your partner. **A** ask the questions in the questionnaire. **B** answer and give more information if you can. Then change roles.

How often do you...?

1 have breakfast

- ☐ a hardly ever / never
- ☐ b sometimes / usually
- ☐ c always

2 eat fresh fruit and vegetables

- ☐ a hardly ever / never
- ☐ b once a day
- ☐ c three times a day

3 eat fast food

- ☐ a often
- ☐ b sometimes, not often
- ☐ c hardly ever / never

4 exercise

- ☐ a hardly ever / never
- ☐ b once or twice a week
- ☐ c three or four times a week

5 feel tired or stressed

- ☐ a always / often
- ☐ b sometimes
- ☐ c hardly ever / never

6 drink soda

- ☐ a every day
- ☐ b sometimes
- ☐ c hardly ever / never

7 see your friends

- ☐ a sometimes
- ☐ b often
- ☐ c very often

How many...?

8 hours do you usually sleep a day

- ☐ a 0 to 4
- ☐ b 5 to 6
- ☐ c 7 to 9

9 cups of coffee do you drink a day

- ☐ a more than five
- ☐ b usually only one or two
- ☐ c I don't drink coffee.

10 Which of these is true for you?

- ☐ a I'm not very positive about life.
- ☐ b I'm usually positive about life.
- ☐ c I'm always positive about life.