

Questions with HOW

HOW is used to ask about frequency, time, and ability.

1. How often...? We use it to ask about **how many times** something happens.

Structure: How often + do/does + subject + verb?

Examples

- How often do you work out?
 - Every day.
 - Twice a week.
 - Not very often.



2. How long...? We use it to ask about **time or duration**.

Structure: How long + do/does + subject + verb?

Examples

- How long do you spend at the gym?
 - Thirty minutes a day.
 - Two hours a week.
 - About an hour on weekends.



3. How well vs. How good (IMPORTANT!)

How well → VERB (action): We use HOW WELL to talk about **how you do an action**.

Pattern: **How well + do/does + subject + verb?**

Examples

- How well do you play tennis?
 - Pretty well.
 - Not very well.

How good → NOUN / SKILL: We use HOW GOOD to talk about **ability or level**.

Pattern: **How good + be + subject + at + noun?**

Examples:

- How good are you at sports?
 - Pretty good.
 - OK.
 - Not so good.

COMPARE:

- ✓ How **well** do you **play** soccer?
- ✓ How **good** are you **at** soccer?



Exercise 1 – Choose the correct option

1. ____ often do you exercise?
a) How long b) How often c) How good
2. ____ long do you study English?
a) How well b) How often c) How long
3. ____ well do you play soccer?
a) How good b) How often c) How well

Exercise 2 – Match the question with the answer

Questions:

1. How often do you read?
2. How long do you sleep?
3. How good are you at English?

Answers:

- A. About eight hours a day.
- B. Pretty good.
- C. Twice a week

Exercise 3 – Complete the sentences with often / long / good

1. How _____ do you work out?
2. How _____ do you spend at school?
3. How _____ are you at math?

Exercise 4 – Write your answers

1. How often do you exercise? _____
2. How long do you study English? _____
3. How good are you at sports? _____