ADVERBS of FREQUENCY

How can you use adverbs of frequency? Study the grammar reference chart below.

• always	100%	I <i>always</i> watch TV in the evening.
almost always	95%	She <i>almost always</i> eats breakfast.
• usually	75%	Michael <i>usually</i> gets up late on weekends.
• often	50%	I often do exercise in the morning.
• sometimes	25%	They sometimes go to a coffee shop in their free time.
seldomrarelyhardly ever	5%	I <i>seldom</i> see him. I <i>rarely</i> see him. I <i>hardly ever</i> see him.
• never	0%	He <i>never</i> comes to class late.

GRAMMAR QUIZ

ADVERBS of FREQUENCY

- Complete these sixteen sentences to score your knowledge of ADVERBS OF FREQUENCY.
- I seldom visit my relatives, so I ... see my uncle John.
 - a) usually
 - b) almost never
 - c) almost always
- I'm never late for our English class. I'm ... on time.
 - a) often
 - b) usually
 - c) always
- James goes to the beach only once a year. He ... goes to the beach.
 - a) almost never
 - b) never
 - c) sometimes
- My sister often ... a book in the evenings.
 - a) reads
 - b) read
 - c) is reading
- I ... eat junk food because I know it's not very healthy.
 - a) always
 - b) sometimes
 - c) seldom
- we go to the gym to exercise, maybe two or three days a week.
 - a) Rarely
 - b) Sometimes
 - c) Always
- I ... watch cartoons because I hate them. News shows are much better.
 - a) almost always
 - b) sometimes
 - c) never
- They always ... to bed early because they always get up early.
 - a) go
 - b) will go
 - c) goes

- I went to a restaurant last week, but I ... eat at home.
 - a) usually
 - b) seldom
 - c) always
- She doesn't ... finish work early because she is often busy.
 - a) never
 - b) usually
 - c) always
- It ... snows where I live, so I never make a snowman.
 - a) sometimes
 - b) never
 - c) always
- We visit our grandparents three or four times
 - a) the month
 - b) month
 - c) a month
- He almost never sees a doctor because he is ... sick.
 - a) almost always
 - b) usually
 - c) seldom
- 14. Do you ... travel to other countries on your summer holiday?
 - a) ever
 - b) never
 - c) how often
- I ... study very hard, so I usually get high grades in school.
 - a) always
 - b) rarely
 - c) almost never
- He's never angry. He ... has a smile on his face.
 - a) never
 - b) always
 - c) seldom

ADVERBS of FREQUENCY

 Answer the questions about you. Use adverbs of frequency in your answers.

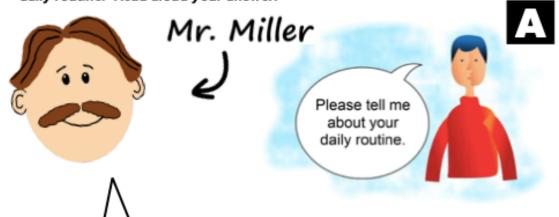


1.	What do you always do on the weekend?
2.	What do you almost always do in the evenings?
3.	What time do you <i>usually</i> get up in the mornings?
4.	Where do you often go after class?
5.	Where do you sometimes eat lunch?
6.	What do you <i>hardly ever</i> do in your free time?
7.	Who do you <i>seldom</i> talk to?
8.	What do you <i>never</i> watch on TV?

INTERVIEW a "read-aloud-and-listen" activity

PRESENT SIMPLE: 'Daily Routine'

Your name is Mr. Miller. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.



I'm an English teacher and I have a big family, so I have a very busy daily routine! First, I get up every day at six o'clock, get washed and dressed, and leave for work by seven-thirty. I get to school at eight o'clock. I prepare my lessons and then teach until noon. The other teachers and I always eat lunch and talk together in the teachers' room. I teach again in the afternoon and then I correct my students' homework and tests. After I get back home, I help my kids with their homework. I have three kids in elementary school. Their names are Mathew, Jon and Suzie. Then, I do some exercise, eat dinner with my family and watch TV before I go to bed at about ten o'clock. We love to watch travel shows. Finally, I read in bed for a few minutes before I fall asleep.

PRESENT SIMPLE: 'Daily Routine'

 Your name is Ms. Lucy. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.



Well, I almost always get up very early, at about five-thirty. I get up early because I like to go jogging along the beach and watch the sun rise. Later, after breakfast, I go to work. I work in a bank near my home. I don't drive to work, I take a bus. It only takes about twenty minutes to get to work. After work, I like to go to my favorite bakery and buy some fresh bread. I get home between five o'clock and five-thirty. My husband Michael usually makes dinner because he loves to cook. In fact, he is a chef in a restaurant. His hobby is painting, and my hobby is growing flowers in our garden. We also have a pet dog called Wolfie. In the evenings we take Wolfie for a walk, and then get to bed by nine-thirty because we have to get up so early again the next morning.

Listen and answer. Listen and answer. INTERVIEW with Ms. Lucy INTERVIEW with Mr. Miller 1. What job does Mr. Miller have? 1. Why does Ms. Lucy get up very Is he a busy person? early every morning? 2. What time does Mr. Miller get up 2. Where does Ms. Lucy work? every morning? 3. How long does it take Ms. Lucy 3. Who does Mr. Miller have lunch to get to work? with? 4. What is Ms. Lucy's hobby? 4. What does he do after he helps his kids with their homework? 5. What does Ms. Lucy do in the 5. What kinds of TV shows does he evenings? love to watch?