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The file: Worksheet about Adverbs of frequency

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4C Short life, long life?

I. GRAMMAR

Complete the sentences with a verb and an adverb of frequency.

- Matt usually sleeps for eight hours.
- He _____ relaxed.
- He _____ sports or exercises.
- He _____ healthy food.
- He _____ sick.

always	✓✓✓✓		
usually	✓✓✓	Matt	Becky
often	✓✓✓		
sometimes	✓✓		
hardly ever	✓		
never	-		
sleep for eight hours	✓✓✓✓	✓✓	
be relaxed	✓✓✓✓	✓✓✓	
play sports or exercise	✓✓	-	
eat healthy food	✓✓✓	✓	
be sick	-		✓✓✓✓

- Becky _____ for eight hours.
- She _____ relaxed.
- She _____ sports and exercises.
- She _____ healthy food.
- She _____ sick.

II. VOCABULARY

Complete the sentences with one or two words.

- Leo goes to the gym all week and on weekends.
Leo goes to the gym every day.
- Tomo usually takes a vacation in the summer and winter.
Tomo usually takes a vacation _____ a year.
- We usually see one new film a month.
We go to the movie theater _____ a month.
- Adele doesn't do any homework at all.
Adele _____ does homework.

- 5 They have English classes on Mondays, Wednesdays, and Fridays.
They have English classes _____ a week.
- 6 My mother goes to the hair salon once a week, on a Friday.
My mother goes to the hair salon _____ Friday.
- 7 Sofia walks to work once a year.
Sofia _____ ever walks to work.
- 8 I always buy a new pair of sunglasses in the summer.
I buy a new pair of sunglasses _____ summer.

III. PRONUNCIATION

Match the words to their pronunciation. In which word is the **h** not pronounced?

1 half	<input checked="" type="checkbox"/>	e	a /hɪr/
2 high	<input type="checkbox"/>		b /'aʊər/
3 how	<input type="checkbox"/>		c /haɪ/
4 hour	<input type="checkbox"/>		d /'həri/
5 hardly	<input type="checkbox"/>		e /hæf/
6 here	<input type="checkbox"/>		f /'hæpi/
7 hurry	<input type="checkbox"/>		g /'hɜːrli/
8 happy	<input type="checkbox"/>		h /həʊ/

IV. READING

1. Read the interview. What is surprising about Esther Armstrong?

Interview with Esther Armstrong, 94

- Interviewer** How do you spend your day, Esther?
Esther My day is very normal, really. I get up, I get dressed, I have breakfast. Then I go to work.
- Interviewer** What do you do?
Esther I'm an accountant.
- Interviewer** Why do you still work, Esther?
Esther To have an interest. Also, my job is very exciting.



Interviewer What time do you start work?

Esther I start between 9 and 10 every day and I finish at 4 o'clock. It isn't very stressful, really.

Interviewer What do you usually do after work, Esther?

Esther I go out for dinner with friends two or three times a week, and we go to the movies or the theater, or to the ballet.

Interviewer Do you live alone?

Esther Yes, I do. I have quite a big apartment and someone helps me with the housework for four hours a week. I do everything else myself.

Interviewer Do you have children, Esther?

Esther Yes, I do. Both of my daughters live here in New York. One daughter works nearby, and she comes and has lunch with me. And I work with the other daughter, so we eat together two or three times a week, too. I'm very, very happy with my life.

2. Read the interview again. Write T (true) or F (false).

- 1 Esther thinks her day is normal. F
- 2 She doesn't like her job. —
- 3 She sometimes starts work at 10 o'clock. —
- 4 She thinks her job is difficult. —
- 5 She often sees friends after work. —
- 6 She lives with one of her children. —
- 7 She never does housework. —
- 8 She has two children. —