

Frequency	Adverb of Frequency	Example Sentence
100%	always	I always go to bed before 11 p.m.
90%	usually	I usually have cereal for breakfast.
80%	normally / generally	I normally go to the gym.
70%	often* / frequently	I often surf the internet.
50%	sometimes	I sometimes forget my wife's birthday.
30%	occasionally	I occasionally eat junk food.
10%	seldom	I seldom read the newspaper.
5%	hardly ever / rarely	I hardly ever drink alcohol.
0%	never	I never swim in the sea.

HOW OFTEN...? ¿Con qué frecuencia...?

How often do you go to the gym? I never go to the gym.

How often do you call your grandma? I hardly ever call my grandma.

How often does your best friend invite you to eat in a restaurant? She sometimes invites me.

PRACTICE.

Answer the questions below.

How often do you...?

1. go out with your friends
2. watch TV
3. play a sport
4. check your e-mail
5. study English
6. eat vegetables
7. go shopping
8. do homework
9. go to the cinema
10. wear black clothes

LISTENING ACTIVITY.

Listen to the audio.

https://avi.cuaed.unam.mx/repositorio/moodle/pluginfile.php/3106/mod_resource/content/10/Contenido/audio/audio1_u5t27.mp3

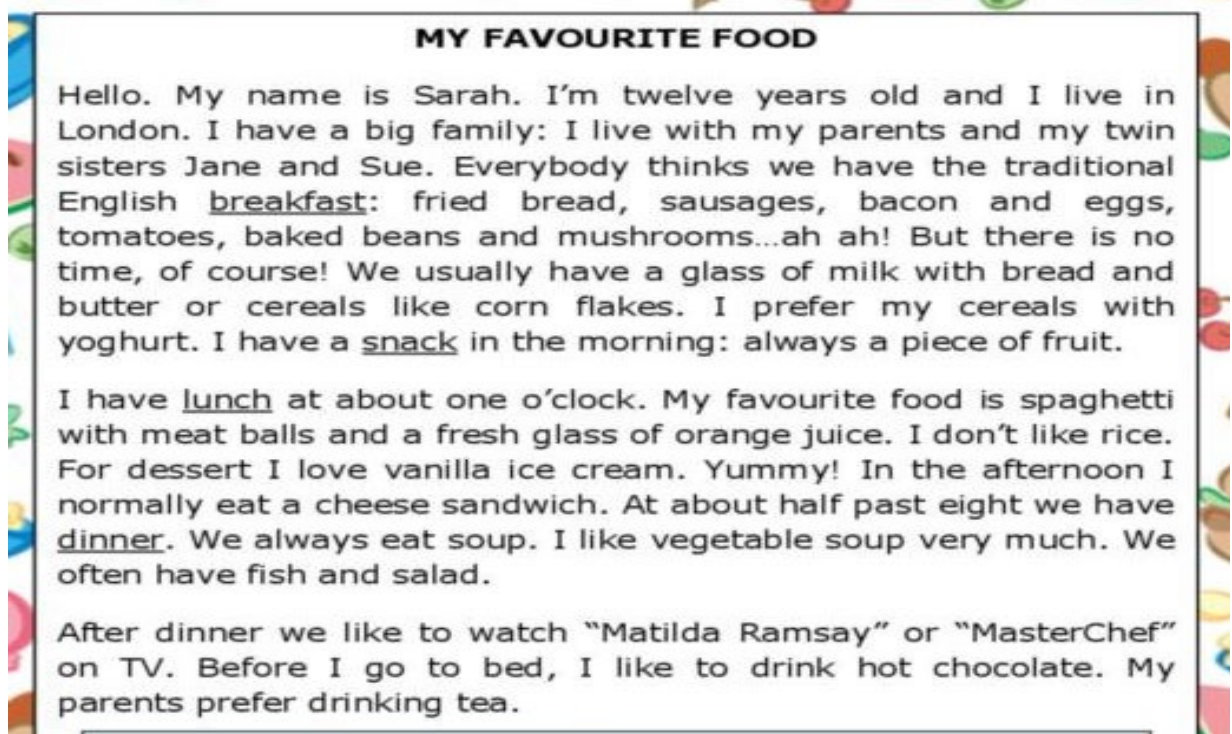
AUDIO ACTIVITY.

Choose the verb you hear.

1. George always **SLEEPS / SINGS** on the sofa.
2. We never **DO / GO** swimming.
3. Usually Grace and Drake **DO / LOOK** their homework.
4. Mr. Jones always **LISTENS / MISSES** to music.
5. I hardly ever **GO / WORK** at night.
6. My father often **LIKES / DOES** housework.
7. Miss White rarely **COOKS / BOOKS** dinner.
8. Jenny hardly ever **SAYS / PLAYS** sports.
9. You always **PAY / PLAY** attention in our English class.
10. Sometimes my brother **DESTROYS / ENJOYS** watching a soccer match.

READING COMPREHENSION.

Read the text and answer the question below.



MY FAVOURITE FOOD

Hello. My name is Sarah. I'm twelve years old and I live in London. I have a big family: I live with my parents and my twin sisters Jane and Sue. Everybody thinks we have the traditional English breakfast: fried bread, sausages, bacon and eggs, tomatoes, baked beans and mushrooms...ah ah! But there is no time, of course! We usually have a glass of milk with bread and butter or cereals like corn flakes. I prefer my cereals with yoghurt. I have a snack in the morning: always a piece of fruit.

I have lunch at about one o'clock. My favourite food is spaghetti with meat balls and a fresh glass of orange juice. I don't like rice. For dessert I love vanilla ice cream. Yummy! In the afternoon I normally eat a cheese sandwich. At about half past eight we have dinner. We always eat soup. I like vegetable soup very much. We often have fish and salad.

After dinner we like to watch "Matilda Ramsay" or "MasterChef" on TV. Before I go to bed, I like to drink hot chocolate. My parents prefer drinking tea.

1- What do they have for breakfast?

2- Does she have a hot dog in the morning?

3- What time does she have lunch?

4- What is her favourite food?

5- Do they watch "Britain's Got Talent" after dinner?

6- Does Sarah like hot chocolate?
