

Ask these questions to your partner:

How often do you go to the cinema?

How often do you drink coffee?

How often do you visit your friends?

How often do you eat food from other countries?

How often do you go to the park for a walk?

How often do you like to watch TV?

How often do you go to the pub for a drink?

How often do you go to Dunnes Stores to buy food?

How often do you go clothes shopping?

Ask the questions below to your partner:

Use: Always Usually Sometimes Rarely Never

Question How often do you...	Answer
go to the cinema during the month?	
play sport at the weekend?	
go shopping at the weekend?	
meet friends for a coffee?	
watch <i>YouTube</i> on the internet?	
play football at the weekend?	
eat food from your country?	
drink tea in the morning?	
eat something sweet?	
use your mobile phone?	
play computer games in the evening?	
study English at home?	
go cycling?	
go swimming at the weekend?	
cook for yourself at home?	
play a table game during the week?	

Put an **adverb of frequency** in the space to make it true for you.

1. I _____ play table tennis with my friend.
2. I _____ cook food from my country.
3. I _____ chat with my friends online.
4. I _____ go to the gym during the week.
5. I _____ speak English at home.
6. I _____ do my homework for my teachers.
7. I _____ try to speak English with shop assistants.
8. I _____ go window shopping at the weekend.
9. I _____ watch the *Champions League* on television.
10. I _____ sing when I'm on my own.
11. I _____ clean my bedroom in the evening.
12. I _____ go to bed before 12 am.
13. I _____ brush my teeth twice a day.
14. I _____ have to wait more than 10 minutes for my bus.
15. I _____ documentaries at the weekend.
16. I _____ wash my clothes at the weekend.

Rewrite these sentences correctly

sometimes / shopping / on / Sunday / I / go

usually / the / school / take / They / bus / to

tea / afternoon / Leonard / in / drinks / often / the

Belen / out / the / during / goes / never / week

usually / eats / Kate / the / morning / fruit / in

hardly ever / drinks / anymore / coffee / Simon

once / play / We / badminton / a week

His / always / to Spain / family / go / summer / in / the

dog / usually / Patrick's / the / sleeps / kitchen / in

every / Sunday / for / a walk / Mary / Simon / and / go / in the mountains

Find and correct the mistakes in these sentences.

Thomas eat usually cereal to breakfast.

Never Sara gos to the cinema.

We always has rise for dinner.

They rarlly has eggs for breakfast.

I hardly never meet mi friends on weekdays.

My friend usually go the gym during the week.

Mary and Simon rarely eats spicy fud.

The students always does their homeworks.

Finish the sentences so that they are true for you:

In the morning I always _____

In the morning I usually _____

In the morning I never _____

On Monday I never _____

On Tuesday I usually _____

On Wednesday I often _____

On Thursday I sometimes _____

On Friday I always _____

I always _____ at the weekend.

I never _____ on Saturday.

I usually _____ on Sunday.

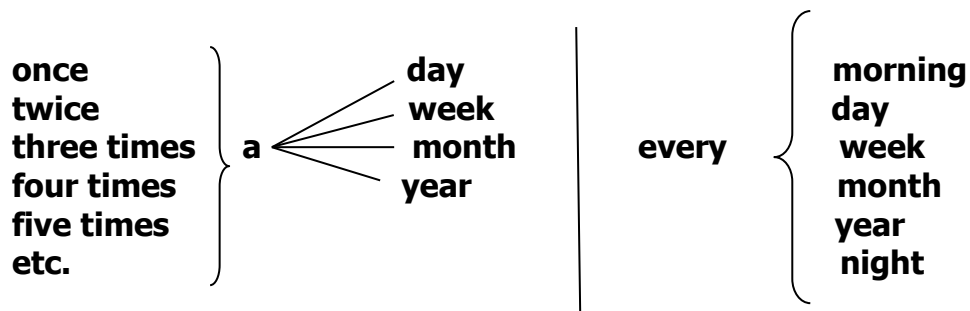
I _____ once a week.

I _____ every weekend.

I _____ five times a week.

I _____ once a month.

I _____ every summer.



Finish the sentences with a time phrase from above.

1. I brush my teeth _____.
2. I have English class _____.
3. I have a shower _____.
4. I use the internet _____.
5. I call my friends _____.
6. I meet my friends _____.
7. I clean my bedroom _____.
8. I eat something sweet _____.
9. I watch a movie _____.
10. I go swimming _____.
11. I go to the gym _____.
12. I eat fruit _____.
13. I buy something new _____.
14. I read something in English _____.
15. I drink coffee _____.

Adverbs of Frequency. Write answers to these questions

<p>Always Usually Often Sometimes Occasionally Rarely / Hardly ever Never</p>	<p>Once Twice Three times Four times ...</p> <p>a / per</p> <p>Day, month, year</p>	<p>Every</p> <p>Morning Evening Night Day Month Year ...</p>
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1. How often do you buy fruit and vegetables?

2. How often do you drink tea or coffee?

3. How often do you drink red wine?

4. How often do you call back home?

5. How often do you pay your domestic bills?

6. How often do you eat pizza?

7. How often do you sing at home?

8. How often do you go out at night with friends?

9. How often do you travel outside of Dublin?

10. How often do you buy something new to wear?

Write in a missing verb:

1. She always _____ her teeth twice a day.
2. He usually _____ coffee in the morning.
3. They often _____ their friends at the weekend.
4. We rarely _____ to bed after midnight.
5. Mary and Pat _____ for a walk most evenings.
6. I always _____ the dog twice a day.
7. Tom never _____ TV during the week.
8. Linda _____ to watch comedy movies most weekends.
9. Patrick sometimes _____ spicy food.
10. Sarah _____ pasta twice a week.
11. They _____ on holiday once a year.
12. Michael and Jack _____ tennis every Saturday morning.
13. Her daughter _____ pictures on her phone most days.
14. His brother _____ salad with his dinner every day.
15. He _____ his homework after school five days a week.

Read about Mariam.



Hi, my name is Mariam.

I love cooking. I always cook a big dinner every evening. I love eating food, especially fish. My favourite dish is fish with potatoes and vegetables.

I like the cinema. I usually go to the cinema once a month. I like comedy films. They make me laugh.

I often go to the gym. I like going once a week. It helps me to stay healthy. I often go shopping on Saturday. I love buying new shoes!

I don't really like taking the bus. I usually walk or go by bike. I rarely drive in the city centre. There is too much traffic in Dublin city.

I hate people fighting. I never fight with my friends. My friends are very nice. I also never smoke. I don't like the smell.

Read about Mariam.

Hi, my name is Mariam.

I _____ cooking. I always _____ a big dinner every evening. I _____ eating food, especially fish. My favourite dish __ fish with potatoes and vegetables.

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I _____ people fighting. I never _____ with my friends. My friends ____ very nice. I also never _____. I _____ the smell.

