

Adverbs of frequency show how often something is done, from something done very frequently ("always") to something not done at all ("never").



### 102.1 CROSS OUT THE INCORRECT WORDS IN EACH SENTENCE

- Lou has to work late about once a month. = Lou ~~often~~ / **occasionally** works late.
- ① Ola goes to the gym six days a week. = Ola goes to the gym **very often** / ~~sometimes~~.
- ② It rains in the desert once or twice a year. = It ~~hardly ever~~ / **regularly** rains in the desert.
- ③ I visit my gran on Tuesday and Thursday. = I **regularly** / ~~always~~ visit my gran.
- ④ Most Saturdays I go shopping with friends. = I **always** / **usually** go shopping on Saturday.
- ⑤ She goes running about three times a week. = She **occasionally** / **frequently** goes running.
- ⑥ We spend all our vacations in France. = We **always** / ~~sometimes~~ go to France on vacation.



### 102.2 WRITE THE ADVERBS FROM THE PANEL IN THE CORRECT GROUPS

ALL OR MOST OF  
THE TIME

*always*

SOME OF THE TIME

NOT OFTEN OR  
NOT AT ALL

regularly

very often

almost never

~~always~~

usually

occasionally

never

hardly ever

rarely

sometimes

nearly always



### 102.3 REWRITE THE SENTENCES, PUTTING THE WORDS IN THE CORRECT ORDER

to occasionally work Yasmin cycles summer. in the

*Yasmin occasionally cycles to work in the summer.*

1 ever in the is Karen on Fridays. hardly office

2 I about my once a parents year. visit

3 photocopier work nearly always at The is broken.

4 three the week. Mira to gym times a goes



### 102.4 MATCH THE BEGINNINGS OF THE SENTENCES TO THE CORRECT ENDINGS

How often do you visit

least five times a week.

1 Benny's very reliable and

until after 10pm.

2 Carlita goes swimming at

your sister in Spain?

3 Ella often stays at work

is almost never late for work.

4 I come from central Australia,

every Sunday morning.

5 When do you usually

where it hardly ever rains.

6 Ania plays badminton with her cousin

finish work in the evening?