# Revision: routines and adverbs of frequency

**Listening:** "A day in the life of a scientist"

1) Melanie Szabo is a scientist on Bird Island. Listen to her talking about her day in the summer and in the winter. Tick ( $\sqrt{}$ ) the activities she mentions.

(audio 2\_1)

- 1 study penguins
- 2 get up early
- 3 have breakfast
- 4 go out in a boat
- 5 visit different islands
- 6 take photos

- 7 have dinner
- 8 work in the lab
- 9 write emails
- 10 go to bed late
- 11 relax
- 12 read a book



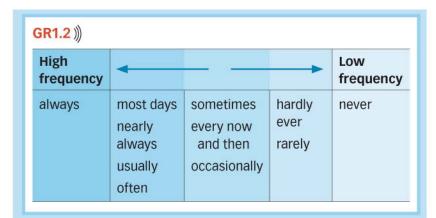


2) Is Melanie talking only about today, or things that she does every day? Listen again and complete this extract from the audio with the adverbs of frequency that you hear.

() I watch the pe	nguins with their babies. I <sup>1</sup>	go out in a boat with the other
scientists on the is	sland. ()	
l <sup>2</sup> wo	rk all day and I only stoop in the even	ing to have dinner. I <sup>3</sup>
go back to the bea	ch after dinner to spend more time w	rith the penguins. Then I work in
the lab. I <sup>4</sup>	go to be late! In the winter, the	weather is 5 very
cold, but we <sup>6</sup>	have more free time and I ca	an relax.
1		

Pay attention to the **position** of the adverbs in the sentence. Is it always the same position? Now read the explanation on the following page.

## **ADVERBS OF FREQUENCY:**



We use adverbs of frequency and frequency expressions when we talk about how often we do things or how often things happen. Specific frequency expressions:

once		day
twice	а	week
three times etc.		month, etc.

- In positive sentences, we put adverbs of frequency (including the expressions hardly ever and nearly always) before the main verb, but after the verb be.
- In negative sentences, we put adverbs of frequency after auxiliary verbs (do/does), but we put sometimes before the auxiliary.
- In questions, we put the adverb of frequency after the subject.

Positive	Negative	Question
always work in ne morning.	I don't <b>always</b> work in the morning.	Do you <b>always</b> work in the morning?
<b>m always</b> tired n Friday evenings.	I'm not always tired on Friday evenings.	Are you always tired on Friday evenings?

We put frequency expressions such as *most days* or *every now and then* at the beginning or at the end of a sentence.

I cook a nice meal **every now and then**. NOT <del>I cook every now and then a nice meal</del>.

Use a positive verb with *never*.

I am never late. NOT <del>I'm not never late</del>.

#### Practice:

- 1 Circle the best option.
  - 1 I need music when I run so I *always* / occasionally take my MP3 player with me.
  - 2 It *usually / sometimes* rains when we go camping, but not often.
  - 3 My doctor is angry because I *hardly ever / often* do exercise.
  - 4 Paul *rarely / nearly always* swims in the sea if the weather's nice.
  - 5 I *occasionally / never* go to large sports events I quite like them.
  - 6 We *often / sometimes* have a coffee after we go to the gym, but most days we don't.
  - 7 We're not really into computer games, but we play them *every now and then / every day.*
- 2 Make questions or statements in the positive or negative form.
  - 1 James / be / nearly always / at the gym (?)

    Is James nearly always at the gym?
  - 2 my parents / often / go on Facebook (-)
  - 3 I / never / do karate (+)
  - 4 his brother / occasionally / play / cards in the evening (?)
  - 5 Katy / be / usually / keen on watching basketball (-)
  - 6 Sandra and I / sometimes / go out for a meal on weekdays (-)
  - 7 Ben / always / happy / when he wins his chess matches (+)
  - 8 you / both / swim / every now and then (?)

## **ANSWERS:**

## Listening:

- study penguins, get up early, go out in a boat, visit different islands, take photos, have dinner, go to bed late, relax
- 2) Melanie is talking things that she does every day
  - 1- sometimes
  - 2- often
  - 3- sometimes
  - 4- always
  - 5- always
  - 6- usually

#### Practice:

- 1) 1 always
  - 2 sometimes
  - 3 hardly ever
  - 4 nearly always
  - 5 occasionally
  - 6 sometimes
  - 7 every now and then
- 1 Is James nearly always at the gym?
  - 2 My parents don't often go on Facebook.
  - 3 I never do karate.
  - 4 Does his brother occasionally play cards in the evening?
  - 5 Katy isn't usually keen on watching basketball.
  - 6 Sandra and I sometimes don't cook on week days.
  - 7 Ben is always happy when he wins his chess matches.
  - 8 Do you both swim every now and then?