

B2. Healthy living

adverbs of frequency



Lucy Williams worked in an office near the city centre . She **usually** went for a walk in the park during her lunch hour. Nearly every day she saw a very old man who was **always** in the park on the same bench. He had white hair and a long white beard and a very contented expression. She **sometimes** nodded to him or said hello and he always smiled back very happily. One day, she decided to stop and speak to him.

‘Excuse me,’ said Lucy, ‘I **often** see you here. You always seem very cheerful and you’re **never** sick! What’s your secret for a long and happy life?’

‘My secret?’ asked the old man, smiling at her ‘I don’t have a secret.’

‘But how **often** do you take exercise?’ asked Lucy.

‘I **never** take any exercise, young lady.’

‘What about your diet? How **often** do you eat fresh fruit and vegetables?’

‘I **hardly ever** eat vegetables.’ he replied, still smiling, ‘And I smoke almost all the time.’

‘That’s amazing!’ said Lucy. ‘How old are you?’

‘Thirty five,’ he replied

Grammar: adverbs of frequency



These are adverbs which describe how often you do something.

With most verbs put the adverb before the verb: *I **hardly ever** eat vegetables.*

With the verb *to be* put the adverb after the verb: *He **was always** on the bench.*

Choose the correct sentence, A or B.

1A. I often see you here.

1B. I see often you here.

- 2A.** Does he often get to work early?
2B. Does he get often to work early?
- 3A.** I don't usually take any exercise in the evening.
3B. I don't take usually any exercise in the evening.
- 4A.** He was happy always.
4B. He was always happy.
- 5A.** Are you in the morning in a hurry usually?
5B. Are you usually in a hurry in the morning?
- 6A.** I'm never late.
6B. I never am late.
- 7A.** They go often to the park.
7B. They often go to the park.
- 8A.** We get up always at eight o'clock.
8B. We always get up at eight o'clock.
- 9A.** She's always cheerful on Fridays.
9B. She always is cheerful on Fridays.
- 10A.** How often you do eat vegetables?
10B. How often do you eat vegetables?

Vocabulary exercises

Match the definitions with the words from the joke.

- 1.** a diet **2.** a beard **3.** a bench **4.** an expression **5.** a secret
- A.** the look on someone's face that shows how they are feeling
B. the kind of food that someone usually eats
C. a long seat usually for more than one person to sit on
D. something not known to other people
E. the hair on a man's chin and cheeks

Choose the odd word out.

- 1.** smile laugh nod grin
2. contented cheerful surprised happy
3. usually frequently often never
4. amazing surprising cheerful incredible
5. bench seat beard chair

ANSWERS

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Grammar exercises: 1A, 2A, 3A, 4B, 5B, 6A, 7B, 8B, 9A, 10B

Vocabulary exercises: 1B, 2E, 3C, 4A, 5D / 1 nod, 2 surprised, 3 never, 4 cheerful, 5 beard