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Nombre del profesor:

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Licenciatura:

En Enfermería

Materia:

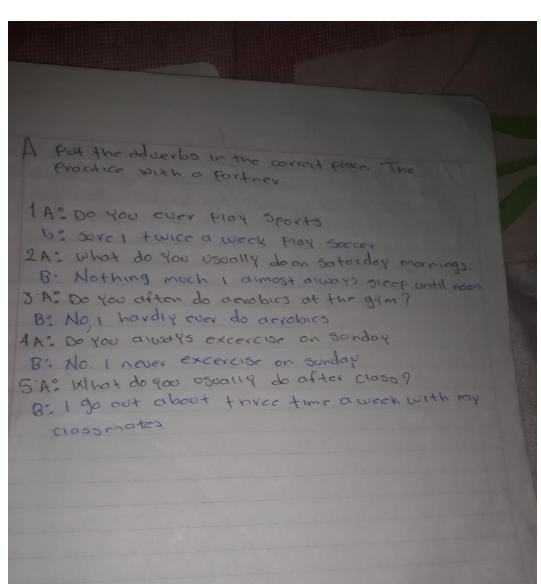
Ingles IV

Nombre del trabajo:

Ejercicios

Ensayo del tema:

"How often do you exercise?"



1 Adverbs of frequency

- Adverbs of frequency (always, almost always, usually, often, sometimes, hardly ever, almost never, never) usually come before the main verb: She never plays tennis. I almost always eat breakfast. But Adverbs of frequency usually come after the verb be: I'm always late.
- Usually and sometimes can begin a sentence: Usually I walk to work. Sometimes I exercise in the morning.
- Some frequency expressions usually come at the end of a sentence: every day, once a week, twice a month, three times a year: Do you exercise every day? I exercise three times a week.

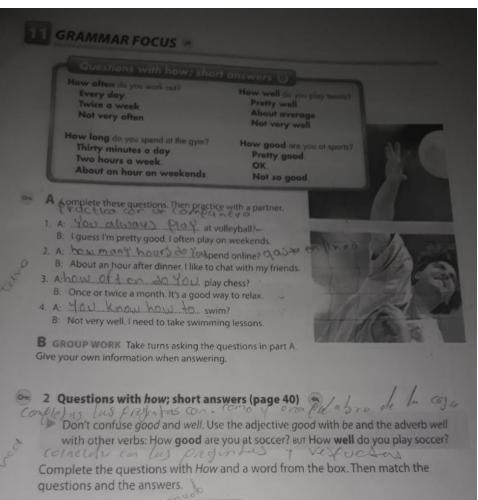
Put the words in order to make questions. Then complete the answers with the words in parentheses.

1	you what weekends usually do do! on Q: What do you usually do on weekends?	
	A 1 Often do Play sports	
2.	ever you go jogging do with a friend of you	d
	A: No, CIWAY IVON alone	(always / alone)
3.	you play do tennis how often of tennis	
	A: 1 DIAY tennis fair times a week	(four times a wee
4.	do you what in the evening usually do	
	o what 20 you usually so in the event	nd
	A: My family and almost always watch TU	(almost always /
5.	go how often you do to the gym	
	go how often you do to the gym	

LISTENING In the evening

A Listen to three people discuss what they like to do in the evening. Complete the chart.

	Activity	How often?
Justin	100 100 100 100 100 100 100 100 100 100	
Carrie	***************************************	***************************************
Marcos	***************************************	***************************************



often

do you lift weights?

do you play tennis?

are you at aerobics?

. do you spend at the gym?

good

5. c. Not very often. I prefer aerobics.

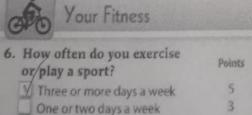
a. Not very well, but I love it.

d. Pretty good, but I hate it.

b. About six hours a week.

Your Food and N	utrition
How many meals do you eat each day?	Points
Four or five small meals	5
Three meals	3
One or two big meals	0
. How often do you eat at reg times during the day?	ular
Almost always	5
Usually	3
☐ Hardly ever	0
How many servings of fruits vegetables do you eat each di	
/ Five or more	5
One to four	3
None	0
How much junk food do you	eat?
Very little	5
About average	3
A lot	0
o you take vitamins?	
Yes, every day	5
Sometimes	3
No	0
The Control of the Co	

7. Which best describes your exercise program?	Points
Both weight training and aerobic exercise	5
Either weight training or aerobic exercise	3
None	0
8. How important is your fitn pyogram to you?	ess
√ Very important	5
Fairly important	3
Not very important	0
Your Health	
Your Health 9. How often do you get a physical exam?	Points
9. How often do you get a physical exam?	Points 5
9. How often do you get a physical exam? Once a year Every two or three years	
9. How often do you get a physical exam?	5
9. How often do you get a physical exam? Once a year Every two or three years	5 3 0
9. How often do you get a physical exam? Once a year Every two or three years Rarely	5 3 0
9. How often do you get a physical exam? Once a year Every two or three years Rarely 10. How often do you sleep	5 3 0 well?



Never

	Rate yourself
	TOTAL POINTS
42 to 50:	Excellent job! Keep up the good world
28 to 41:	Good! Your health and fitness are above average.
15 to 27:	Your health and fitness are a little below average.
14 or below:	You can improve your health and fitness

A Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your quiz score? Why or why not?

0

my activities

Hour/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up early							
Do exercise							
Go shopping							
Wash clothes							
Do the homework							
Go to the churh							
Go to work							

