

**Nombre del alumno:**

**Yazmin Ku Robledo**

**Nombre del profesor:**

**Jezabel Ivonne Silvestre**

**Licenciatura:**

**En Enfermería**

**Materia:**

**Ingles IV**

**Nombre del trabajo:**

**Ejercicios**

**Ensayo del tema:**

**“How often do you exercise?”**

Compare with a partner. ... age groups?

	Children	Teens	Young adults	Middle-aged people	Older people
aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**B PAIR WORK** Which activities in part A are used with *do*, *go*, or *play*?

do aerobics  
 do karate  
 do yoga  
 go bicycling  
 go swimming  
 go bowling  
 play golf  
 play volleyball  
 play tennis

A Put the adverbs in the correct place. The practice with a partner.

1 A: Do you ever play sports

B: Sure I twice a week play soccer

2 A: What do you usually do on Saturday mornings.

B: Nothing much I almost always sleep until noon

3 A: Do you often do aerobics at the gym?

B: No, I hardly ever do aerobics

4 A: Do you always exercise on Sunday

B: No, I never exercise on Sunday

5 A: What do you usually do after class?

B: I go out about three times a week with my classmates

## 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.

- you what weekends usually do do on  
Q: What do you usually do on weekends?  
A: I often do play sports (often / play sports)
- ever you go jogging do with a friend  
Q: You go jogging ever do with a friend  
A: No, always I run alone (always / alone)
- you play do tennis how often  
Q: You how often play do tennis  
A: I play tennis four times a week (four times a week)
- do you what in the evening usually do  
Q: What do you usually do in the evening  
A: My family and I almost always watch TV (almost always / )
- go how often you do to the gym  
Q: do do how often do to the gym  
A: I never go to the gym (never)

## 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	.....
Carrie	.....
Marcos	.....

# 1 GRAMMAR FOCUS

## Questions with how/short answers

- |  |   |
|--|---|
| How often do you work out?<br>Every day<br>Twice a week<br>Not very often                                  | How well do you play tennis?<br>Pretty well<br>About average<br>Not very well |
| How long do you spend at the gym?<br>Thirty minutes a day<br>Two hours a week<br>About an hour on weekends | How good are you at sports?<br>Pretty good<br>OK<br>Not so good               |

A Complete these questions. Then practice with a partner.

1. A: You always play at volleyball?  
B: I guess I'm pretty good. I often play on weekends.
2. A: how many hours do you spend online?  
B: About an hour after dinner. I like to chat with my friends.
3. A: how often do you play chess?  
B: Once or twice a month. It's a good way to relax.
4. A: You know how to swim?  
B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering.

## 2 Questions with how/short answers (page 40)

Don't confuse good and well. Use the adjective good with be and the adverb well with other verbs: How good are you at soccer? But How well do you play soccer?  
Complete the questions with How and a word from the box. Then match the questions and the answers.

- good long often well

- |   |                                       |
|---|---------------------------------------|
| 1. <u>often</u> do you lift weights?    | a. Not very well, but I love it.      |
| 2. <u>well</u> do you play tennis?      | b. About six hours a week.            |
| 3. <u>good</u> are you at aerobics?     | c. Not very often. I prefer aerobics. |
| 4. <u>long</u> do you spend at the gym? | d. Pretty good, but I hate it.        |

# Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).

## Your Food and Nutrition

- How many meals do you eat each day?
 

<input type="checkbox"/> Four or five small meals	5
<input checked="" type="checkbox"/> Three meals	3
<input type="checkbox"/> One or two big meals	0
- How often do you eat at regular times during the day?
 

<input checked="" type="checkbox"/> Almost always	5
<input type="checkbox"/> Usually	3
<input type="checkbox"/> Hardly ever	0
- How many servings of fruits or vegetables do you eat each day?
 

<input checked="" type="checkbox"/> Five or more	5
<input checked="" type="checkbox"/> One to four	3
<input type="checkbox"/> None	0
- How much junk food do you eat?
 

<input type="checkbox"/> Very little	5
<input type="checkbox"/> About average	3
<input checked="" type="checkbox"/> A lot	0
- Do you take vitamins?
 

<input type="checkbox"/> Yes, every day	5
<input checked="" type="checkbox"/> Sometimes	3
<input type="checkbox"/> No	0

- Which best describes your exercise program?
 

<input checked="" type="checkbox"/> Both weight training and aerobic exercise	5
<input type="checkbox"/> Either weight training or aerobic exercise	3
<input type="checkbox"/> None	0
- How important is your fitness program to you?
 

<input checked="" type="checkbox"/> Very important	5
<input type="checkbox"/> Fairly important	3
<input type="checkbox"/> Not very important	0

## Your Health

- How often do you get a physical exam?
 

<input type="checkbox"/> Once a year	5
<input checked="" type="checkbox"/> Every two or three years	3
<input type="checkbox"/> Rarely	0
- How often do you sleep well?
 

<input checked="" type="checkbox"/> Always	5
<input type="checkbox"/> Usually or sometimes	3
<input type="checkbox"/> Hardly ever or never	0

## Your Fitness

- How often do you exercise or play a sport?
 

<input checked="" type="checkbox"/> Three or more days a week	5
<input type="checkbox"/> One or two days a week	3
<input type="checkbox"/> Never	0

## Rate yourself

- TOTAL POINTS
- 42 to 50: Excellent job! Keep up the good work
  - 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?



# 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 church							√
Go to work							

