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3 CONVERSATION *I hardly ever exercise.*

A Listen and practice.

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and I lift weights for an hour.

Marie: Seriously?

Paul: Sure. And then I often go swimming.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a real couch potato!



B Listen to the rest of the conversation. What else does Paul do in his free time?

4 GRAMMAR FOCUS

Adverbs of frequency

How often do you exercise?

I lift weights **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Usually I exercise before work.*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

always
almost always
usually
often
sometimes
hardly ever
almost never
never

0%

***Usually** and **sometimes** can begin a sentence.

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

- A: Do you play sports? (ever) *often*

B: Sure. I play soccer. (twice a week) *once a week*
- A: What do you do on Saturday mornings? (usually) *often*

B: Nothing much. I sleep until noon. (almost always)
- A: Do you do aerobics at the gym? (often) *never*

B: No, I do aerobics. (hardly ever) *never*
- A: Do you exercise on Sundays? (always) *always*

B: No, I exercise on Sundays. (never) *never*
- A: What do you do after class? (usually) *often*

B: I go out with my classmates. (about three times a week) *about twice a week*

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



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 do play sports. (often / play sports)
- ever you go jogging do with a friend
 Q: Do you ever go jogging with a friend?
 A: No, Always (always / alone)
- you play do tennis how often
 Q: Do you how often play tennis?
 A: I 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 watch TV. (almost always / watch TV)
- go how often you do to the gym
 Q: Do you how often go to the gym?
 A: I never (never)

7 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

- B** Listen again. Who is most similar to you - Justin, Carrie, or Marcos?

11 GRAMMAR FOCUS

Questions with *how*; short answers

How often do you work out?

Every day.
Twice a week.
Not very often.

How well do you play tennis?

Pretty well.
About average.
Not very well.

How long do you spend at the gym?

Thirty minutes a day.
Two hours a week.
About an hour on weekends.

How good are you at sports?

Pretty good.
OK.
Not so good.



A Complete these questions. Then practice with a partner.

- A: How good are you at volleyball?
 B: I guess I'm pretty good. I often play on weekends.
- A: How long do you spend online?
 B: About an hour after dinner. I like to chat with my friends.
- A: How often do you play chess?
 B: Once or twice a month. It's a good way to relax.
- A: How well do you 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 ✓

- often do you lift weights? ...**c**...
- well do you play tennis? ...**a**...
- good are you at aerobics? ...**d**...
- long do you spend at the gym? ...**b**...

- Not very well, but I love it.
- About six hours a week.
- Not very often. I prefer aerobics.
- Pretty good, but I hate it.

14 READING

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

- | | |
|--|---------------|
| 1. How many meals do you eat each day? | Points |
| <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 |
| 2. How often do you eat at regular times during the day? | |
| <input type="checkbox"/> Almost always | 5 |
| <input checked="" type="checkbox"/> Usually | 3 |
| <input type="checkbox"/> Hardly ever | 0 |
| 3. How many servings of fruits or vegetables do you eat each day? | |
| <input checked="" type="checkbox"/> Five or more | 5 |
| <input type="checkbox"/> One to four | 3 |
| <input type="checkbox"/> None | 0 |
| 4. How much junk food do you eat? | |
| <input type="checkbox"/> Very little | 5 |
| <input checked="" type="checkbox"/> About average | 3 |
| <input type="checkbox"/> A lot | 0 |
| 5. Do you take vitamins? | |
| <input type="checkbox"/> Yes, every day | 5 |
| <input type="checkbox"/> Sometimes | 3 |
| <input checked="" type="checkbox"/> No | 0 |

7. Which best describes your exercise program?

- | | |
|---|---|
| <input type="checkbox"/> Both weight training and aerobic exercise | 5 |
| <input type="checkbox"/> Either weight training or aerobic exercise | 3 |
| <input checked="" type="checkbox"/> None | 0 |

8. How important is your fitness program to you?

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



Your Health

9. 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 |

10. How often do you sleep well?

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



Your Fitness

- | | |
|--|---------------|
| 6. How often do you exercise or play a sport? | Points |
| <input type="checkbox"/> Three or more days a week | 5 |
| <input checked="" 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.

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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?

B GROUP WORK Compare your scores. Who is the healthiest and fittest? What can you do to improve your health and fitness?