

Name: _____

Class: _____ Date: _____

We	usually	have lunch together.
	never	
	always	
	sometimes	

1 Rewrite. Follow the example.

I talk to my friends. (always) – I always talk to my friends.

1 I recycle plastic bottles. (sometimes)

2 I help my mother in the kitchen. (sometimes)

3 I do my homework in my bedroom. (usually)

4 I set the table for dinner. (never)

2 Complete. Use *sometimes*, *usually* or *always*.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
read my e-mails	X	X	X	X	X	X	X
have lunch at home	X		X		X		X
order pizza						X	X

1 I _____ read my e-mails.

2 We _____ have lunch at home.

3 We _____ order pizza.

Name: _____

Class: _____ Date: _____

➤ Read about these people's routines and write the corresponding frequency adverbs.

Weekend activities and chores

Read this interview and find out about these teenagers' weekend activities and chores!

Interviewer: So, tell me, Sally... what do you do at the weekend? Do you help out at home?

Sally: Oh, yes, I do. I always make my bed and tidy my room. I never walk the dog and I sometimes help my dad wash the car. Then, I usually go to the cinema or hang out with my friends.

Interviewer: Thank you, Sally. What about you, Julian?

Julian: Well, I usually walk the dog and wash the car but I never set the table or make my bed! I sometimes take out the garbage. I also usually play football with my friends and I always play video games with them!

Chores and activities

Sally

Julian

make the bed

tidy the room

walk the dog

wash the car

set the table

take out the garbage

play football

play video games

go to the cinema

hang out

Name: _____

Class: _____ Date: _____

4 Read the text and complete the chart.



Hmm... *Teen Magazine*... I like the articles in this magazine... Let's see... Eating Habits... oh! I like this! Are my eating habits healthy or unhealthy? Well... I usually have toast and cheese for breakfast... and milk and orange juice... That's quite all right!

What about lunch? Oh! I'm not quite sure about my lunch...

Some of the meals I have are healthy but some are not... I sometimes have a hot dog or a hamburger... but I usually have salads, fish or chicken with vegetables... I always eat fruit too... an apple, an orange or a banana... but I sometimes have chocolate or sweets...

And dinner? Hmm... I usually have a soup or a salad but it's also true that I sometimes have fried eggs or nuggets... Well, I perhaps need to revise my diet... it's not a complete disaster... but I guess it is not truly healthy either!

	Healthy food	Unhealthy food
Breakfast		
Lunch		
Dinner		

5 Answer these questions about you.

1 Do you help out at home?

2 What do you do?

3 Do you hang out with your friends at the weekend?

4 What do you do?
