UNIT 06. Frequently Asked Questions (Lesson1)

- Describing general frequency
- Describing specific frequency
- Discussion questions
- Review

1. Describing general frequency:

(1) Adverbs of general frequency

I	always	breathe (because I have to).
	often / frequently	walk to work (because it's nearby).
	usually	eat out (because it's convenient).
	sometimes	go swimming (because I'm busy).
	occasionally	take the stairs (to exercise).
	rarely / seldom	eat fast food (because it's unhealthy).
	never	win the lottery (because I'm unlucky).

(2) Practice with general frequency

Q: How often do you eat breakfast?

A: I **always** eat breakfast.
On weekdays I eat oats and
on Sundays I make pancakes.

Q: How often do you see movies?

A: I **occasionally** see movies.
I like going to the cinema as much as
watching movies at home.

Q: How often do you **daydream**?

A: I **seldom** daydream.
When I ride the bus or take the train I daydream.

2. Describing specific frequency:

(1) Adverbs of specific frequency

I	exercise	**once** a day.
	stretch	**twice** a day.
	eat	**three** <u>times</u> a day.
	go to school	**four** <u>times</u> a week.
	see my friends	**five** <u>times</u> a **fortnight.**
	call my parents	**six** <u>times</u> a month.

(2) Practice with specific frequency

Q: How often do you play games?

A: I play games **once a fortnight.**
If my friends and I have time we will hang out and play board games at a café together.

Q: How often do you shop for clothes?

A: I go shopping for clothes **three times a year**.
I try to update my wardrobe every season.

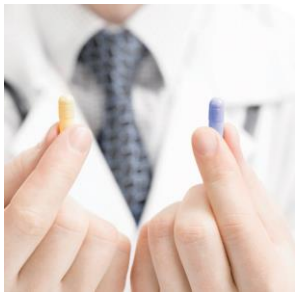
(3) Adverbs of specific frequency

I	exercise	once a day.
	stretch	twice a day.
	exercise	once **every** two days.
	stretch	twice **every** three days.
	exercise	**every other day.**
	go to parties	**every other week.**

Mon	Tue	Wed	Thur	Fri	Sat	Sun

(4) Practice with specific frequency

Q: How often do you go to the doctor?



A: I go to the doctor **around** once **every six** months.
Just for a check up.

Q: How often do you go to school?

A: I go to school **every other day.**
Basically Monday, Wednesday and Friday I go to school in the evening.

3. Discussion questions:

1. How often do you skip breakfast?
   A: I rarely skip breakfast. I wake up at 6:30 in the morning but I still eat breakfast.

2. How often do you **eat out**?
   A: I eat out **every other day**. It is more expensive to eat out every day than to prepare food to take with me to work. It's also healthier to prepare my own food.

3. How much **time do you spend** at the gym?

A: I **spend an hour every second day** at the gym. I like to have one day off from the gym to rest and recover. On the day I don't go to the gym I usually go hiking or bike riding.