



Desempeño: Infiere hechos relevantes y detalles concretos sobre prácticas alimenticias poco saludables, expresando recomendaciones, opiniones personales y reflexionando sobre su prevención.

ACTIVITIES

Adverbs of frequency

We can use adverbs of frequency to say how often we do something.

*I **always** go to the cinema at the weekend.*
*She **usually** has cereal for breakfast.*
*They **sometimes** watch TV in the evenings.*
*We **never** go to museums.*

How to use them

Always means every time. *Usually* means most times. *Sometimes* means a small number of times. *Never* means no times.

*She **always** practises the piano in the evenings. Every day!*
*We **usually** go to the park on Sundays. Most Sundays!*
*They **sometimes** make a cake. Just for special days!*
*He **never** forgets his homework. No times!*

We usually put the adverb before the verb.

*She **always does** her homework after school.*
*I **usually have** cereal for breakfast.*

If the verb is *to be*, we put the adverb after the verb.

*They **are usually** on holiday in July.*
*He **is sometimes** late for school.*

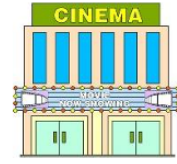
1. True or false?



Read and circle true or false for these sentences.

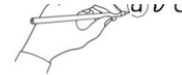


I **always** go to the cinema on Sunday mornings. I **usually** go with my friends but I **sometimes** go with my parents. I **always** take sweets with me but I **usually** buy a drink there. I **never** get popcorn because I hate it!



- | | | |
|---|-------------|-------|
| a. He always goes to the cinema on Sundays. | <u>true</u> | false |
| b. He always goes with his friends. | true | false |
| c. He never takes sweets with him. | true | false |
| d. He usually buys a drink there. | true | false |
| e. He sometimes gets popcorn. | true | false |

2. Choose the answer!



Read the sentence. Circle the correct answer.

- a. I _____ do my homework after school. Every day! **never / always / usually**
- b. He _____ goes swimming. He can't swim! **never / sometimes / always**
- c. We _____ have pizza for dinner. Just once a week! **always / sometimes / usually**
- d. They _____ watch TV in English. They love it! **never / sometimes / usually**
- e. I _____ talk to strangers. It's a really bad idea! **sometimes / always / never**
- f. She _____ goes to the park on Sundays. Every Sunday! **never / always / usually**
- g. We _____ get up at 7.00. Every day except the weekend. **usually / never / always**
- h. I _____ have cereal for breakfast. I don't like it! **usually / sometimes / never**

www.britishcouncil.org/learnenglishkids

© British Council, 2017 The United Kingdom's international organisation for educational opportunities and cultural relations. We are registered in England as a charity.

Answer the following questions:

1. How often do you have toast for breakfast? _____
2. How often do you go to the park in the rain? _____
3. How often do you get up before 7:00 am? _____
4. How often are you late for school? _____
5. How often do you watch TV in the evening? _____

READING

Read the following texts and write a vocabulary of 20 words that you don't understand. (English word and its meaning in Spanish)

INTERVIEW a "read-aloud-and-listen" activity

PRESENT SIMPLE: 'Daily Routine'

- *Your name is Mr. Miller. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.*



Mr. Miller



Please tell me
about your
daily routine.

I'm an English teacher and I have a big family, so I have a very busy daily routine! First, I get up every day at six o'clock, get washed and dressed, and leave for work by seven-thirty. I get to school at eight o'clock. I prepare my lessons and then teach until noon. The other teachers and I always eat lunch and talk together in the teachers' room. I teach again in the afternoon and then I correct my students' homework and tests. After I get back home, I help my kids with their homework. I have three kids in elementary school. Their names are Mathew, Jon and Suzie. Then, I do some exercise, eat dinner with my family and watch TV before I go to bed at about ten o'clock. We love to watch travel shows. Finally, I read in bed for a few minutes before I fall asleep.

NAME: _____

DATE: _____

INTERVIEW a "read-aloud-and-listen" activity

PRESENT SIMPLE: 'Daily Routine'

- *Your name is Ms. Lucy. A TV news reporter just asked you to tell him about your daily routine. Read aloud your answer.*



Ms. Lucy



B

Well, I almost always get up very early, at about five-thirty. I get up early because I like to go jogging along the beach and watch the sun rise. Later, after breakfast, I go to work. I work in a bank near my home. I don't drive to work, I take a bus. It only takes about twenty minutes to get to work. After work, I like to go to my favorite bakery and buy some fresh bread. I get home between five o'clock and five-thirty. My husband Michael usually makes dinner because he loves to cook. In fact, he is a chef in a restaurant. His hobby is painting, and my hobby is growing flowers in our garden. We also have a pet dog called Wolfie. In the evenings we take Wolfie for a walk, and then get to bed by nine-thirty because we have to get up so early again the next morning.

Read the two interviews (Mr. Miller and Ms. Lucy) and answer the following questions:

1. What job does Mr. Miller have?
2. Is he a busy person?
3. What time does Mr. Miller get up every morning?
4. Who does Mr. Miller have lunch with?
5. What does he do after he helps his kids with their homework?
6. What kind of TV shows does he love watching?
7. Why does Ms. Lucy get up very early every morning?
8. Where does Ms. Lucy work?
9. How long does it take Ms. Lucy to get to work?
10. What is Ms. Lucy's hobby?
11. What does Ms. Lucy do in the evenings?

FIRST CONDITIONAL

Answer the following questions according to your own experience:

• What will you do <i>if you can't sleep tonight?</i>
• <i>If your TV breaks next week,</i> what will you do?
• How will you feel <i>if you fail your next test?</i>
• <i>If you get lots of homework,</i> how will you feel?
• What will your teacher say <i>if you are late tomorrow?</i>
• <i>If you feel bored next Saturday,</i> what will you do?
• What will you eat <i>if you are hungry at midnight tonight?</i>
• <i>If you want to relax after class,</i> what will you watch on TV?
• What medicine will you take <i>if you catch a cold next week?</i>
• <i>If you decide to eat out,</i> which restaurant will you go to?
• When will you go to bed <i>if you are really tired tonight?</i>
• <i>If you don't eat breakfast tomorrow,</i> will you feel hungry?
• Will you ask our teacher for help <i>if you have a question?</i>
• <i>If you have some free time on Saturday,</i> will you study more?
• Will you get a cat <i>if you decide to get a new pet?</i>
• <i>If it rains tomorrow,</i> will you bring an umbrella?