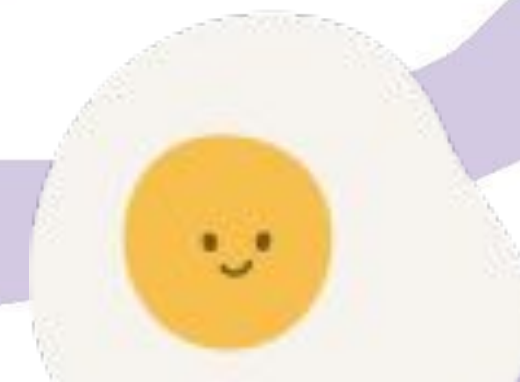


Unit 2: Lifestyle

Lesson B: Your lifestyle and you.



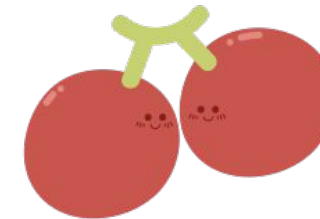
Lesson Goals

**Students will be able to discuss what is important in their lives,
using everyday activities vocabulary and adverbs of frequency**



01. Vocabulary

Everyday activities



03. Grammar

Adverbs and phrases of
frequency



02. Reading

Lifestyle quiz



04. Speaking

talking about important things
in your life



01. Vocabulary



Vocabulary | everyday activities

1A. Complete the gaps with the verbs below.

check

get up

~~go~~

go to

meet someone

spend time

1. **go** shopping / running2. **meet someone** for coffee / for lunch3. **check** messages / emails4. **spend time** online / with your family5. **go to** a party / a meeting6. **get up** early / late

1B. Work in pairs. Take turns to ask and answer the question *Which do you do more ... ?* Use the phrases in Ex 1A.

A: Which do you do more, check emails or check messages?

B: I check my messages more. And you?

A: Me too.



Vocabulary | everyday activities

WB page 12

1A. Complete the conversations with the correct form of the verbs below.

check get up go (x2) go to meet spend (x2)

1. A: Do you want to **go** shopping with me on Saturday?

B: Sorry, I can't. I always **meet** my mum for lunch on Saturdays.

2. A: Does Amanda always **get up** early?

B: Yes, she does. She **goes** running before work.

3. A: I work a lot, but I'd like to **spend** more time with my family.

B: Me too. The problem is that my son **spends** a lot of time online!

4. A: You need to **go to** the meeting at ten.

B: OK. I just need to **check** my emails first.



Vocabulary | everyday activities

WB page 12

≡ 1B. Choose the correct word or phrase to complete the sentences.

1. Do you ____ time with your family at the weekend?

☐ a. go

☒ b. spend

☐ c. meet

2. I usually ____ running every morning before breakfast.

☐ a. do

☐ b. get up

☒ c. go

3. ____ your messages before the meeting.

☒ a. Check

☐ b. Meet

☐ c. Get

4. Let's ____ for coffee tomorrow morning.

☐ a. get up

☐ b. spend time

☒ c. meet

5. I don't want to ____ Jen's party at the weekend.

☒ a. go to

☐ b. get

☐ c. go

6. It's Sunday tomorrow. We can ____ up late.

☐ a. go

☒ b. get

☐ c. go to



Vocabulary | everyday activities

WB page 12

1C. Choose the correct words to complete the profile.



My weekend

At the weekend, I usually (1) up early on Saturday and (2) shopping at the market. I go early because it's busy later. After that, I (3) friends for lunch. In the afternoon, I like to (4) time with my boyfriend. We go to the park, or go to the cinema. We do something together because I (5) a lot of time at work. I try not to (6) emails on my phone at the weekends! On Sunday, I get (7) late and have lunch with my family. Sometimes I (8) running in the afternoon. Then I relax in the evening.





02. Reading



Reading

SB page 20

Lifestyle quiz

We all eat, sleep and work. But we all do these things in different ways. How about you? Do this fun quiz. What does it say about you?

Choose the best answer for you: a, b or c.

1. What do you usually do first in the morning?

- a. I **always** go online and check my messages. I do this every day.
- b. I **usually** get up early and go running, but not at the weekend.
- c. I have breakfast and talk to my family.

2. How often do you see your friends?

- a. We **hardly ever** meet, maybe once a month, but we talk online a lot.
- b. I cook lunch for friends every Sunday. I **always** make something healthy!
- c. I **often** meet friends for coffee or we go shopping together.

3. How often do you exercise?

- a. I **hardly ever** exercise. Well, **never**.
- b. I go to the gym every day.
- c. Once a week on Saturdays – I do some sport with friends.

4. Do you spend a lot of time online?

- a. I **often** spend 7–8 hours a day online for work, but not every day.
- b. I **sometimes** work online for about 3 or 4 hours, but I'm **never** online at the weekend.
- c. Yes, I'm **always** online. I spend hours on social media.

5. How do you meet new people?

- a. I join online groups and I make new friends there. We chat online.
- b. **Sometimes** I meet people at the gym or when I go walking.
- c. My friends or family introduce us or I meet people at parties.

2A. Do the online quiz.

2B. Work in pairs and compare your answers.

2C. Read the key. Do you agree with the answers? Why/Why not?





03. Grammar

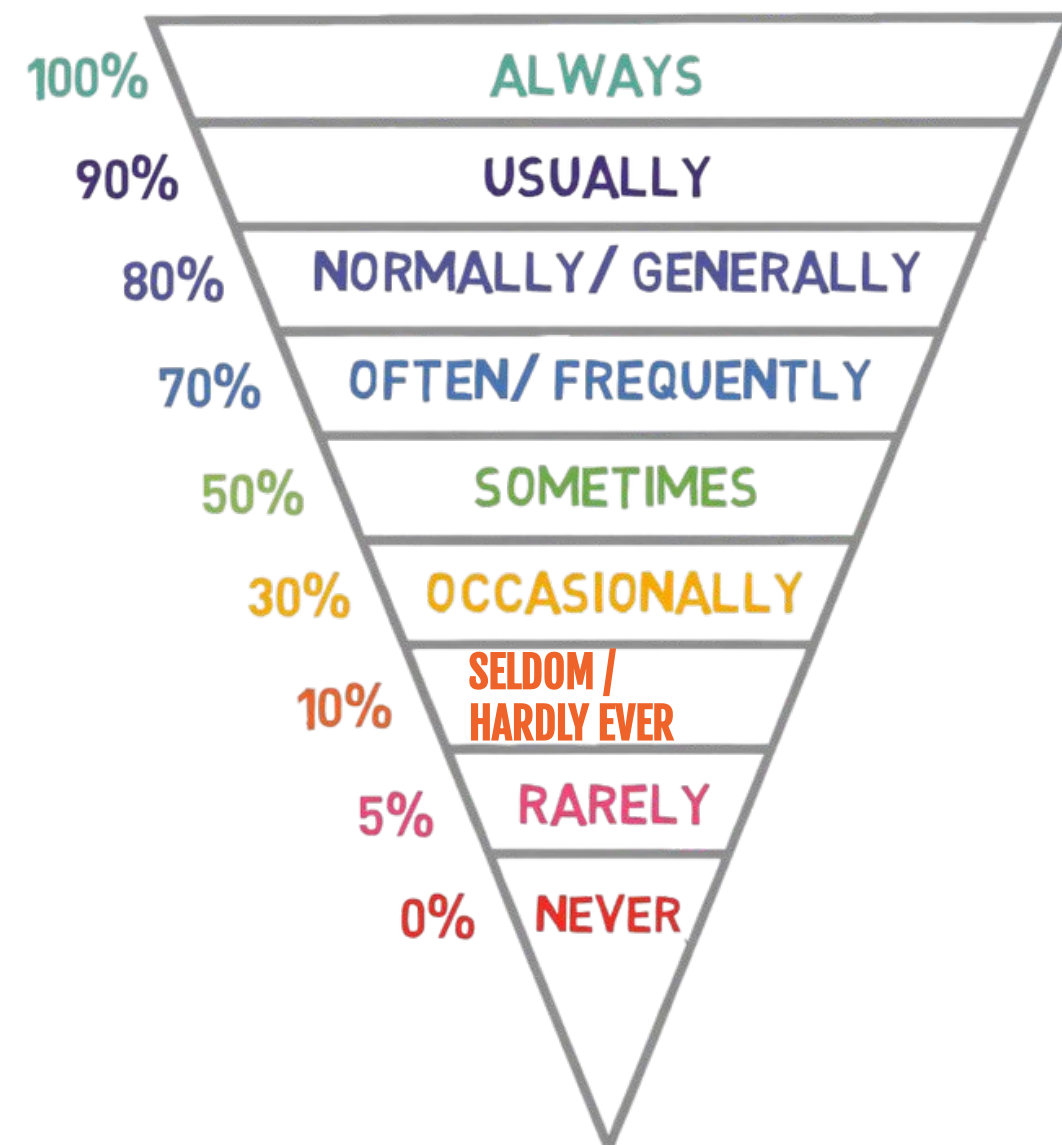


Grammar Preview

adverbs and phrases of frequency

Adverbs of frequency tell us **HOW OFTEN** something takes place.

They go before most verbs. Adverbs of frequency go after the verb be.



I always wake up at 6 o'clock.

I usually come home after work.

I generally swim after school.

I often spend Christmas with friends.

I sometimes play tennis on the weekend.

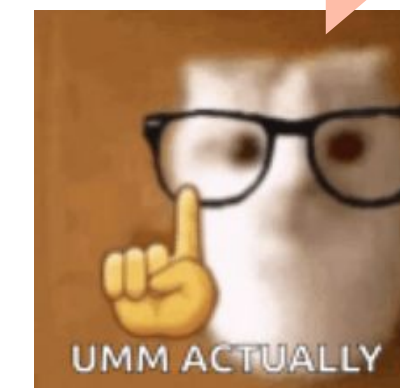
I occasionally eat Vietnamese food.

I hardly ever go to the library.

I rarely listen to the radio.

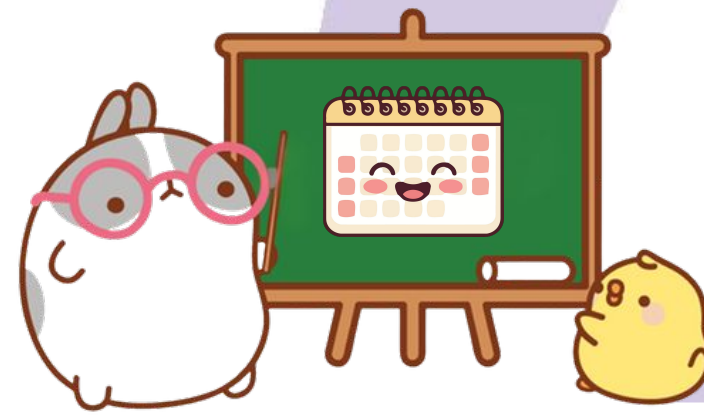
I never listen to rock music.

Usually and sometimes can also go at the beginning of a sentence. Sometimes can go at the end, too.



Grammar Preview

adverbs and phrases of frequency



Phrases of frequency also tell us **HOW OFTEN** something takes place, but they're more specific.

Every	hour, day, week, weekend, month, year, morning, night, Monday, Christmas...	Twice (2 times per...)	a day a week a month a year
Once (1 time per...)	a day a week a month a year	<u>Three</u> times ...	a day a week a month a year

Grammar

adverbs and phrases of frequency



SB page 21

3A. Look at the quiz again. Put the adverbs in bold in the correct place in the diagram.

How often ... ?

never

hardly ever

sometimes

often

usually

always

0%

10%

40%

60%

80%

100%

3B. Choose the correct word to complete the rules. Use the quiz to help you.

1. Use adverbs of frequency **before** most verbs.

2. Use adverbs of frequency **after** the verb *be*.



3C. Look at the quiz again and find four other phrases of frequency.

every day, at the weekend, once a month, every Sunday, on Saturdays, 7–8 hours a day, for about 3 or 4 hours

Grammar Bank

adverbs and phrases of frequency



SB page 103

1. Add the correct adverb of frequency to the sentences. Use the information in brackets to help you.

1. I get up early. (0%) **I never get up early.**

2. .
(100%)

3. .
(80%)

4. .
(60%)

5. .
(10%)

6. .
(0%)

7. .
(40%)

8. .
(60%)

9. .
(100%)

10. .
(0%)



Grammar Bank

adverbs and phrases of frequency

SB page 103



2. Put the words in the correct order to make conversations.

1.

A: students / My / late. / never / are

A:

B: homework? / always / they / Do / their / do

B:

A: Yes!



3.

A: go? / does / How / the / boat / often

A:

B: goes / three / times / It / day. / a

B:

2.

A: often / go / How / cinema? / you / do / to / the

A:

B: twice / Sometimes / month. / we / go / a

B:

A: hardly / cinema. / go / ever / We / the / to

A:

B: films / on / usually / watch / you / TV? / Do

B:

A: films / we / online. / watch / usually / No,

A:

Grammar Bank

adverbs and phrases of frequency

SB page 103

3. Rewrite the sentences so they mean the same. Use the words in brackets.

1. Baz is always early for class. (**never**)

Baz is never late for class.

2. I wash my hair every Monday. (**once**)

I wash my hair once a week.

3. Angie isn't often ill. (**sometimes**)

Angie is sometimes ill.

4. I drink coffee once a month. (**hardly ever**)

I hardly ever drink coffee.



5. We go out for a meal on my birthday and my husband's birthday. (**twice**)

We go out for a meal twice a year.

6. Sarfaz hardly ever eats fish. (**not often**)

Sarfaz doesn't often eat fish.

7. Bianca doesn't study in the evenings. (**never**)

Bianca never studies in the evenings.

8. My brother always goes out on Saturday night. (**every**)

My brother goes out every Saturday night.

Grammar

adverbs and phrases of frequency



WB page 12

☰ **2A. The sentences below have a mistake. Choose the best option to correct the mistake.**

1. I meet my sister for lunch every Tuesdays.

☐ a. always Tuesday

☒ b. every Tuesday

☐ c. every a Tuesday

2. Jack doesn't work usually at the weekend.

☐ a. don't work usually

☐ b. usually don't work

☒ c. doesn't usually work

3. I always am tired at the end of the day.

☐ a. Am I always

☒ b. I am always

☐ c. Always I am

4. He plays football twice in week.

☐ a. twice weeks

☐ b. twice week

☒ c. twice a week



Grammar

adverbs and phrases of frequency

WB page 12

2B. Choose the correct words to complete the sentences.

1. I **never** get up early. I love to sleep!
2. **We often** meet for lunch at a café.
3. I go shopping with my mum every **weekend**.
4. I check my emails three or four **times** a day.
5. I **am never** late for school.
6. **How** often do you go on holiday?
7. I **always** finish work late, every day!
8. Jamie hardly ever **reads** books.



Grammar

adverbs and phrases of frequency

WB page 12

2C. Put the words in brackets in the correct order to make sentences.

(1) (quiet / It's / never) **It's never quiet** in the mornings in our house. There's lots to do before work and school. (2) (up / My / late / often / gets / son) **My son often gets up late**, so he doesn't have time to have breakfast. I make it for him every day, but (3) (ever / it / he / eats / hardly) **he hardly ever eats it**. I eat cereal and have a coffee in the kitchen, but (4) (usually / news / to / my / the / listens / wife) **my wife usually listens to the news** in the bedroom while she gets ready. (5) (listens / music / daughter / often / My / to) **My daughter often listens to music** in her bedroom, too. Then the dog wakes up and runs around the house. It's crazy! However, (6) (never / work / I'm / late / for) **I'm never late for work** !





04. Speaking



Grammar

Important things in my life

SB page 21

6A. Put the words below in the correct place on the line for you.

	very important	
animals		
coffee		
family		
food		
friends		
health		
online life		
shopping		
sleep		
sport		
time alone		
work		
	not important	



6B. Work in pairs. Compare things that are important to you. Find one thing that is the same and one thing that is different.

Work is very important to me. I enjoy it. I often work at the weekend. Animals aren't important to me. I don't have a pet.

6C. Work in a different pair. Talk about your first partner.

Sleep is very important to Yulia. She sleeps for ten hours every night, but I usually sleep about six or seven hours.



Any questions?

**Remember to
ALWAYS**

**ask your teacher if you
don't understand :)**

