



HOW OFTEN DO YOU...?

Listen to five people talking about how often they do some activities and choose the correct answers.

1. Brian goes shopping for food _____.
 - a. once a week
 - b. twice a week
 - c. every weekend
2. Brian _____ goes shopping for clothes.
 - a. rarely
 - b. often
 - c. never
3. Oliver plays football _____.
 - a. twice a week
 - b. once a week
 - c. every weekend
4. Emily has coffee _____.
 - a. every weekend
 - b. twice a month
 - c. twice a day
5. Emily _____ has tea.
 - a. hardly ever
 - b. often
 - c. never
6. George _____ calls his mum.
 - a. always
 - b. sometimes
 - c. rarely
7. George's mother calls George _____.
 - a. every day
 - b. once a week
 - c. three or four times a week
8. Lucy eats out _____.
 - a. once a week
 - b. three times a week
 - c. twice a week



TRANSCRIPTION

How often do you go shopping?

BRIAN: I always go to the grocery store on Monday or Tuesday to buy fruit, vegetables, and food for the week. I hardly ever go shopping on weekends because there are too many people. Shopping on Monday or Tuesday is faster and easier. I hardly ever buy clothes, but when I need clothes, I go to a mall near my house on Saturday mornings.

How often do you do exercise?

OLIVER: I go running twice a week. I usually run for 40 or 50 minutes in a big park near my house. I listen to music while I'm running, and I love it. I also play football with friends every Friday. We meet in the evening, and it's always a lot of fun. It helps me relax at the end of the week.

How often do you drink tea?

EMILY: I like tea, but I prefer coffee. I have coffee every day before going to work, and I have another one during my break at work. I need my caffeine! I sometimes have tea on weekends, but not every weekend—maybe twice a month.

How often do you call your mum?

GEORGE: I hardly ever call my mum because she always calls me. Sometimes, she calls me twice a day because she needs help or wants to ask me something about her grandchildren. She is retired and picks up my children from school three or four times a week.

How often do you eat out?

LUCY: I eat out every weekend with my family, usually on Saturday nights. We like to try different kinds of food each time. Sometimes, we go to Italian places for pizza or pasta, and other times, we try Asian food. During the week, I also go to a cheap restaurant near my work twice a week. It's convenient and saves me time on busy days.



ANSWER KEY

1. a.
2. a.
3. b.
4. c.
5. a.
6. c.
7. a.
8. b.