

# **Welcome to ESOL Entry 3**

Islington Adult Community Learning  
Autumn term

Teacher: Petra



# Week 3

## Monday 2nd November

**Lesson objectives:** *objective - (noun) something that you plan to do or achieve = lesson plan*

- Talk about health: say what you do to stay healthy
- Say how often you do something (use adverbs of frequency)
- Write sentences about your health



# How healthy are you? What do you do to keep healthy?



Healthy lifestyle

Watch the video.

What advice can you hear to stay healthy?

<https://www.youtube.com/watch?v=Y8HIFRPU6pM>

**healthy** – (adjective) having good health, not likely to become ill



What's the opposite of "healthy"?

**un**healthy

**fit** – (adjective) healthy and strong because you do regular physical exercise



What's the opposite of "fit"?

**unfit**

unhealthy

unfit

**Make the opposite of these words:**

safe

unsafe

happy

unhappy

tidy

untidy

usual

unusual

likely

unlikely

**to exercise** (verb): *I exercise most evenings.*

**exercise** (noun)

(do) exercise: *He never does exercise.*

**stressed** – (adjective) worried and unhappy because you have too much work or too many problems:

*I am very stressed at work.*

Watch the video.

Is Rob fit?

<https://englishfile4e.oxfordonlinepractice.com/app/dashboard/book/34/resources?t1=3>

Practical English, episode 3, Rob has a problem

“You aren’t exactly in good shape, are you?”

**to be in shape/ to be in good shape** – to be in a good state of health, in good physical condition

**to be in bad shape** - to be in a bad state of health, in bad condition









She **always** gets up at 7:30.

She **usually** goes to bed at 10:30.

She **often** eats fruit and vegetables.

She **sometimes** does exercise.

She **hardly ever** drinks coffee.

She **never** smokes.

Put the adverbs in the correct place.

usually      often      sometimes      hardly ever

100%



0%

1 always

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 never

Put the adverbs in the correct place.

usually

often

sometimes

hardly ever

100%



0%

1 always

2 usually

3 often

4 sometimes

5 hardly ever

6 never

How often do you get up early? I **often** get up early.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>always</b> - every day	✓	✓	✓	✓	✓	✓	✓
<b>usually</b> - a lot	✓	✓	X	✓	✓	X	✓
<b>often</b> - more than sometimes	✓	✓	X	✓	X	X	✓
<b>sometimes</b>	X	X	✓	X	X	✓	X
<b>hardly ever</b>	X	X	X	X	✓	X	X
<b>never</b> – no days	X	X	X	X	X	X	X

a Complete the sentences with an adverb of frequency.

---

never    always    hardly ever    sometimes    usually

---

They never drive – they don't have a car.

1 I \_\_\_\_\_ drink champagne – only at Christmas.

2 She \_\_\_\_\_ eats meat. She's a vegetarian.

3 He doesn't have a watch so he's \_\_\_\_\_ late.

4 We \_\_\_\_\_ get up at 7.30, except at weekends.

5 I don't do a lot of exercise but I \_\_\_\_\_ go swimming.

a Complete the sentences with an adverb of frequency.

---

never    always    hardly ever    sometimes    usually

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They never drive – they don't have a car.

- 1 I hardly ever drink champagne – only at Christmas.
- 2 She never eats meat. She's a vegetarian.
- 3 He doesn't have a watch so he's always late.
- 4 We usually get up at 7.30, except at weekends.
- 5 I don't do a lot of exercise but I sometimes go swimming.

**Look at the sentences below. Do adverbs of frequency (*always, often..*) come before or after the verb?**

She **always** gets up at 7:30.

She **usually** goes to bed at 10:30.

She **often** eats fruit and vegetables.

She **sometimes** does exercise.

She **hardly** ever drinks coffee.

She **never** smokes.



We put the adverb before the verb.

I **always** **have** toast for breakfast.

I **usually** **go** to bed around 11.00.

My children **sometimes** **play** in the park.

I don't **often** **visit** my brother.

**BUT !**

We put the adverb after the verb **be**.

She's **always** late.

I'm **never** hungry in the morning.

The winters **are** **sometimes** very cold.

a Put the adverb of frequency in the correct place in the sentence.

They drive – they don't have a car. **never**

*They never drive – they don't have a car.*

1 I walk to work. **always**

2 Do you wear glasses? **usually**

3 I'm bored. **hardly ever**

4 She does housework. **sometimes**

5 We go to the cinema. **hardly ever**

6 Why are you late? **always**

7 My girlfriend is stressed. **never**

8 Does it rain in December? **often**

a Put the adverb of frequency in the correct place in the sentence.

They drive – they don't have a car. **never**

*They never drive – they don't have a car.*

1 I walk to work. **always** I always walk to work.

2 Do you wear glasses? **usually** Do you usually wear glasses?

3 I'm bored. **hardly ever** I am hardly ever bored.

4 She does housework. **sometimes** She sometimes does housework.

5 We go to the cinema. **hardly ever** We hardly ever go to the cinema.

6 Why are you late? **always** Why are you always late?

7 My girlfriend is stressed. **never** My girlfriend is never stressed.

8 Does it rain in December? **often** Does it often rain in December?

Homework:

**What do you do to keep healthy and fit?**

**Write 3 sentences using adverbs of frequency** (*usually, often, sometimes, never, always, hardly ever, never*)

