

Comparing lifestyles with adverbs of frequency

Part One: Warmer – Find things which are more than your partner

Ask questions like those below to find numbers which are higher for you than for your partner. For example, if your partner says “I have 100 books” and you say “I have 200 books”, you get one point. Any “How many...?” question is okay.

Useful phrases for making comparisons

- “I... How about you?”
 - “How many... do you...?”
 - “Really? I...”
 - “Really? Me too./ I do too.”
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- How many books do you have?
 - How many lessons do you have on Mondays?
 - How many comics do you have in your bedroom?
 - How many... do you have (on ...days/ in your...)?
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- How many bottles of water did you drink last week?
 - How many meals did you eat yesterday?
 - How many movies did you see in 2015?
 - How many... did you... yesterday/ on Sunday/ last week/ in February/ in 2014/...?
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- How many times did you go to a convenience store yesterday?
 - How many times did you go to the cinema last year?
 - How many times did you... yesterday/ on Monday/ last month/ in January/ last year/ in 20.../...?
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- How many times do you brush your teeth every day?
 - How many times do you ride a bicycle every week?
 - How many times do you go a theme park/ amusement park every year?
 - How many times do you... every day/ week/ month/ year/...?

Part Two: Find things you do more often than your partner

Ask questions like those on the next page below and then say your own frequency. You get one point for each thing which is more often for you. For example, you get a point if your partner says “I never clean my room” and you say “I sometimes clean my room”.

Useful phrases for talking about how often you do things

- “I always/ almost always/ usually/ often/ sometimes/ rarely/ hardly ever/ never...”
- “I... once/ twice/ two or three times/ three times/ ... times + a + day/ week/ month/ year.”
- “Once every two/ three/ four/... days/ weeks/ months/ years”
- “I... every day”
- “... How about you?”
- “How often do you...?”
- “Really? I...”
- “Really? Me too./ I do too.”

- How often do you clean your room?
- How often do you clean...?
- How often do you cook (...)?
- How often do you do the washing up?
- How often do you do...?
- How often do you eat rice?
- How often do you eat yoghurt?
- How often do you eat...?
- How often do you go to a museum?
- How often do you go to the cinema?
- How often do you go to the library?
- How often do you go to a department store?
- How often do you go to...?
- How often do you have a bath?
- How often do you have...?
- How often do you help your mother?
- How often do you help...?
- How often do you listen to the radio?
- How often do you listen to...?
- How often do you play football?
- How often do you play...?
- How often do you read comics?
- How often do you read...?
- How often do you speak to your grandparents?
- How often do you speak to...?
- How often do you study maths?
- How often do you study...?
- How often do you take a taxi?
- How often do you take the train?
- How often do you take...?
- How often do you use a computer?
- How often do you use...?
- How often do you watch DVDs?
- How often do you watch sport?
- How often do you watch...?
- How often do you wear a hat?
- How often do you wear jewellery?
- How often do you wear...?

When your teacher stops you, ask about anything above which you can't make into a question, are not sure how to answers, etc.

Change groups and do the opposite activity, trying to find things which you do less often than your new partner.

Part Three: Find routines which are healthier than your partner

Try to find some ways in which you are healthier than your partner by asking questions like those below. Note that some things below are healthier if they are more often and some others are healthier if they are less often, so think carefully before you ask your questions.

Useful phrases for comparing your lifestyles

- "I think I am healthier than you" (= 1 point) – "I think you are healthier than me"
 - "I think we are about the same"
 - "I agree"/ "I think you are right" – "Really? I think..."
- How often do you do exercise?
 - How often do you do sports?
 - How often do you do...?
 - How often do you drink soda/ cola/ Fanta/ green tea/...?
 - How often do you eat brown bread?
 - How often do you eat brown rice?
 - How often do you eat cakes?
 - How often do you eat candy?
 - How often do you eat chips/ fries/ French fries?
 - How often do you eat crisps?
 - How often do you eat fried food/ fatty food?
 - How often do you eat fruit/ vegetables?
 - How often do you eat hamburgers?
 - How often do you eat snacks?
 - How often do you eat...?
 - How often do you get up late?
 - How often do you go jogging/ swimming/ clubbing/ ...ing?
 - How often do you go to bed after 11 o'clock?
 - How often do you go to MacDonald's?
 - How often do you go to...?
 - How often do you play computer games?
 - How often do you play...?
 - How often do you put butter on your bread?
 - How often do you put salt/ sugar/ dressing/... on your food?
 - How often do you ride a bicycle?
 - How often do you run?
 - How often do you walk to school/ to work/ to the shops/ to...?
 - How often do you watch TV?

Generally, which of you is healthier, do you think?

Part 4: Comparisons with adverbs of frequency freer speaking

Do the same to find which of you is more... for other things such as.

- More efficient
- A better worker/ student
- A better husband/ wife/ partner
- More...
- A better...