



Adverbs of Frequency:

Basic Frequency Adverbs: Position Rules

Fill in the blank with the correct option.

1. I ___ brush my teeth before bed.
a) ever
b) every
c) all
d) always
2. She is ___ late for class.
a) much
b) many
c) often
d) lot
3. Tom ___ drinks coffee in the morning.
a) used
b) use
c) usual
d) usually
4. We ___ go to the park on Sundays.
a) some time
b) sometime
c) sometimes
d) always time
5. My grandfather is ___ happy. He smiles all the time.
a) always
b) never
c) often
d) sometimes
6. I ___ eat fast food. I prefer healthy meals.
a) usually
b) often
c) always
d) never
7. The children are ___ tired after school.
a) usual
b) use to
c) using
d) usually
8. He ___ watches TV in the evening.
a) ever
b) much
c) often
d) lot of
9. My mother ___ cooks dinner for us.
a) always
b) every day
c) all time
d) forever
10. The bus is ___ on time.
a) not
b) never
c) none
d) no
11. I ___ forget my keys. It happens about once a month.
a) always
b) usually
c) never
d) sometimes

12. Sarah is ___ hungry after swimming.
a) each
b) always
c) every
d) all
13. They ___ play football at the weekend.
a) often
b) much
c) lot
d) lots
14. My cat is ___ lazy. She sleeps all day.
a) always
b) rarely
c) never
d) sometimes
15. We ___ have lunch at noon.
a) using
b) used
c) usually
d) usual
16. He ___ reads before going to sleep.
a) all day
b) always
c) all
d) everyday
17. The weather here is ___ cold in January.
a) usually
b) typical
c) every
d) regular
18. My sister ___ listens to music while studying.
a) not
b) never
c) no
d) nothing
19. I am ___ nervous before exams.
a) some
b) sometimes
c) sometime
d) some times
20. David ___ walks to school. He takes the bus instead.
a) always
b) usually
c) never
d) often



Answers

1. d) always
2. c) often
3. d) usually
4. c) sometimes
5. a) always
6. d) never
7. d) usually
8. c) often
9. a) always
10. b) never
11. d) sometimes
12. b) always
13. a) often
14. a) always
15. c) usually
16. b) always
17. a) usually
18. b) never
19. b) sometimes
20. c) never



Explanations

1. “always” (d)

'Always' is an adverb of frequency meaning 100% of the time. It goes before the main verb 'brush'. 'Every' and 'all' are not adverbs of frequency, and 'ever' is used in questions and negatives.

2. “often” (c)

'Often' is an adverb of frequency meaning 'many times'. After the verb 'be', place the frequency adverb directly after it: She is often late. 'Much', 'lot', and 'many' are not adverbs of frequency.

3. “usually” (d)

'Usually' is the adverb form (not 'usual', which is an adjective). Adverbs of frequency go before main verbs: Tom usually drinks coffee.

4. “sometimes” (c)

'Sometimes' (one word) is an adverb of frequency meaning 'on some occasions'. Don't confuse it with 'some time' (a period of time) or 'sometime' (at an unspecified time).

5. “always” (a)

The clue 'He smiles all the time' tells us 100% frequency, so 'always' is correct. After the verb 'be': My grandfather is always happy.

6. “never” (d)

'Never' means 0% — not at any time. It goes before the main verb: I never eat fast food. The second sentence ('I prefer healthy meals') confirms the answer is 'never'.

7. “usually” (d)

After the verb 'be' (are), use the adverb 'usually' — not the adjective 'usual'. The children are usually tired after school.

8. “often” (c)

'Often' is an adverb of frequency placed before the main verb 'watches': He often watches TV. 'Ever' is for questions/negatives, and 'much' and 'lot of' are not frequency adverbs.

9. “always” (a)

'Always' is an adverb of frequency that goes before the main verb: My mother always cooks dinner. 'Every day' is a frequency expression but it goes at the end of the sentence, not before the verb.

10. “never” (b)

'Never' is an adverb of frequency meaning 'at no time'. After the verb 'be': The bus is never on time. 'Not', 'no', and 'none' are not adverbs of frequency.

11. “sometimes” (d)

'Sometimes' means roughly 50% of the time. The clue 'about once a month' suggests it happens occasionally — not always, usually, or never.

12. “always” (b)

After the verb 'be', use the adverb 'always': Sarah is always hungry. 'All', 'every', and 'each' are determiners, not adverbs of frequency.

13. “often” (a)

'Often' is an adverb of frequency placed before the main verb: They often play football. 'Much', 'lot', and 'lots' cannot be used in this position as frequency adverbs.

14. “always” (a)

The clue 'She sleeps all day' tells us the cat is lazy 100% of the time, so 'always' is correct. After the verb 'be': My cat is always lazy.

15. “usually” (c)

'Usually' is the adverb form that goes before the main verb 'have': We usually have lunch at noon. 'Usual' is an adjective and cannot modify a verb.

16. “always” (b)

'Always' is an adverb of frequency placed before the main verb 'reads'. 'All day' is a time expression that goes at the end. 'Everyday' (one word) is an adjective meaning 'ordinary'.

17. “usually” (a)

'Usually' is a frequency adverb that goes after the verb 'be': The weather is usually cold. 'Every' is a determiner (needs a noun: every January). 'Regular' and 'typical' are adjectives, not adverbs.

18. “never” (b)

'Never' is an adverb of frequency (0%) placed before the main verb: My sister never listens to music. 'Not', 'no', and 'nothing' are not adverbs of frequency and cannot go in this position.

19. “sometimes” (b)

'Sometimes' (one word, with an 's') is the correct adverb of frequency. After 'am': I am sometimes nervous. 'Some' is a determiner, 'sometime' means 'at an unspecified time', and 'some times' is not a standard expression.

20. “never” (c)

The clue 'He takes the bus instead' tells us David does not walk — the frequency is 0%, so 'never' is correct. It goes before the main verb: David never walks to school.