



Adverbs of Frequency: Frequency Expressions & How Often

Fill in the blank with the correct option.

1. I have ___ been to Australia.
a) never
b) none
c) ever
d) no
2. How ___ do you go to the gym?
a) usually
b) many
c) often
d) much
3. She goes swimming ____.
a) twice a week
b) two time week
c) two week
d) double a week
4. We don't ___ go to restaurants. We prefer cooking at home.
a) never
b) always
c) usually
d) much
5. ___ I take a different route to work.
a) Always
b) Seldom
c) Never
d) Sometimes
6. He can ___ finish his homework before dinner.
a) usual
b) usually
c) use
d) used
7. I visit my grandparents ____.
a) always weekend
b) every weekend
c) each weekends
d) all weekend
8. — How often do you eat out? — ____.
a) I eat often out
b) Very always
c) Much often
d) About once a month
9. They have ___ visited that museum. They go there a lot.
a) never
b) rarely
c) hardly
d) often
10. My dentist says I should brush my teeth ____.
a) three times a day
b) third times a day
c) three a day times
d) three time a day
11. I ___ go to bed early during the week.
a) all
b) each
c) ever
d) always

12. She will ____ remember this trip.
a) for
b) so
c) always
d) ever
13. We go on holiday ____.
a) once a year
b) one year
c) a once year
d) one time of year
14. I don't ____ watch horror films. They scare me.
a) always
b) never
c) sometimes
d) often
15. ____, we go for a walk after dinner.
a) Always
b) Occasionally
c) Hardly
d) Never
16. He has ____ been late for a meeting.
a) never
b) ever
c) neither
d) none
17. I check my email ____.
a) each mornings
b) every morning
c) always morning
d) all morning
18. — How often does she call you? — She calls me ____.
a) very often time
b) every few days
c) much calling
d) always few days
19. We can ____ hear the neighbours' music through the wall.
a) some
b) sometime
c) sometimes
d) some time
20. I eat chocolate _____. Maybe once or twice a month.
a) at all times
b) all the time
c) from time to time
d) in time



Answers

1. a) never
2. c) often
3. a) twice a week
4. c) usually
5. d) Sometimes
6. b) usually
7. b) every weekend
8. d) About once a month
9. d) often
10. a) three times a day
11. d) always
12. c) always
13. a) once a year
14. d) often
15. b) Occasionally
16. a) never
17. b) every morning
18. b) every few days
19. c) sometimes
20. c) from time to time



Explanations

1. “never” (a)

'Never' goes between the auxiliary verb 'have' and the past participle 'been': I have never been to Australia. Use 'never' (not 'none') as the frequency adverb in this position. 'Ever' is for questions.

2. “often” (c)

'How often...?' is the standard question for asking about frequency. 'How usually', 'how many', and 'how much' are not used to ask about frequency of actions.

3. “twice a week” (a)

Frequency expressions go at the end of the sentence. The correct pattern is 'twice a week' (not 'two week' or 'two time week'). For 1 = once, 2 = twice, 3+ = three times, etc.

4. “usually” (c)

In negative sentences, use 'usually' or 'often' after 'don't': We don't usually go to restaurants. Avoid using 'never' with 'don't' — that creates a double negative. 'Much' is not a frequency adverb.

5. “Sometimes” (d)

'Sometimes' can go at the beginning of a sentence for emphasis: Sometimes I take a different route. 'Always' and 'never' almost never appear at the start of a statement. 'Seldom' at the start requires inverted word order.

6. “usually” (b)

Between a modal verb (can) and the main verb (finish), use the adverb 'usually': He can usually finish his homework. The adverb goes after the auxiliary/modal verb.

7. “every weekend” (b)

Frequency expressions with 'every' go at the end of the sentence: every weekend, every day, every Monday. Note: 'every' + singular noun (weekend, not weekends).

8. “About once a month” (d)

The correct frequency expression is 'once a month' (once = one time). 'Very always' and 'much often' are not valid English expressions. 'I eat often out' has wrong word order.

9. “often” (d)

The clue 'They go there a lot' tells us the frequency is high. 'Often' goes between the auxiliary 'have' and the main verb 'visited': They have often visited that museum.

10. “three times a day” (a)

The correct frequency expression pattern is: number + 'times' + a + period. For 3+, use 'times' (plural): three times a day. For 1 and 2, use 'once' and 'twice'.

11. “always” (d)

'Always' is an adverb of frequency placed before the main verb: I always go to bed early. 'Ever' is for questions/negatives, and 'all'/'each' are determiners.

12. “always” (c)

Between an auxiliary verb (will) and the main verb (remember), use 'always': She will always remember this trip. 'For' is a preposition and cannot go here. 'Ever' is for questions/negatives, and 'so' is not a frequency adverb.

13. “once a year” (a)

The correct frequency expression for 1 time per year is 'once a year'. It goes at the end of the sentence. 'One year' means a duration, not a frequency.

14. “often” (d)

In negative sentences, 'often' works naturally after 'don't': I don't often watch horror films. Avoid 'don't never' (double negative). 'Don't always' would mean 'not every time', which doesn't match the meaning here.

15. “Occasionally” (b)

'Occasionally' can be placed at the beginning of a sentence for emphasis: Occasionally, we go for a walk. 'Never' and 'always' rarely begin a declarative sentence. 'Hardly' alone is incomplete (you'd need 'hardly ever').

16. “never” (a)

'Never' goes between the auxiliary 'has' and the past participle 'been': He has never been late. This is a statement (not a question), so 'never' is correct, not 'ever'.

17. “every morning” (b)

'Every morning' is a frequency expression placed at the end of the sentence. Use 'every' + singular noun: every morning (not 'mornings'). 'All morning' means 'the entire morning', not frequency.

18. “every few days” (b)

'Every few days' is a valid frequency expression meaning 'once every 2-3 days'. It answers the 'How often' question naturally. The other options are not grammatical English.

19. “sometimes” (c)

'Sometimes' (adverb of frequency) goes between the modal 'can' and the main verb 'hear': We can sometimes hear... Don't confuse with 'sometime' (an unspecified time) or 'some time' (a period of time).

20. “from time to time” (c)

'From time to time' is a frequency expression meaning 'occasionally'. It goes at the end of the sentence. The clue 'once or twice a month' confirms a low frequency. 'All the time' means 'always' — too frequent.