GRAMMAR QUIZ
ADVERBS of FREQUENCY

Complete these sixteen sentences to score your knowledge of ADVERBS OF FREQUENCY.

1. I seldom visit my relatives, so I … see my uncle John.
   a) usually
   b) almost never
   c) almost always

2. I’m never late for our English class.
   I’m … on time.
   a) often
   b) usually
   c) always

3. James goes to the beach only once a year. He … goes to the beach.
   a) almost never
   b) never
   c) sometimes

   a) reads
   b) read
   c) is reading

5. I … eat junk food because I know it’s not very healthy.
   a) always
   b) sometimes
   c) seldom

6. … we go to the gym to exercise, maybe two or three days a week.
   a) Rarely
   b) Sometimes
   c) Always

7. I … watch cartoons because I hate them. News shows are much better.
   a) almost always
   b) sometimes
   c) never

8. They always … to bed early because they always get up early.
   a) go
   b) will go
   c) goes

9. I went to a restaurant last week, but I … eat at home.
   a) usually
   b) seldom
   c) always

10. She doesn’t … finish work early because she is often busy.
    a) never
    b) usually
    c) always

11. It … snows where I live, so I never make a snowman.
    a) sometimes
    b) never
    c) always

12. We visit our grandparents three or four times ….
    a) the month
    b) month
    c) a month

13. He almost never sees a doctor because he is … sick.
    a) almost always
    b) usually
    c) seldom

14. Do you … travel to other countries on your summer holiday?
    a) ever
    b) never
    c) how often

15. I … study very hard, so I usually get high grades in school.
    a) always
    b) rarely
    c) almost never

16. He’s never angry. He … has a smile on his face.
    a) never
    b) always
    c) seldom

15 – 16 = Excellent  
13 – 14 = Good  
12 or Less = Study More!
# Grammar Quiz

## Grammar Focus
Adverbs of Frequency

## Level
Intermediate

### Answer Key

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### Grades as Percentages

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