

Name: _____

Date: _____

Adverbs of Frequency - Multiple Choice & Gap Fill 1



Multiple Choice

1. John makes sure he attends every single training session. He _____ attends practice.

- (a) sometimes
- (b) rarely
- (c) always
- (d) usually

2. Sarah dislikes the taste of seafood very much. She _____ eats fish.

- (a) always
- (b) usually
- (c) never
- (d) often

3. Our local cafe is known for its busy morning atmosphere. It _____ gets very crowded by 9 AM.

- (a) usually
- (b) rarely
- (c) never
- (d) sometimes

4. He needs to be very ready. He _____ checks his notes before a meeting to be sure.

- (a) often
- (b) seldom
- (c) hardly ever
- (d) never

5. Maria doesn't like big crowds. She _____ goes to large public events.

- (a) usually

- (b) rarely
- (c) often
- (d) always

6. The bus service in our town often has problems like breaking down or traffic. The bus _____ arrives on time.

- (a) rarely
- (b) always
- (c) usually
- (d) frequently

7. Speaking in public makes her feel very worried. She _____ practices her speech many times before an event.

- (a) seldom
- (b) hardly ever
- (c) never
- (d) always

8. My cousin lives in a far-off country, so visiting him is difficult. We _____ see him on regular weekends.

- (a) always
- (b) occasionally
- (c) usually
- (d) never

9. This quiet area has very clear skies. You _____ see stars at night here.

- (a) rarely
- (b) never
- (c) sometimes
- (d) always

10. I go to see my best friend about two or three times each month. I _____ visit her.

- (a) never
- (b) frequently
- (c) seldom
- (d) always

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Fill in the Gaps

1. David is afraid of heights. He

_____ (always/frequently/never) goes rock climbing.

2. The sun rises in the east. It

_____ (sometimes/always/rarely) rises in the east.

3. My sister loves to read. She

_____ (never/often/rarely) visits the library.

4. It's very cold in winter here. It

_____ (always/sometimes/never) snows in July.

5. John hates vegetables. He

_____ (frequently/sometimes/never) eats broccoli.

6. Cats are known for being clean. They _____

(always/rarely/never) groom themselves.

7. She has a busy schedule. She

_____ (always/frequently/seldom) has free time on weekdays.

8. My alarm clock is broken. I

_____ (usually/never/always) wake up late now.

9. Bears hibernate in winter.

They _____ (never/always/sometimes) sleep through the cold months.

10. He is a vegetarian. He

_____ (always/frequently/never) eats meat.