He **always** / **sometimes**.

You can also put *sometimes* at the beginning or the end of the sentence with no change in meaning:

***Sometimes**, he eats eggs for breakfast.*

*He eats eggs for breakfast **sometimes**.*

F **Rewrite the sentences with the adverb of frequency.**

1. Every day, he goes to school at nine. (always)
   He always goes to school at nine.
2. She plays soccer once a week or once a month. (sometimes)
   She sometimes plays soccer.
3. I don't watch TV. (never)
   I never watch TV.
4. My father gets up at five o'clock on weekdays and weekends. (always)
   My father always gets up at 5 o'clock on weekdays and weekends.
5. His car is always at the garage. It doesn't work. (never)
   His car is always at the garage. It never work

Lesson E

Imperatives	
Affirmative	Negative
Turn your phone on. **Stop** at the red light!	**Don't run**! **Don't work** too hard.
*Use the imperative form of a verb to: Give instructions: ***Turn** the computer **on**. **Turn off** the music.* Give advice: ***Don't work** too hard. **Be** nice to him.* Give orders: ***Stop**! **Go**! **Be quiet**!* Give directions: ***Turn** left. **Go** straight ahead.*	

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VIDEO JOURNAL

AROUND THE WORLD IN 24 HOURS

A Read about the times in five cities. Write the correct time for each city.

It's noon in London. Moscow is two hours ahead of London. Mexico City is eight hours behind Moscow. Tokyo is fourteen hours ahead of Mexico City, and New Delhi is three and a half hours behind Tokyo.

Mexico City	London	Moscow	New Delhi	Tokyo
6:00am	12:00 pm	2:00pm	4:30pm	8:00pm

B Find out the answers in pairs.

1. What time is it now in your country? It's a quater after 6.
2. What time is it now in the cities in A?
3. How many hours are you ahead of, or behind, the cities?

C Watch the video. What time is it in each place?

1. Hawaii 5 am
2. Paris 6 am
3. San Francisco 7 am
4. Melbourne 9 am
5. Namibia 12 pm
6. Portland 2 pm
7. Croatia 4 pm
8. Kerala 6 pm
9. Monaco 11 pm
10. Norway 12 am
11. Bogota 3 am

D Watch the video again and answer the questions.

1. On what days is the food market open in Paris? on Thursdays and sunda
2. What does Melbourne have lots of? There lots of commuters
3. What is hot in Namibia? The sun is very hot.
4. Which meal do you eat in Portland? Have lunch
5. Who goes home at 6 pm? The fisherman goes
6. What two things do people spend in Monaco? Time and money
7. Is it dark at night in Norway? No, It isn't.
8. In Bogota, where do people go in the middle of the night? exciting nightclub.

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تاریخ:
موضوع:

(B)

(2) It's 8:27 am in Mexico city.

It's 3:28 pm in London

It's 11:28 pm in Tokyo.

It's a quarer pats five in Moscow.

It's 20:02 pm in New Delhi.

(3) How many hours are you ahead of, or behind, the cities?

① London is two and a half hours behind Tehran

② New Delhi is two hours ahead of Tehran

③ Tokyo is Five and a half hours ahead of Teh

④ Moscow is a half hours behind Tehran

⑤ Mexico city is Nine and a half behind Tehran.

@golinlaal

گلین پایپ
لوله و اتصالات PVC-U

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A Answer these questions.

1. What time do you go to bed on weekdays? I go to bed at 2:00 am every night.
2. What time do you go to bed on weekends? I go to bed at 3:00 am.
3. What time do you get up? I get up at 7:00 am.
4. How many hours do you sleep every night? 5 hours.
5. Do you spend time with a screen at night? Yes I do.
6. What do you do at night? (watch television, check emails, text friends, play video games)
   I watch tv at night.

B Read the text. Circle **T** for *True* or **F** for *False*.

1. Six hours of sleep is good for you. T / (F)
2. Americans always sleep eight hours. T / (F)
3. Young people (13–18) never sleep less than six hours. T / (F)
4. Sleep problems and screen time are connected. (T) / F
5. Old people play video games. T / (F)
6. A good night's sleep isn't important. T / (F)

C Circle the correct word(s) to complete the sentence about the reading.

1. Many people don't sleep eight hours on (weekdays / weekends).
2. The poll shows how people sleep (around the world / in America).
3. A lot of people (relax / use screens) at night.
4. Young and old people (watch TV / check email) at night.
5. It's useful to always go to (bed / work) at the same time.

D Complete the sentences with the numbers in the box.

~~3~~	~~6~~	~~8~~	~~43~~	~~95~~	2011

1. 43 percent of Americans don't get a good night's sleep on weekdays.
2. Seven percent of young people don't sleep 6 hours on weekdays.
3. People sometimes wake up at 3 o'clock.
4. _____ is the year of the *Sleep in America Poll.*
5. 95 percent of Americans spend time on screens at night.
6. 8 hours of sleep every night is good.

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