

Adverbs of Frequency Quiz Macq's

Instructions: Select the correct adverb of frequency (e.g., always, never, usually, often, sometimes, etc.) for each sentence below.

Here's a list of 100 multiple-choice questions (MCQs) on adverbs of frequency. The answers will be provided on the next page.

1. She _____ watches TV after dinner.
 - a) never
 - b) always
 - c) sometimes
 - d) rarely

2. They _____ play soccer on weekends.
 - a) usually
 - b) often
 - c) seldom
 - d) never

3. I _____ eat fast food because it's unhealthy.
 - a) never
 - b) rarely
 - c) occasionally
 - d) always

4. We _____ go to the gym before work.

- a) often
- b) seldom
- c) usually
- d) rarely

5. He _____ forgets his keys.

- a) sometimes
- b) never
- c) always
- d) occasionally

6. She _____ calls her parents every day.

- a) never
- b) always
- c) sometimes
- d) often

7. They _____ travel during the summer.

- a) seldom
- b) rarely
- c) usually
- d) always

8. I _____ read books in my free time.

- a) never

- b) rarely
- c) always
- d) occasionally

9. We _____ stay up late during weekends.

- a) often
- b) seldom
- c) always
- d) never

10. He _____ arrives late to meetings.

- a) sometimes
- b) always
- c) never
- d) often

11. She _____ finishes her homework before dinner.

- a) rarely
- b) always
- c) never
- d) often

12. They _____ walk to school when it's sunny.

- a) always
- b) never
- c) sometimes
- d) seldom

13. I _____ drink coffee in the morning.

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

14. We _____ see them at the library.

- a) seldom
- b) never
- c) always
- d) occasionally

15. He _____ forgets important dates.

- a) often
- b) never
- c) always
- d) seldom

16. She _____ exercises in the evening.

- a) always

- b) never
- c) sometimes
- d) rarely

17. They _____ go camping during holidays.

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

18. I _____ eat dessert after dinner.

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

19. We _____ go for a walk in the park.

- a) seldom
- b) never
- c) often
- d) occasionally

20. He _____ reads the newspaper in the morning.

- a) never
- b) sometimes

c) always

d) rarely

21. She _____ skips breakfast.

a) always

b) never

c) sometimes

d) often

22. They _____ visit their grandparents on weekends.

a) always

b) never

c) sometimes

d) rarely

23. I _____ watch movies on Friday nights.

a) never

b) always

c) often

d) rarely

24. We _____ eat out on weekends.

a) sometimes

- b) never
- c) always
- d) seldom

25. He _____ forgets to turn off the lights.

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

26. She _____ takes a nap after lunch.

- a) seldom
- b) often
- c) always
- d) never

27. They _____ go to the beach during summer.

- a) never
- b) always
- c) often
- d) occasionally

28. I _____ read magazines when traveling.

- a) rarely
- b) always

- c) never
- d) sometimes

29. We _____ meet for coffee after work.

- a) seldom
- b) never
- c) often
- d) sometimes

30. He _____ finishes his projects on time.

- a) never
- b) always
- c) sometimes
- d) often

31. She _____ checks her email before bed.

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

32. They _____ go to the movies together.

- a) often

- b) never
- c) sometimes
- d) always

33. I _____ go jogging in the morning.

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

34. We _____ travel for work.

- a) never
- b) always
- c) often
- d) sometimes

35. He _____ arrives early for appointments.

- a) never
- b) always
- c) often
- d) rarely

36. She _____ forgets to lock the door.

- a) never
- b) always

c) sometimes

d) often

37. They _____ go skiing in the winter.

a) never

b) always

c) often

d) seldom

38. I _____ watch TV before bed.

a) never

b) sometimes

c) always

d) often

39. We _____ eat breakfast together as a family.

a) never

b) always

c) sometimes

d) rarely

40. He _____ takes the bus to work.

a) never

b) always

c) sometimes

d) rarely

41. She _____ goes shopping on weekends.

a) never

b) always

c) sometimes

d) rarely

42. They _____ listen to music while studying.

a) never

b) sometimes

c) always

d) often

43. I _____ go to bed late on weekdays.

a) never

b) sometimes

c) always

d) often

44. We _____ visit the museum on holidays.

a) seldom

b) never

- c) often
- d) always

45. He _____ takes long walks in the evening.

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

46. She _____ checks her phone during meetings.

- a) never
- b) always
- c) sometimes
- d) often

47. They _____ volunteer at the community center.

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

48. I _____ go to bed early on weekends.

- a) seldom
- b) always
- c) never

d) often

49. We _____ clean the house on Sundays.

a) never

b) always

c) sometimes

d) seldom

50. He _____ forgets to water the plants.

a) always

b) never

c) sometimes

d) often

51. She _____ reads a book before sleeping.

a) sometimes

b) always

c) never

d) rarely

52. They _____ watch the news in the evening.

a) seldom

b) never

- c) always
- d) sometimes

53. I _____ go for a bike ride on weekends.

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

54. We _____ exercise together in the morning.

- a) always
- b) never
- c) often
- d) rarely

55. He _____ takes a break during work.

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

56. She _____ wears her glasses while reading.

- a) always
- b) never
- c) sometimes

d) often

57. They _____ have lunch at the same café.

a) always

b) never

c) sometimes

d) seldom

58. I _____ use my phone during meetings.

a) never

b) always

c) sometimes

d) rarely

59. We _____ plan family trips ahead of time.

a) always

b) never

c) sometimes

d) often

60. He _____ forgets to reply to emails.

a) always

b) never

c) sometimes

d) often

61. She _____ practices piano in the evening.

- a) always
- b) never
- c) sometimes
- d) often

62. They _____ eat dinner together every night.

- a) never
- b) always
- c) sometimes
- d) often

63. I _____ work late during the week.

- a) sometimes
- b) always
- c) never
- d) often

64. We _____ take the dog for a walk in the morning.

- a) seldom
- b) always
- c) sometimes

d) never

65. He _____ loses his wallet.

a) never

b) always

c) sometimes

d) often

66. She _____ buys new clothes each month.

a) seldom

b) never

c) always

d) sometimes

67. They _____ play video games after school.

a) always

b) never

c) sometimes

d) often

68. I _____ write in my journal before bed.

a) never

b) always

c) sometimes

d) often

69. We _____ go to the zoo on holidays.

a) sometimes

b) never

c) always

d) often

70. He _____ drinks coffee at work.

a) never

b) always

c) sometimes

d) rarely

71. She _____ helps her siblings with homework.

a) always

b) never

c) sometimes

d) rarely

72. They _____ go to the park after school.

a) never

- b) always
- c) sometimes
- d) often

73. I _____ take the train to work.

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

74. We _____ watch TV after dinner.

- a) never
- b) always
- c) sometimes
- d) often

75. He _____ brings lunch from home.

- a) never
- b) always
- c) sometimes
- d) often

76. She _____ sings while driving.

- a) always
- b) never

c) sometimes

d) often

77. They _____ go swimming in the summer.

a) always

b) never

c) sometimes

d) often

78. I _____ take a nap after work.

a) always

b) never

c) sometimes

d) rarely

79. We _____ bake cookies on special occasions.

a) never

b) always

c) sometimes

d) rarely

80. He _____ goes hiking on weekends.

a) never

b) always

c) sometimes

d) often

81. She _____ reads the newspaper every day.

a) never

b) always

c) sometimes

d) rarely

82. They _____ stay up late on school nights.

a) never

b) always

c) sometimes

d) often

83. I _____ drink water with every meal.

a) never

b) always

c) sometimes

d) often

84. We _____ study together for exams.

a) never

b) always

c) sometimes

d) often

85. He _____ cleans his room on weekends.

a) never

b) always

c) sometimes

d) often

86. She _____ cooks dinner for the family.

a) always

b) never

c) sometimes

d) often

87. They _____ go on vacations during summer break.

a) always

b) never

c) sometimes

d) often

88. I _____ eat breakfast before leaving for work.

a) always

b) never

c) sometimes

d) often

89. We _____ take family photos during holidays.

a) never

b) always

c) sometimes

d) often

90. He _____ waters the garden in the morning.

a) always

b) never

c) sometimes

d) often

91. She _____ does her homework after school.

a) always

b) never

c) sometimes

d) often

92. They _____ walk to school when it's raining.

a) never

b) always

c) sometimes

d) rarely

93. I _____ call my friends on weekends.

a) always

b) never

c) sometimes

d) often

94. We _____ go shopping before holidays.

a) never

b) always

c) sometimes

d) often

95. He _____ wears a jacket in cold weather.

a) always

b) never

c) sometimes

d) often

96. She _____ listens to music while cooking.

a) always

b) never

c) sometimes

d) often

97. They _____ do the dishes after dinner.

a) always

b) never

c) sometimes

d) often

98. I _____ go to the gym on weekdays.

a) never

b) always

c) sometimes

d) often

99. We _____ visit friends during the holidays.

a) always

b) never

c) sometimes

d) often

100. He _____ brings coffee to work every morning.

a) always

b) never

c) sometimes

d) often

Answers

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

21. b) never
22. a) always
23. c) often
24. a) sometimes
25. a) never
26. b) often
27. b) always
28. d) sometimes
29. d) sometimes
30. b) always
31. b) always
32. a) often
33. a) always
34. c) often
35. b) always
36. a) never
37. d) seldom
38. b) sometimes
39. b) always
40. b) always
41. b) always
42. d) often
43. d) often
44. c) often
45. b) always

- 46. c) sometimes
- 47. a) always
- 48. d) often
- 49. c) sometimes
- 50. c) sometimes
- 51. b) always
- 52. c) always
- 53. c) sometimes
- 54. c) often
- 55. c) sometimes
- 56. a) always
- 57. c) sometimes
- 58. a) never
- 59. d) often
- 60. c) sometimes
- 61. c) sometimes
- 62. b) always
- 63. a) sometimes
- 64. b) always
- 65. a) never
- 66. d) sometimes
- 67. c) sometimes
- 68. c) sometimes
- 69. a) sometimes
- 70. b) always

- 71. a) always
- 72. d) often
- 73. a) always
- 74. b) always
- 75. d) often
- 76. c) sometimes
- 77. d) often
- 78. c) sometimes
- 79. d) rarely
- 80. c) sometimes
- 81. b) always
- 82. a) never
- 83. b) always
- 84. d) often
- 85. c) sometimes
- 86. a) always
- 87. c) sometimes
- 88. a) always
- 89. d) often
- 90. a) always
- 91. a) always
- 92. a) never
- 93. c) sometimes
- 94. d) often
- 95. a) always

96. c) sometimes

97. a) always

98. d) often

99. d) often

100. a) always

I hope you find this quiz helpful! Let me know if you need any changes or additions.

Share Via comment box in our website <https://englishproguide.com>