

# Vocabulary

## Vocabulary

### every

I have coffee **every** morning.

Every means very high frequency. It modifies a noun. Notice the following:

1. I eat breakfast every morning.
2. I try to sleep eight hours every night.



### most

What time do you get up **most** days?

Most means high frequency. It modifies a noun. Notice the following:

1. I get up early most days.
2. I play sports most weekends.



### always

I **always** have coffee.

Always means very high frequency. It modifies a verb. Notice the following:

1. The sun always rises in the morning.
2. He always eats lunch alone.



### usually

I **usually** have toast.

Usually means high frequency. It modifies a verb. Notice the following:

1. We usually have a break at two o'clock.
2. She usually is on time.



## sometimes

*Sometimes* I go eat at a restaurant.

Sometimes means low frequency. It modifies a verb. Notice the following:

1. We sometimes order pizza for dinner.
2. It sometimes rains on Sunday.



## never

I *never* cook.

Never means very low frequency. It modifies a verb. Notice the following:

1. She never goes to the gym.
2. I never sleep past noon.



## Vocabulary Quiz

**most • every • always**  
**often • sometimes • never**

1. I eat breakfast \_\_\_ days.
2. I go there \_\_\_, almost every day.
3. I wake up \_\_\_ day at six.
4. He is \_\_\_ late. He is never on time.
5. I \_\_\_ eat out, but not often.
6. You should \_\_\_ steal from people.

## Script

**Todd:** So Aimee, let's talk about routines?

**Aimee:** OK.

**Todd:** What time do you get up **most** days?

**Aimee:** I get up ... I get up about six.

**Todd:** Oh, wow! That's early. I'm about the same. I get up at 7ish, usually.

**Aimee:** OK, and what do you eat for breakfast?

**Todd:** I **usually** have toast. I'm lazy. I don't cook in the mornings, so toast, but I **always** have coffee

**Aimee:** Right. Yeah, that sounds good.

**Todd:** Yeah, I love coffee. Do you have coffee every morning?

**Aimee:** I have coffee **every** morning. I also have hot water and fresh lemon juice every morning.

**Todd:** Why?

**Aimee:** Because it is good for your body, and I enjoy it.

**Todd:** OK. Good. So when do you leave the house most days?

**Aimee:** I leave the house about seven o'clock.

**Todd:** Wow, that's early.

**Aimee:** It is. Maybe between seven and seven-thirty. Yeah. How about you Todd?

**Todd:** A little later, usually around 8.

**Aimee:** OK.

**Todd:** And where do you eat lunch every day?

**Aimee:** Every day? I eat lunch at work every day, so I will buy something from the cafeteria at my work, or I will bring something

**Todd:** Most days, what do you have for lunch?

**Aimee:** I have a sandwich and a smoothie.

**Todd:** Mm, that's healthy.

**Aimee:** Yeah.

**Todd:** You're healthy.

**Aimee:** No, not really. (laughter) Yeah, sandwich and a smoothie and probably a chocolate biscuit.

**Todd:** Ooh, OK. That's not healthy.

**Aimee:** It's not. And you?

**Todd:** I eat at the cafeteria every day at my school and I always have salad every day. I love salad, yeah! I usually have a very healthy lunch. I have lean meat. Chicken usually and a salad and tea.

**Aimee:** That does sound healthy.

**Todd:** It is, kind of. A healthy meal of the day.

So, every day, who do you talk to?

**Aimee:** I talk to my children every day. Yes, we talk a lot.

**Todd:** What do you talk about?

**Aimee:** We talk about our everyday routine. I remind them to do their tasks, and I remind them to get on with ...

**Todd:** the *chores*?

**Aimee:** Yes. Chores and their routine.

**Todd:** What do they do? What chores do they do?

**Aimee:** Well, they're still young, so my two-year old doesn't do anything. She brings her plate to the kitchen when she's finished. She's good at that actually. My eight-year old, she folds her clean laundry and puts it away

**Todd:** Oh, that's good.

**Aimee:** Yes.

**Todd:** Nice. Very responsible. So when do you get home most days?

**Aimee:** I get home around six o'clock. How about you Todd?

**Todd:** Oh, I get home late. I get home around ten o'clock.

**Aimee:** Oh, that is late.

**Todd:** Yeah, very late. So I work late. I live alone so, I work late and I go to the gym and *sometimes* I go eat at a restaurant.

**Aimee:** Nice.

**Todd:** I *never* cook.

**Aimee:** I never go to the gym.

**Todd:** (Laughter)

**Aimee:** (Laughter) What time do you go to bed then?

**Todd:** I go to bed early actually. I get home at nine or ten and I go to bed by eleven usually. And you?

**Aimee:** Eleven's early.

**Todd:** It is early.

**Aimee:** OK, I think I'm probably about the same. Eleven o'clock. Yeah, I go to bed about eleven o'clock.

**Todd:** OK, so how many hours do you sleep most nights?

**Aimee:** I guess I get about seven. Six or seven hours.

**Todd:** Yeah, I get eight. I love sleeping.

**Aimee:** You sleep more at the weekend?

**Todd:** Hmm! You sleep in Saturday and Sunday?

**Aimee:** I try if I can.

**Todd:** Sunday is easier to sleep in.

**Aimee:** OK, thanks Aimee.

## Quiz

*Answer these questions about the interview.*

1) Who gets up first?

a) He does.

**b) She does.**

c) They wake up at the same time.

2) Who has lemon juice every morning?

a) He does.

**b) She does.**

c) They both do.

3) Who has a very healthy lunch?

- a) **He does.**
- b) She does.
- c) Both of them.

4) He gets home late because he \_\_\_\_\_ .

- a) teaches at night.
- b) **goes to the gym.**
- c) works at a restaurant.

5) Who gets more sleep?

- a) **He does.**
- b) She does.
- c) They sleep the same amount.

## Corporate Vocabulary

### Promotion

When an employee is given a job with a higher rank.

“I received a promotion for increasing our profits last quarter.”

“I was promoted in recognition of my contribution to profit growth during the last quarter.”

### Agenda

A list of items to be addressed at a meeting.

“Please prepare an agenda for the meeting”

“Kindly prepare a formal agenda for the upcoming meeting.”