

Unit 2 How often do you exercise?

2.3 Grammar

一、how often 引导的特殊疑问句

1. how often 意为 " 多久(一次) " , 它引导的特殊疑问句用来询问某动作发生的频率。how often 通常是对一些表示频率的副词提问, 如: always, usually, often, sometimes, never 等, 也可以对表示 " 多久几次 " 之类的频率短语提问, 如 once a week, twice a year, three times a day 等。

☞ —How often do you go back home? 你多久回家一次?

—Once a week/Often/Sometimes. 一周一次/经常/有时。

2. 特别提示: 若仅对像 once, twice, three times 这样只表示次数的词语提问, 要用 how many times " 多少次 " , 不用 how often。

☞ —How many times have you been to Beijing? 你去过北京多少次?

—Only once. 仅仅一次。

3. 注意 how often 与其他短语的区别

(1) how long 主要用来提问动作延续了多长时间, 答语通常含有 " for + 一段时间 " 、 " since + 时间点 " 或 since 引导的时间状语从句。问句和答语中的谓语动词通常为延续性动词。how long 也可以用来询问长度。

☞ —How long can I keep this book? 这本书我能借多长时间?

—For two weeks. 两周。

☞ —How long is the bridge? 这座桥有多长?

—About 1,000 meters. 大约 1, 000 米。

(2) how soon 用来询问 " 过多久 " 动作才发生, 谓语动词常为终止性动词, 时态多为将来时, 答语通常为 " in + 一段时间 " 。

☞ —How soon will you get here? 你还有多久能到这里?

—In five minutes. 五分钟以后。

(3) how far 用来询问两地之间的距离 " 有多远 " 。

☞ —How far is it from your home to your factory? 你家离你的工厂有多远?

—About twenty minutes' walk. 步行大约 20 分钟。



(2018 · 江苏连云港卷) —_____ will the project of high-speed railway connecting Xuzhou to Lianyungang be completed?

—In about two years.

A. How long

B. How far

C. How soon

D. How often

【答案】C

【解析】句意：——连接徐州和连云港的高铁项目还有多久完成？——大约 2 年后。A. How long 多长，主要对做某事用多长时间进行提问；B. How far 多远，提问两地距离；C. How soon 过多久，指将来某个动作发生这段时间提问，常用于一般将来时态中；D. How often 多久，对频率进行提问，根据 In about two years. 大约 2 年后，可知问过多久完成，故选 C。

二、" 比较法 " 学习频率副词

相同点	always, usually, often, sometimes, hardly ever, never 都是频率副词，句中只有一个行为动词时，应位于动词之前；当有助动词、系动词、情态动词时，位于其后；谓语动词为多个时，放在第一个助动词或情态动词之后(有 not 时，放 not 之后)。
always (100%)	(1) always 表示动作重复，状态连续，中间从来没有间断，表示频率最大，意思是 " 总是，一直，永远 "。其反义词为 never。 (2) always 与进行时态连用，并不强调动作正在进行，而是表示说话人的 " 赞叹、不满、厌烦 " 等情绪，带有强烈的感情色彩，结构：be always doing sth。 ☞ She is always asking for leave. 她老是请假。(表示不满) (3) always 与 not 连用，表示部分否定，意思是 " 不总是 "。 ☞ The rich are not always happy. 有钱人未必总幸福。 ☞ I do not always believe what he says. 我并没始终相信他所说的话。

usually (80%左右)	usually 的频率仅次于 always, 意为 " 通常 ", 表示通常如此, 很少例外。其反义词为 unusually。usually 一般情况下位于句中。 ☞ He usually goes to bed at ten o'clock. 他通常在 10 点睡觉。 ☞ What do you usually do on Sundays? 你通常星期天干什么?
often (50%左右)	often " 经常, 常常 ", 强调经常性, 表示动作重复, 中间有间断, 它比 always, usually 语气弱, 其反义词为 seldom。 ☞ They often go for a walk after supper. 晚饭后, 他们常常去散步。 ☞ She is often late for work. 她上班常迟到。
sometimes (30%左右)	(1) sometimes 表示 " 有时, 不时, 间或 ", 同义词组为 at times, 表示动作偶尔发生, 中间间隔较大, 频率比 often 小。 (2) sometimes 有时为了对比或强调, 也可位于句首或句末, 但不引起倒装。 ☞ Sometimes he slept at home, sometimes he slept in the office. 他有时在家睡觉, 有时在办公室睡觉。
hardly ever (1%-10%左右)	(1) hardly ever " 几乎从不, 很少 ", 所表示的频率已经很少了, 相当于 seldom。 ☞ He hardly ever goes to bed before midnight. 他很少在半夜前就寝。 (2) hardly ever 是具有否定意义的副词, 不与 not 连用。
never(0%)	(1) never 表示 " 从来不, 未曾, 永不 ", 频率为零, 表示动作或状态从没发生。 (2) 通常情况下, 句子中用了 never, 就不再用含有否定意义的 not, no, nothing 等词。 (3) never 位于句首时要用倒装语序。 ☞ Never have I met such a strange person. 我从来没有碰见过这么怪的人。
小提示	(1) 表示频率的答语有 every day, once a week, three times a day 等。 (2) 对表示频率的副词和短语提问用 how often。



频度副词用法

行前系后情助后，句首句末表强调。

(行—行为动词；系—系动词 be；情—情态动词；助—助动词)



(2018·辽宁沈阳卷) Bob dislikes coffee, so he almost _____ drinks it.

- A. often B. always C. never D. ever

【答案】C

【解析】句意：鲍伯不喜欢咖啡，所以他几乎从不喝咖啡。本题考查副词的用法。A. often 经常；B. always 总是；C. never 从来不；D. ever 曾经。根据题干中的“Bob 不喜欢咖啡”可推断，他几乎“从不”喝咖啡，故所缺的词是 never。故选 C。



1. (2018·江苏宿迁卷) —_____ do you visit your grandparents, Timmy?

—Once a week.

- A. How many B. How long
C. How much D. How often

2. (2018·甘肃兰州卷) —_____ times have you visited Gansu Science Museum?

—Only once.

- A. How often B. How many
C. how long D. How soon

3. (2018·苏州卷) —_____ does it take you to get to school by bike?

—About fifteen minutes.

- A. How soon B. How often

C. How long

D. How far

4. (2018 · 辽宁沈阳卷) —_____ do you brush your teeth?

—Twice or more a day.

A. How soon

B. How far

C. How long

D. How often

5. (2016 · 湖北荆州卷) —I _____ eat vegetables.

—But they are good for your health! We should eat them every day.

A. often

B. usually

C. always

D. seldom

6. (2015 · 广东佛山卷) Meals are very boring. He _____ has the same thing to eat every day.

A. never

B. usually

C. sometimes

7. (2015 · 广西崇左卷) —Have you ever been to Guilin?

—No, _____. I hope I can go there next year.

A. always

B. sometimes

C. never

D. often

8. (2015 · 大连卷) There is lots of interesting work to do here, so I _____ feel bored.

A. always

B. often

C. usually

D. never

9. (2015 · 绥化卷) —How often does Mike go to the net bar?

—_____. He is so busy with his study.

A. Almost every day

B. Always

C. Hardly ever

10. (2015 · 泰安) —_____ do I need to feed the pet dog?

—Twice a day.

A. How long

B. How much

C. How soon

D. How often

11. (2015 · 绥化) —How often does Mike go to the net bar?

—_____. He is so busy with his study.

A. Almost every day

B. Always

C. Hardly ever

12. 【2019 •河北】 Ken was _____ late for school. The bell rang right after he entered the classroom.

- A. still B. always C. already D. almost

13. 【2019 •四川省自贡市】 —Why are you worried?

—The movie will start in 20 minutes, but the bus _____ hasn't come.

- A. still B. already C. always

14. 【2019 •江苏省南京市】 Seeing the new changes in her hometown, Nanjing, Sandy could _____ believe her eyes.

- A. properly B. highly C. nearly D. hardly

15. 【2019 •辽宁省本溪市】 Mr. Liu _____ watches TV. He thinks watching TV is a waste of time.

- A. often B. seldom C. always D. usually

I. 单项选择 (频度副词用法专练)

1. My father usually _____ to work.

- A. drive B. drives C. drove D. is driving

2. —_____ do you go to the movies?

—Hardly ever.

- A. How often B. How old C. How many D. How much

3. —Ms. Lin is very popular among the students.

—Yes. Her classes are _____ lively(生动的) and interesting.

- A. always B. sometimes C. hardly D. never

4. English people _____ use “Mr.” before a man’s first name.

- A. never B. usually C. often D. hardly

5. —Do you often go fishing with your father?

—No, _____. I don’t like fishing at all.

- A. never B. always C. usually D. often

6. Speak aloud, please! I can _____ hear you.

- A. usually B. almost C. hardly D. nearly

7. —_____ do you write to your pen friend?

—Once a week.

- A. How long B. How soon C. How far D. How often

8. He _____ late for school.

- A. is often B. often is C. does often D. often does

9. Zhang Hao _____ watches TV. He likes using the Internet.

- A. hard ever B. hardly ever C. doesn't hard ever D. doesn't hardly ever

10. He hardly does his homework at home, _____?

- A. is he B. isn't he C. does he D. doesn't he

II. 用适当的疑问词或疑问短语填空

1. — _____ does your son eat vegetables?.

—Every day.

2. — _____ apples are there on the table?

—Three.

3. — _____ is the weather?

—It's windy today.

4. — _____ is the dress?

—It's ¥300.

5. — _____ is your mother?

—She is fine.

1.How often 2.How many 3.How 4.How much 5.How

III.完形填空

It's September 1st, and we're all back to school. It's good to 1 all my teachers and friends again. They all 2 fine.

We're in Grade Eight this year. We have 3 new subjects. I'm not very 4 at Chinese, but Han Mei says she can 5 me. I think I can 6 it better.

I like English very much. Zhang Hong likes English, 7 . But she needs help. I 8 I can help her.

Mr. Hu is our new English teacher. He 9 know all of us, so he has our names on a piece of paper and 10 our names before he begins his lesson.

1. A. see B. watch C. find D. look

2. A. do B. see C. look D. sound

3. A. a lot B. some C. lot D. much
4. A. well B. good C. bad D. nice
5. A. learn B. give C. help D. need
6. A. do B. play C. look D. feel
7. A. either B. very C. much D. too
8. A. am afraid B. think C. am sorry D. want
9. A. doesn't B. don't C. does D. do
10. A. gives B. calls C. asks D. tells

IV.综合填空

(一) 结合大意及所给的词补充全文

Sam and Ann have three meals a day. They have breakfast and dinner at home. 1. _____ weekdays they have lunch 2. _____ their mother and father. 3. _____ (they) father Mr. James 4. _____ (come) home from work at five and 5. _____ (have) dinner at six.

The family often have meat, 6. _____ (fish), chicken and rice. After dinner, they have some fruit. Mr. James 7. _____ (not) like fruit. 8. _____ Mrs. James and the children do. They like apples and oranges very 9. _____ (many).

This is 10. _____ happy family.

(二) 用所给的提示词补全全文

English is difficult to learn because it is so different 11. _____ (介词) our mother tongue(母语). Also, we don't have 12. _____ (many) chance to speak English with foreigners or hear real English.

So the first important thing for us to do, I think, is to practise 13. _____ (speak) English more both in and out of class. In class I listen to the teacher 14. _____ (careful) and try my best to 15. _____ (answer) the teacher's questions in English. After class, I listen to the tapes and wonderful English songs. I often retell the texts in my own words. I always work hard at English and 16. _____ (频度副词) give up.

Of course this is not enough. When I find something 17. _____ (interest), I wrote it down 18. _____ (介词) English. At first, I couldn't write 19. _____ (good), but with the help of my teacher, I have made great 20. _____ (progress).

参考答案

真题链接

1. D 【解析】句意：——蒂米，你多久去看望你的祖父母一次？——一周一次。考查特殊疑问词辨析。根据答语 Once a week 可知问的是频率，需用 how often 提问，故选 D。
2. B 【解析】句意：——你去过甘肃科学博物馆多少次？——只有一次。A. How often 多久一次，询问频率；B How many 多少，询问数量多少，后跟可数名词复数形式；C. how long 多久，多长。询问时间长短或物体的长度；D. How soon 多久，多快。一般用来询问将来的时间段。Only once 只有一次，表示次数，询问次数要用 How many times，故答案为 B。
3. C 【解析】句意：——骑自行车去学校花费你多长时间？——大约 15 分钟。How soon 多久，多快；How often 多久一次，提问频率；How long 多长时间，提问一段时间；How far 多远，提问距离。根据下面的回答 About fifteen minutes 可知，这里问的是一段时期，故选 C。
4. D 【解析】句意：——你多久刷牙一次？——一天两次或两次以上。本题考查特殊疑问词的用法。A. How soon 表示“多久之后”，主要用来对表示将来的一段时间提问。B. How far 多远；C. How long 多长；D. How often 多久一次。根据答语“一天两次或更多次”可推断，问句问的是“你多久刷一次牙”，how often 多久一次。故答案为 D。
5. D 【解析】句意：——我很少吃蔬菜。——但是它们对你的健康有好处！我们应该每天吃它们。often 经常；usually 经常；always 总是；seldom 很少；根据 But they are good for your health! 可知此处表示转折关系，虽然它们有利于健康，但是他吃得少，故用副词 seldom，故选 D。
6. B 【解析】句意：他的饮食很单一，每天通常吃同样的东西。never 从不，绝不；usually 通常；sometimes 有时。故选 B。
7. C 【解析】句意：——你曾经去过桂林吗？——没有，从没去过。我希望明年能去那里。这四个选项都是频率副词，always 总是，一直；sometimes 有时，偶尔；never 从不，从来不；often 经常。根据否定回答及后文说希望明年能去，说明从来没有去过，故选 C。
8. D 【解析】句意：这儿有许多有趣的事情做。因此我从不感到无聊。always 总是，一直；often 经常；usually 通常；never 从不，绝不。因为有许多有趣的事，所以从不无聊。故选 D。
9. C 【解析】almost every day 几乎每天；always 总是；hardly ever 几乎从不。由 " He is so busy with his study. "

可知 C 项为正确答案。

10. D 【解析】句意：——我多久需要喂宠物狗一次？——一天两次。how long 多长时间；how much 多少(钱)；how soon 多久；how often 多久一次。根据答语可知询问频率，故选 D。

11. C 【解析】almost every day 几乎每天；always 总是；hardly ever 几乎从不。由 " He is so busy with his study. " 可知 C 项为正确答案。

12. D 【解析】考查副词词义的辨析。由 The bell rang right after he entered the classroom 可知铃声正好是在他进入教室之后响的，所以是差点迟到。A、B、C 选项分别为仍然、总是、和已经，只有 D “几乎” 符合题意，故选 D。

13. A 【解析】句意：——为什么你如此担忧？——电影 20 分钟之后就要开始了，但是公交车依然没有来。still 仍然；already 已经；always 总是。根据句意可知担心的原因是因为电影在 20 分钟之后开始，但是公交车仍然没来。

14. D 【解析】properly 可能地；highly 高度地；nearly 几乎；hardly 几乎不。根据意思：看到家乡南京的新变化，桑迪简直不敢相信自己的眼睛。故选：D。

15. B 【解析】A 表示经常；B 表示很少；C 表示总是；D 表示通常。根据题干中 He thinks watching TV is a waste of time. 可知刘先生认为看电视是浪费时间，由此可知他是很少看电视，故选：B。

I. 单项选择（频度副词用法专练）

1. B 【解析】usually 意为“通常”，是表示频率的副词，常用于一般现在时。主语 my father 为第三人称单数，故选 B。

2. A 【解析】how often “多久一次”，提问频率；how old “多大”，提问年龄；how many “多少”，提问可数名词的数量；how much “多少钱；多少”，提问物品价格或不可数名词的量。由答语“几乎从不”可知此处提问频率，故用 how often。

3. A 【解析】always “总是”；sometimes “有时”；hardly “几乎不”；never “从不”。由上句句意“林老师很受学生们的欢迎”可知，本句句意为“她的课总是生动有趣”，故 always 符合句意。

4. A 【解析】由常识可知，英国人从不在男子的名字前用 Mr.。never 意为“从不”，故选 A。

5. A 【解析】由答语第二句句意“我一点儿也不喜欢钓鱼”可知前面应是表否定意义的词，故选 A。

6. C 【解析】usually 通常；almost 几乎；hardly 几乎不；nearly 将近。由上句句意“请大声说”可知是“我几乎听不见你说话”，故选 C。

7. D 【解析】由答语句意“每周一次”可知，问句询问动作发生的频率，所以用 how often。

8. A 【解析】频度副词要放在连系动词、助动词、情态动词之后，实义动词之前。be late for 迟到。

9. B 【解析】由后句句意“他喜欢使用网络”及选项可知，上句句意为“张浩几乎从不看电视”。hardly ever 是固定短语，意为“几乎从不”。hardly ever 表示否定含义，前面不能再加表示否定的 doesn't。故选 B。

10. C 【解析】本题考查反义疑问句。hardly 几乎不，表示否定，因此后半句应该用肯定形式。时态是一般现在时，因此选 C。

II. 用适当的疑问词或疑问短语填空

1.How often 2.How many 3.How 4.How much 5.How

III.完形填空

1. A 【解析】 see 强调看到的结果。

2. C 【解析】由语境可知，此处应用 look fine “看起来不错”。

3. B 【解析】句意：我们有一些新的科目。

4. B 【解析】be good at “擅长”。

5. C 【解析】help sb. “帮助某人”。

6. A 【解析】句意：我认为我能做得更好。

7. D 【解析】too 表示“也”时，一般用于肯定句的句末。

8. B 【解析】句意：我认为我能帮助她。

9. A 【解析】由前后语境可知，表示否定，又因主语是 he，其否定形式要借助助动词 does。

10. B 【解析】call one's name “叫某人的名字/点名”。

III.综合填空

(一)

1.On 2.with 3.Their 4.comes 5.has

6.fish 7.doesn't 8.But 9.much 10.a

(二) 用所给的提示词补全全文

本文介绍英语学习方法。比如多说英语，注意听讲，写日记等方法。

11. from 【解析】句意：英语很难学，因为它和我们的母语很不同。由第一句 English is difficult to learn because it is so different...our mother tongue 可知，且由提示说是介词可知，此处考查的是固定搭配 be different from，

表示为“与……不同”。故答案为 from。

12. much【解析】句意：我们没有很多机会去和外国人说英语以及听真正的英语。由后面的 chance 不可数名词“机会”以及提示词 many 可知，这里应该用 much 来修饰 chance。故答案为 much。

13. speaking【解析】句意：因此，我认为对于我们来说现在第一重要的事情就是在课内外练习说英语。由前面的 practise 可知空内需要填动词的 ing 形式。以及括号内的提示可知。答案为 speaking。

14. carefully【解析】句意：在课上，我认真地听老师讲课。分析句子结构可知，这里是表示“认真地”，用副词修饰动词 listen。故答案为 carefully。

15. answer【解析】句意：尽我最大地努力去用英语回答老师的问题。由空前 try my best to 可知，后面接的是动词原形。故答案为 answer。

16. never【解析】句意：在英语方面我非常用功并且从不放弃。由前面 I always work hard at English and... 可知我决心学英语，且空格中需要填频度副词。结合情景可知，此处应填 never 表示从不放弃。故答案为 never。

17. interesting【解析】句意：当我发现一些有趣的东西，我会用英语写下它们。

由空前的复合不定代词 something 以及括号内的 interest 可知，此处应用形容词来修饰不定代词，表示“有趣的事物”。故答案为 interesting。

18. interesting【解析】句意：当我发现一些有趣的东西，我会用英语写下它们。

分析句子结构，此处是缺少介词。表示“用英语”用 in English。故答案为 in。

19. well【解析】句意：一开始，我写得不好。由后文可知，我一开始是写得不好。且分析句子可知，此空是缺少副词修饰动词 write, good 的副词形式是 well。故答案为 well。

20. progress【解析】句意：但是在老师的帮助下，我取得了很大的进步。由括号内 progress “进步”可知，我是取得了很大的进步。表示为 make great progress。progress 为不可数名词。故答案为 progress。