**一日に一回 How many times**

1. **Frequency Expressions**

You can describe the frequency of events over a period of time by using the following framework.

(time period) **に** (frequency) (frequency) per (period)

ni

一日 に 一回 once a day

Ichinichi ni ikkai

一週間 に 二回 twice a week

Isshukan ni nikai

一ヶ月 に 三回 three times a month

Ikkagetsu ni sankai

一年 に 四回 four times a year

Ichinen ni yonkai

1. **Adverbs**

Adverbs are sometimes used with frequency expressions.

|  |  |
| --- | --- |
| In negative sentences | In affirmative sentences |
| ぜんぜん ＋ negative  zen zen ( =never)  あまり＋ negative  Amari (=not much) | ときどき  Tokidoki ( =sometimes)  よく  Yoku (=often)  毎日  Mainichi (=everyday) |

1. **Asking questions**

When making question sentences using frequency expressions, you fill “nan” in the parentheses ( ) as in the following examples.

|  |  |
| --- | --- |
| 一日 に ( )回  Ichinichi ni ( )kai (# a day)    一週間 に ( )回  Isshukan ni ( )kai (# a week)    一ヶ月 に ( )回  ikkagetsu ni ( )kai (# a month)    一年 に ( )回  Ichinen ni ( )kai (# a year) | 一日に**何**回  Ichinichi ni **nan**kai  How many times a day |

Q: 一日に何回食べますか。

Ichinichi ni nankai tabemasuka. How many times a day do you eat?

A: 一日に二回食べます。

Ichinichi ni nikai tabemasu . I eat twice a day.

朝はぜんぜん食べません。

asa wa zenzen tabemasen. I never eat breakfast.

Q: 一週間に何回そうじしますか。

Isshuukan ni nankai souji shimasuka. How many times a week do you clean your house?

A: あまりそうじしません。

Amari souji shimasen. I don’t clean my house much.

一ヶ月に一回ぐらいそうじします。

Ikkagetsu ni ikkai gurai souji shimasu. I clean my house about once a month.

Q: よく映画を見ますか。

Yoku eiga o mimasuka. Do you often watch movies?

A: 一ヶ月に二回ぐらい映画を見ます。

Ikkagetsu ni nikai gurai eiga o mimasu. I watch movies about twice a month.

1. **Pair Work (Questionnaire)**

One of you is the doctor, and the other is the patient. The doctor will ask the questions using frequency expressions and adverbs. The patient will answer the questions.

Examples:

Doctor: よくうんどうしますか。 一週間に何回うんどうしますか。

Yoku undoo shimasuka. Isshuukan ni nankai undoo shimasuka.

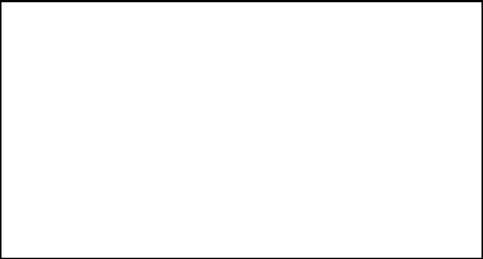
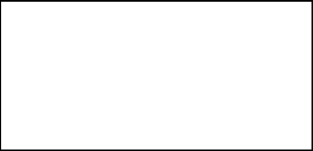
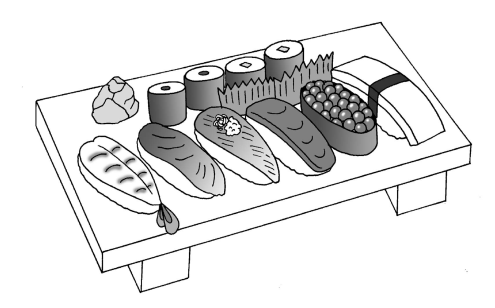
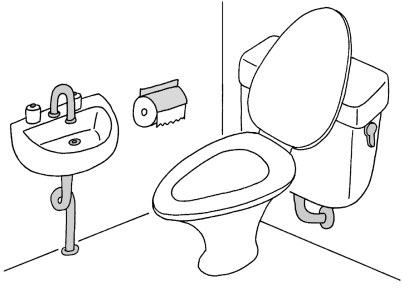
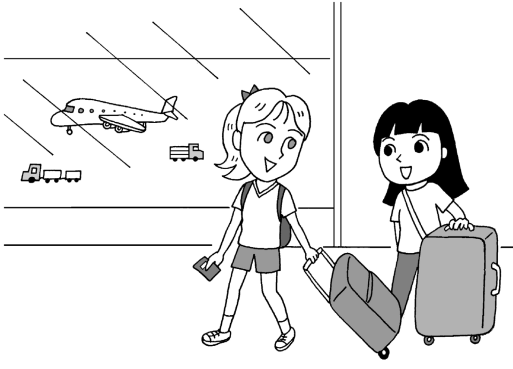
Do you often do physical exercise? How many times a week do you do physical exercise?

Patient: あまりうんどうしません。 一ヶ月に一回ぐらいうんどうします。

Amari undoo shimasen. Ikkagetsu ni ikkai gurai undoo shimasu.

I don’t do much physical exercise. I do physical exercise about once a month.

|  |  |
| --- | --- |
| Questions | Answers |
| **Daily Activities**  一日に何回…  Ichinichi ni nankai…  How many times a day… |  |
| トイレ  Toire ni ikimasu ka.  Do you go to the bathroom? |  |
| 歯  Ha o migakimasu ka.  Do you brush your teeth? |  |
| **Weekly Activities**  一週間に何回…  Isshuukan ni nankai…  How many times a week… |  |
| お酒  Osake o nomimasu ka.  Do you drink alcohol? |  |
| 肉  Niku o tabemasu ka.  Do you eat meat? |  |
| やさいやくだもの  Yasai ya kudamono o tabemasu ka.  Do you eat vegetables and fruits? |  |



6. once a year

4. once a month

5. Twice a month

Ex. twice a day

1. four times a day

2. once a week

3. twice a week

Example:

一日に二回食べます。

Ichinichi ni nikai tabemasu.

I eat twice a day.

Look at the following pictures and make sentences as in the example.

**Vocabulary**

tabemasu to eat

toire ni ikimasu to go to a bathroom

undoo shimasu to do physical exercises

sentaku shimasu to do laundry

sushi o tabemasu to eat sushi

deeto shimasu to have a date

ryokoo shimasu to travel