

# Present simple and continuous, action and non-action verbs

- Use the present simple for things that are always true or happen regularly.

water **boils** at 100°C.

She usually **has** cereal for breakfast.

- Remember the spelling rules, e.g. studies, watches, goes
- Use auxiliary verbs when you make questions or form negative

Where **do** you **live**?

He doesn't wear glasses.

- Put adverbs of frequency, e.g. *usually, always* before the main verb and after *be*.

He **is** always late.

Present continuous  
be + verb + - ing

Use the present continuous for actions in progress at the time of speaking or for future arrangements.

You can put *now, at the moment...etc.*

The water **is boiling!** Turn off the heater!

Fadi: Who **are you waiting** for?

Mark: I **am waiting** for my friend.

# Action and non-action verbs

- Verbs which describe actions, e.g. *make, cook*, can be used in the present simple or continuous.
- Verbs which describe states or feelings (not actions), e.g. *like, want* are **not** normally used in the present continuous.

Common non-action verbs are **agree, believe, belong, depend, forget, hate, hear, know, like, love, matter, mean, need, prefer, realize, recognize, seem, suppose.**

A few verbs have an action and non-action meaning:

**Verb think:**

I **think** people who live in flats should not have dogs.

I **am thinking** about the math's problem it is very difficult.

- **Verb have**

I **have** a big flat.

He **has** a car.

(Possession)

I can't talk now. I **am having** lunch.

An activity (action)

# 1. Underline the correct form.

- 1. Jake *is taking* / *takes* vitamins every day.
- 2. Clare buys a lot of takeaways, but *I prefer* / *I'm preferring* home-made food.
- 3. *Do you watch* / *Are you watching* the football match tomorrow night?
- 4. *I don't usually have* / *I'm not usually having* dessert, but I'll have one tonight.
- 5. Helen *doesn't work* / *isn't working* tomorrow, so we're meeting for lunch.
- 6. In the summer, *we often cycle* / *we're often cycling* to work.

## Complete the blanks with the correct form of the present simple or present continuous

- 1. She .....(go) to the gym three times a week.
- 2. He..... (work) at home today.
- 3. .... you usually ..... (get up) late?
- 4. What .....you ..... (study) this year?
- 5. He ..... usually..... (not wear) glasses.
- 6. She ..... (watch) TV now.
- 7. .... Mr. Robert ..... (live ) here?
- 8. What .....you ..... (eat)? It sounds delicious.
- 9. Come on, let's order. The waiter ..... (come)
- 10. Kate ..... (WANT)to have dinner now. She isn't hungry.

- 11. They ..... usually ..... A big meal in the evening. (not have)
- 12. I ..... (love) going out to restaurants.
- 13. I can't play tennis this weekend. I ..... (go) to the mountains with my family.
- 14. She ..... ( not buy) low fat product very often.
- 15. I ..... (feel) guilty when I eat chocolate.

# Read the text. Mark the sentences T (true) or F (false)

- 1. Americans eat more fruit than any other food. \_\_\_\_\_
- 2. Cocoa drinks are good for your health. \_\_\_\_\_
- 3. People are buying more soy drinks. \_\_\_\_\_
- 4. People are buying less pasta. \_\_\_\_\_
- 5. Nuts are good for you. \_\_\_\_\_

# Taking our diet more seriously

Most people believe that health is very important and, because of this, many are trying to eat more healthily. For example, people in the UK are eating less salt and more low fat margarine and milk; fruit is now America's second-favourite snack and Japan is currently promoting cocoa because it is a healthy alternative to soft drinks like Coca Cola. These changes in eating habits are also having an effect on the food market. Global sales are increasing for soy drinks and drinkable yoghurts more than any other food and sales of bread, pasta, and cereals are growing much more slowly.

People are also becoming more interested in fresh fruit and vegetables and “farmers” markets are getting more popular throughout Europe. When they can, people often opt for natural goodness, and they’re buying more products that are healthy, like fruit, salads, and nuts. They are also buying products that help to protect the environment, like organic vegetables. So it is clear that things in the food world will never be the same again.

Match the underlined words to a word with a similar meaning below

- Worldwide:
- Think:
- Now:
- Becoming:
- Choose:
- A substitute for:
- Getting bigger:
- Look after keep from danger:

## Complete the sentences with the underlined words from the text.

- 1. Many vegetarians eat soya as an .....meat.
- 2. some people ..... That all ready- cooked meals are unhealthy.
- 3. the number of people buying organic vegetables is .....in many countries.
- 4. the UK government is .....studying how to encourage people to change their eating habits.
- 5. In the US and Europe, many children are .....fatter because of their bad diets.
- 6. Many people .....a change in diet because it makes them feel better.
- 7. a balanced diet can help to .....you from illness.
- 8. unhealthy eating is now a .....problem: not just in the US and Europe