



Present Simple & Present Continuous

Present Simple

We use the present simple to talk about:

- regular repeated actions, routines and habits in the present.

We **go** to the cinema every Friday.

They **don't eat** meat.

- a permanent situation

She **lives** in Prague.

I **don't drive** a car.

- instructions, systems and processes when speaking.

You **put** your money in and then you **press** the button.

You **turn** left and then you **go** straight on.

- with verbs that describe states.

We **know** the train's late.

I don't **own** a TV.

He **agrees** with me.



POSITIVE	○ + VERB (S) + C
NEGATIVE	○ + VERB (S) + don't / doesn't + C
INTERROGATIVE	DO / DOES + ○ + VERB + C + ?

I / You / We / They **like** pop music
He / She / It **likes** pop music.

I / You / We / They **don't like** pop music
He / She / It **doesn't like** pop music.

Do I / you / we / they **like** music?
Yes, I / you / we / they **do**.
No, I / you / we / they **don't**.

Does he / she / it **like** music?
Yes, he / she / it **does**.
No, he / she / it **doesn't**.

Language Tip

Stative verbs describe a state, e.g. know, agree. We don't usually use them in the present continuous form.

Other state verbs include:
disagree, hate, hear, mind, need,
prefer, promise, seem, smell, taste,
understand, want.



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Present Simple & Present Continuous

Present Continuous

We use the present continuous to talk about:

- actions happening now.
Ken's **reading** in the living room.
- temporary situations happening around now.
Sam's **working** as a waiter for the summer.



POSITIVE

○ + VERB TO BE + VERB-ING + C

NEGATIVE

○ + VERB TO BE + NOT + VERB-ING + C

INTERROGATIVE

VERB TO BE + ○ + VERB-ING + C + ?

I'm **staying** at the Grand Hotel
You're / We're / They're **studying** English
He's / She's / It's **playing** music.

I'm **not** **feeling** well
You / We / They **aren't** **doing** a lot of work at the moment.
He / She / It **isn't** **trying** very hard.

Am I **working** with Jon?
Yes, I **am**.
No, I'm **not**.

Are you / we / they **listening**?
Yes, you / we / they **are**.
Yes, you're / we're / they're **not**.

Is he / she / it **doing** anything?
Yes, he / she / it **is**.
No, he / she / it **isn't**.



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Exercise 1 Read the blog post about mealtime habits in Japan and answer the questions



Life in Japan is really interesting. I'm learning a lot about the culture, for example, food. Back home in the UK I almost always have cereal for breakfast, sandwiches for lunch and pizza or pasta for dinner, but, not here. Have a look at my friend Yu and her family in the photo. They're eating a typical Japanese breakfast of boiled rice and fried fish, with soup. Some people eat natto too which is basically months old soybeans. I don't like it myself but it's very popular. Most people eat a traditional Japanese breakfast but things like toast, jam and yoghurt are becoming more popular.



1 What does the writer usually eat at mealtimes? _____

2 What do Japanese people usually have for breakfast? _____

Exercise 2 Match the underlined sentences 1 - 4 in the blog post in Activity 1 to the uses of the present simple and present continuous A - D.

- A. Repeated actions and habits
- B. An actions happening now
- C. A temporary action happening around now
- D. Changing situations.

- 1. I'm learning a lot about the culture.
- 2. I almost always have cereal for breakfast, sandwiches for lunch and pizza or pasta for dinner.
- 3. They're eating a typical Japanese breakfast of boiled rice and fried fish.
- 4. toast, jam and yoghurt are becoming more popular.



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Exercise 3 Read the blog post about mealtime habits in Japan and answer the questions

In this photo, my colleague Atsuko

1. _____ (eat) bento. Bento is a homemade lunch of rice, meat and cooked vegetables in a box, that people 2. _____ (take) to work or school. Children's bento can be quite amazing, with rice balls in the shape of cartoon character.



Apparently parents in other countries 3. _____ (start) to make bento like this for their kids too.

I 4. _____ (sometimes/go) round to a friend's house and have dinner with her family. In this photo she 5. _____ (share) a typical meal of boiled meat, vegetables and rice with his brother and mum. Her dad 6. _____ (still / work). You can see that they 7. _____ (sit) on the floor around a low table and they use 8. _____ (use) chopsticks. More and more people in Japan 9. _____ (eat) international food when they go out, but this is the kind of food that they 10. _____ (usually / cook) at home

Exercise 4 Form present simple or continuous questions using the prompts.

1 what / you / like / about / Japanese meals?

2 what / you / usually / have / for lunch and dinner ?

3 What / you / eat / a lot at the moment?

4. What food / become / more popular in your country?



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