

GRAMMAR Present simple

A Put the number of each sentence into the correct part of the table below.

- My brother works in Zurich.
- The sun rises in the East.
- I walk the dog twice a day.
- Do you see your old school friends much?
- Does a pentagon have four sides, or five?
- Kelly and I go to the cinema every week.

fact	regular occurrence / habit

B Put the adverbs in the box into the correct place on the line below. The first two are done for you.

always	never	quite often	usually
sometimes	hardly ever	not very often	



C Now add these adverb phrases to the diagrams.

every day	two or three times a week
once a month	four or five times a year



D Make sentences and questions using the words in brackets.

- (go / I / to the cinema / often) at the weekend.
.....
- (you / often / how / visit / do) your grandparents?
.....
- (go / twice a week / they / to the local gym)
.....
- (two or three times a year / meet up with / I / my old school friends)
.....
- (you / need to speak English / sometimes / do) at work?
.....
- (quite often / visits / David / his sister) in Toronto.
.....
- (hear / I / Rachel / sometimes / arguing) with her flatmate.
.....
- (hardly ever / Wendy / see / I) any more.
.....

Language note spelling rules

Look at the spelling rules for *he / she / it* in the present tense. When a verb ends in -s, -sh, -ch, -o, add -es to the ending, e.g. *She goes to a primary school. She finishes school at 3.15.* When a verb ends in a consonant + -y, change the ending to -ies, e.g. *He studies French and Chinese.* *He never tidies his bedroom.*

E Read the text about three places where people live a very long life. Complete the gaps with the correct present simple form of the verb in brackets.

Okinawa in Japan, Ovodda in Sardinia and Loma Linda in California share something interesting. They are all good places to live. In all of them, people live a long life, many reaching 100. Scientists are studying the communities in these areas to find out why this happens.

Okinawans ¹ (grow) old more slowly than people in other parts of the world. Scientists say that most of them ² (stay) healthy for longer, too. A major reason for this ³ (seem) to be their diet. The Okinawans eat a lot of tofu and soya, and a wide range of vegetables and fruit. They ⁴ (believe) that it is not healthy to fill your stomach completely, and so they ⁵ (not eat) big meals. Their simple lifestyle includes daily exercise, and their stress levels ⁶ (be) lower than those of people living in cities.

In the mountain village of Ovodda, Sardinia, people also ⁷ (live) long lives, but Professor Luca Deiana, who ⁸ (study) the community, believes there is another reason for the Sardinians' longevity. An Ovoddan man usually ⁹ (marry) a woman from the same community. Professor Deiana believes that the local people pass on their good health to their children.

Dr Gary Fraser is researching the people of Loma Linda, in California, and he ¹⁰ (have) a different theory about their long lives. This community is a very religious one, and most of the people are Seventh-Day Adventists. They lead healthy lives, and an important part of their life is the belief in something. Dr Fraser believes this reduces their levels of stress.

There are several possible reasons why the people in these communities live so long, but they do have certain characteristics in common. Their communities are fairly small, family is very important, their diet is a healthy one and they get plenty of exercise. Perhaps the rest of us can learn something from them!

READING

A Read the two texts below quickly and answer the questions.

- The title of the article is:
 - Book of the month
 - My favourite book
 - This week's top two writers
- The article comes from:
 - a magazine
 - a book
 - a science journal
- The writers come from:
 - Scotland and Australia
 - Zimbabwe and India
 - Botswana and India
- The two writers write books about:
 - sport
 - people
 - studying

B Read the article again. Decide whether the statements are true (T) or false (F).

- Alexander McCall Smith grew up in Scotland.
- He taught at the University of Botswana.
- He thinks the people of Botswana are mean.
- Aravind Adiga lives and works in America.
- His book has won an award.
- Both writers write about the goodness in people.

C Choose a suitable word from the box below to complete the sentences.

spend human keeps plays paints family

- Laura a diary of all the important things that happen to her each day.
- Everyone is selfish sometimes; it's part of nature!
- The newspaper report an awful picture of children's behaviour in the classroom, but this is not always true.
- I often time fishing with my grandfather at the weekend.
- Mandy and John are both musical. Mandy the piano and John the bassoon.
- At weekends, I enjoy walking in the mountains with friends and

This week's top two writers

The writer, Alexander McCall Smith was born to Scottish parents in Rhodesia, now Zimbabwe, in 1948. He grew up there, and then moved to Scotland to study law at the University of Edinburgh. Returning to Africa, he taught law at the University of Botswana for a number of years. During this time, he noticed the warmth and kindness of the people of Botswana. He now lives in Scotland with his wife, Elizabeth, and two daughters, Lucy and Emily. Although he travels widely as a writer, his favourite activities include spending time at home with his family, cooking for family and friends and playing the bassoon in the Really Terrible Orchestra.

McCall Smith has written many books, including children's stories, but is best-known for his books about

a lady detective in Botswana. Mma Ramotswe, a lady 'of traditional build', likes drinking bush tea and helping people. So, she opens the 'Number One Ladies' Detective Agency', and does just that. There have been several books about her, and each one shows the gentle, funny, and mostly good side of human nature; the side the writer sees in the people of Botswana.



Aravind Adiga was born in southeastern India, the son of a doctor, and grew up in Mangalore and Australia. He studied English Literature at Columbia University in New York and Magdalen College, Oxford. After that Adiga became a journalist with the *Financial Times*. He also worked for *Time* magazine in India and other parts of Asia. After deciding to stay in Mumbai, he wrote a book called *The White Tiger*, which won an important literary award, the Man Booker prize, in 2008.

The book follows the story of its main character, Balram Halwai, who starts life as a servant in modern India, and finally becomes a successful businessman. As he tells his story, Balram shows the reader a part of India that we don't usually see, and the reality of life for the Indian poor. The book paints a picture that is both shocking and powerful. It shows us how difficult it is for many poor people to find a better life in modern India.



How did Adiga, who is from a comfortable middle-class family, create such a realistic story about the poor? He says that as a journalist he travelled widely, and spent a lot of time talking with poor people at railway stations. He kept a diary of those conversations, and used his notes to build the character of Balram.