Routines and Actions in Progress.

1 Listen and read. Which of these healthy activities do you do?

The Sydney Surfers say: Hi! We're the Sydney Surfers from Australia. Our names are Hannah, Scott and Scarlett. It's Health Week in our school at the moment, so this project is perfect for us.

Hannah – Do you know that more than half of Australian children go to school by car? I usually go by car, too, but today my friend and I are riding bikes. Other children in my class are riding scooters or walking to school, too. It's great to do exercise in the morning. It helps us to wake up!

Scott – I usually take biscuits to school for a snack, but this week I'm taking healthy snacks. In this photo I'm trying different vegetables. Delicious!

Scarlett – My friends and I usually sit in the corridor and chat at break time, but this week we're playing outside. There are ropes, balls and hoops in the playground. It's great fun!

Answer these questions?

1.What do Hannah, Scott and Scarlet usually do? _____

_____

2.What are they doing this week ? _____

_____

GRAMMAR CONNECT

2 Look at Activity 1. Read and answer. Underline.

1 What do Hannah, Scott and Scarlett usually do?
2 What are they doing this week?

3 Listen, follow and repeat. Make sentences about you and your friends.

Present simple: affirmative

I/You/We/They	usually	do exercise. eat healthy snacks.
He/She		does exercise. eats junk food.

Present simple: negative

I/You/We/They	don't	usually	miss breakfast. wear sun cream. eat healthy snacks. have fizzy drinks.
He/She	doesn't		

Present continuous

I	'm/'m not	playing outside eating junk food going to bed late having a check-up	now. today. at the moment. this week.
He/She	's/isn't		
You/We/They	're/aren't		

_____

_____

MAKE CONNECTIONS

4 Read and answer.

Do we use the present simple or the present continuous to talk about:

- routines?
- actions happening now?
- actions that are temporary?

5 Imagine it's Health Week at your school. Talk about the activities with a partner.

snacks drinks sleep
breakfast exercise play

I usually eat chocolate for a snack, but this week I'm eating fruit.

I usually eat biscuits for breakfast, but this week I'm eating some yoghurt.

Select the correct.

- We use adverbs of frequency like *always* and *often* with the present simple / present continuous.
- We use time expressions like *today* or *at the moment* with the present simple / present continuous.
- We can't use the present continuous with the verbs *prefer, like, don't like* or *hate*.

1 Read and circle the correct words.

1 John **is doing / does** exercise three times a week.
2 Emma **has / is having** a fizzy drink at the moment.
3 Lou **doesn't wear / isn't wearing** sun cream today.
4 Nick **doesn't like / isn't liking** eating junk food.
5 **Do you go / Are you going** to bed late every day?

2 Complete the sentences. Use the present simple or the present continuous.

1 I sometimes _____ (go) to bed late on Saturday, but I _____ (not go) to bed late on Monday.
2 We _____ (not play) outside today because it _____ (rain).
3 Alice _____ (like) eating junk food, but Matt _____ (prefer) fruit.
4 The children _____ (not do) exercise now. They _____ (watch) TV.
5 Peter _____ (have) a check-up every year.

3 Listen and take notes. Is Katy healthy?

1:11

Health week questionnaire

1 How often do you do exercise? _____
2 What exercise do you prefer? _____
3 How often do you eat junk food? _____
4 What junk food do you like eating? _____
5 What's your class doing for health week? _____

4 Order and write the questions.

1 sport / do? / you / What / do _____
2 clothes / wear? / What / do / you / usually _____
3 sport / doing / Are / now? / you _____
4 clothes / wearing / now? / What / are / you _____