



# 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

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

### NEGATIVE

☹ + VERB (S) + don't / doesn't + C

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

### INTERROGATIVE

DO / DOES + ☺ + VERB + C + ?

**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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**LIVEWORKSHEETS**



# 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

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

### NEGATIVE

☹ + VERB TO BE + NOT + VER-ING + C

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.

### INTERROGATIVE

VERB TO BE + ☺ + VERB-ING + C + ?

**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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