

# 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.



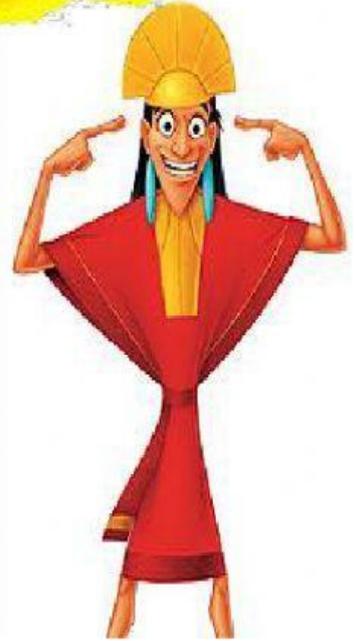
**Hannah** – Do you know that more than half of Australian children go to school by car? I usually go by car, too, but today my friend and I are riding bikes. Other children in my class are riding scooters or walking to school, too. It's great to do exercise in the morning. It helps us to wake up!



**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 Scarlett usually do? \_\_\_\_\_

2. What are they doing this week? \_\_\_\_\_



## GRAMMAR CONNECT

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

- What do Hannah, Scott and Scarlett usually do?
- 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	now.
He/She	's/'isn't	going to bed late	today.
You/We/They	're/'aren't	having a check-up	at the moment. this week.

## 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.

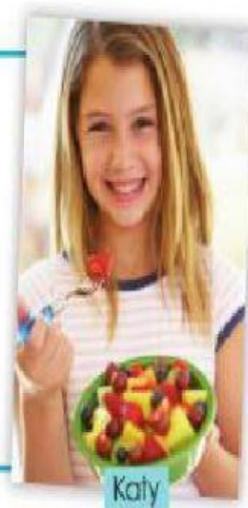
- 1 I sometimes \_\_\_\_\_ (go) to bed late on Saturday, but I \_\_\_\_\_ (not go) to bed late on Monday.
- 2 We \_\_\_\_\_ (not play) outside today because it \_\_\_\_\_ (rain).
- 3 Alice \_\_\_\_\_ (like) eating junk food, but Matt \_\_\_\_\_ (prefer) fruit.
- 4 The children \_\_\_\_\_ (not do) exercise 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 \_\_\_\_\_



