

## Grammar

## Present simple and present continuous

### 1 Choose the correct alternatives.

- 1 a I study/'m studying English a lot these days.  
b I study/'m studying English twice a week.
- 2 a I try/'m trying to stay healthy. It's important.  
b I try/'m trying yoga at the moment. It's great.
- 3 a I usually take/'m taking a taxi today. I'm really late!  
b I usually take/'m taking the train to work. It's cheap and easy.
- 4 a I use/'m using a laptop when I'm in the office.  
b I use/'m using a laptop at the moment. I'm in a café.
- 5 a I talk/'m talking to my best friend right now on social media.  
She needs my advice.  
b I talk/'m talking to my best friend every day. We're very close.
- 6 a I cook/'m cooking for myself most days. I enjoy it.  
b I cook/'m cooking a curry. Would you like to join us?

2 Decide if the underlined words in each sentence are correct (✓) or incorrect (✗). Then correct the incorrect words.

*I usually wake*

1 I'm usually waking up at 6 a.m. on weekdays.

2 I have a shower every morning.

### 3 I can't speak now, I cook dinner!

#### 4 I work for a big company in the city

5 She's cleaning the house at the moment.

6 I'm from Italy, but this year I live in Spain.

7 She tries a new lifestyle this month.

3 Complete the conversations with the present simple or present continuous form of the verbs in brackets.

## Vocabulary

## Everyday activities

4 Cross out the word that does not go with the verb in bold.

- 1 **get** up/family/dressed
- 2 **watch** a film/cards/a show
- 3 **take** a break/a picture/the answers
- 4 **start/finish** money/school/  
a language course
- 5 **play** video games/tennis/social media
- 6 **spend time with** friends/email/family
- 7 **have** a language course/lunch/  
a good time
- 8 **check** social media/school/the answers



**5** Complete the schedule with the phrases in the box.

have a shower have lunch  
spend time with family start work  
take a break watch a film

6.00	get up early.
6.10	1 have a shower
6.30	have breakfast
7.30	go to work
8.30	2
8.35	check emails
11.00	3
11.05	check social media
13.00	4
17.00	finish work
18.00	get home
18.30	5
19.00	have dinner
20.00	6
23.00	go to bed