

5A Present simple and present continuous

We use the present simple to talk about facts and things which happen regularly.

Sam lives in Australia.

We wear a uniform at work.

I usually wake up at six o'clock.

We use the present continuous to talk about things that are happening now, or are temporary.

I'm wearing blue trousers today.

I'm going to work by car today.

My friend is living in London at the moment.

We often use the present simple and present continuous together to contrast the usual situation and what is happening now, or is temporary.

5.2 Present simple and present continuous

It **doesn't usually** rain in the summer, but it's **raining** today.

I **usually wear** jeans to work, but today I'm **wearing** a suit.

I **don't often** cook, but I'm **cooking** every evening this week.

There are some verbs that describe a state, not an action. We don't normally use these verbs in the present continuous.

I prefer this music. NOT *I'm preferring this music.*

Sorry, I don't understand. NOT *Sorry, I'm not understanding.*

I have some new sandals. NOT *I'm having some new sandals.*

Look! Here are some common state verbs:

Feelings: like, love, hate, want, prefer, need.

Thoughts and opinions: know, believe, remember, forget, understand, think

States: be, belong, have (when we talk about relationships or possessions).

1 Choose the correct words to complete the sentences and questions.

1 What *do you do* / *are you doing* at the moment?

2 Is *he going* / *Does he go* there often?

3 They're *working* / *work* late tonight.

4 I *never read* / *'m never reading* books.

5 I'm *studying* / *study* in my bedroom now.

6 Most people *finish* / *are finishing* school at eighteen or nineteen years old.

2 Complete the sentences with the present simple or present continuous form of the verbs in brackets.

1 I _____ right now. (read)

2 He _____ to New York three times a year. (go)

3 They _____ us every summer. (visit)

4 How _____ Erica _____ to work today? (get)

5 I _____ coffee very often. (not drink)

6 We _____ a really good TV series at the moment. (watch)

7 I usually _____ juice for breakfast. (have)

8 Please be quiet – the baby _____. (sleep)

3 Read the information. Then complete the text about Jan.



Jan usually ¹ _____ tea and toast for breakfast. He ² _____ a suit. He ³ _____ all day. This week, Jan is on holiday. He ⁴ _____ coffee and croissants for breakfast. He ⁵ _____ shorts and a T-shirt. He ⁶ _____ a great time!