

كلية الدراسات التطبيقية وخدمة المجتمع

عمادة التعليم الإلكتروني والتعليم عن بعد



جامعة الدمام  
UNIVERSITY OF DAMMAM

أجيال جديدة، نطلعات واعدة

# English 101

Lecture (10)

Prepared By :

*Mr. Ali Awwad*

# Health

Unit

3

***In Unit 3, you learn how to . . .***

- use the simple present and present continuous.
- use *if* and *when* in statements and questions.
- talk about health, remedies, sleep habits, and stress.
- encourage people to talk by making comments and asking follow-up questions.
- use expressions like *Wow!* and *You're kidding!* to show surprise.

# Lesson A

In this lesson, we are going to learn how to use the **simple present** and **present continuous**.

# New vocabulary

## 1) Junk food:

Food that is unhealthy but is quick and easy to eat



## 2) Hiking:

The activity of going for long walks in the countryside.





# New vocabulary

## 3) Weight:

The amount that something or someone weighs.



## 2) Diet:

The kind of food that a person eats each day.



# New vocabulary

## 3) Weight:

The amount that something or someone weighs.



## 4) Diet:

The kind of food that a person eats each day.



# New vocabulary

## 5) Snack:

A small amount of food that is eaten between meals, or a very small meal.



## 6) Karate:

A Japanese fighting sport, in which you use your feet and hands to hit and kick.



Complete the following sentences with the words from the box :

**Junk food - karate - weight - diet - snack - hiking**

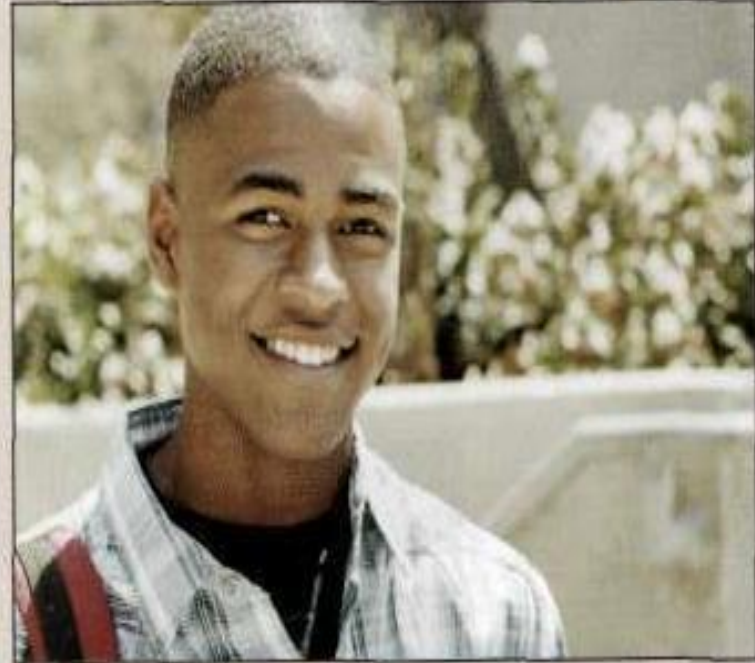
1. I like Hiking Every weekend I go walking in the mountains.
2. You can trust Ahmad. He is a very Honest man.
3. You should eat vegetables and fruits. Junk food is very unhealthy.
4. Don't eat large meals all the time. Sometimes a small Snack is better.
5. I think the best sport is karate . You learn how to fight and defend yourself.
6. I have some extra kilos. I should lose some Weight .
7. If you want to lose weight, it is important to have a healthy Diet .
8. Eating vegetables is very healthy, but I prefer to have Meat for lunch.



# Healthy Living

**Are you doing anything to stay healthy?**

- Brian doesn't eat a lot of junk food.
- He doesn't eat red meat.
- He is doing karate.



“Well, I generally don't eat a lot of junk food, and I don't eat red meat at all. And right now I'm doing karate. It's getting me in shape quick.”

*-Brian Jones*

# Healthy Living

**Are you doing anything to stay healthy?**

- Carmen is trying to lose weight.
- She is drinking diet drinks for dinner.



“Um . . . right now I’m trying to lose weight before my school reunion, so I’m drinking these diet drinks for dinner.”

*-Carmen Sanchez*

# Healthy Living

**Are you doing anything to stay healthy?**

- Mei-ling walks everywhere because she doesn't have a car.
- She thinks she gets enough exercise.



“Well, I walk everywhere I go because I don't have a car, so I think I get enough exercise.”

*-Mei-ling Yu*

# Healthy Living

## Are you doing anything to stay healthy?

- Michael is not doing anything right now.
- He is studying for exams this month.
- He is eating a lot of snacks .
- He isn't getting any exercise at all.



“Um . . . to be honest, I'm not doing anything right now. I'm studying for exams this month, so I'm eating a lot of snacks, and I'm not getting any exercise at all.”

*-Michael Evans*



# Healthy Living

**Are you doing anything to stay healthy?**

- Lisa eats everything she wants.
- She doesn't do anything to stay in shape .



“Not really. I kind of eat everything I want. I don't do anything to stay in shape. I'm just lucky, I guess.”

*-Lisa da Silva*



# Healthy Living

**Are you doing anything to stay healthy?**

- \* The Parks exercise six days a week.
- \* They go swimming every other day, in between they go to the gym.
- \* One in a while, they go hiking.



“Yeah, we exercise six days a week. We go swimming every other day, and in between we go to the gym. And once in a while, we go hiking.”

*-The Parks*

Complete these sentences with a simple present or present continuous verb.

1. I usually Go to the gym twice a week.

2. This month, I am eating a lot of snacks.

3. I generally eat / have healthy food.

4. I am doing karate right now.

# Present Simple

- Use **Present Simple** to talk about “**all the time**” and **routines**. (Facts and habits)
- How **do** you **stay** in shape?
- I **walk** everywhere.
- **Do** you **exercise** regularly?
- Yes, I **do**. I **exercise** six days a week.
- No, we **don't**. We **don't exercise** at all.

# Present Continuous

## Grammar *Simple present and present continuous*

Use the simple present to talk about “all the time” and routines.

How **do** you **stay** in shape?

I **walk** everywhere.

Do you **get** regular exercise?

Yes, I **do**. I **exercise** six days a week.

No, we **don't**. We **don't exercise** at all.

Use the present continuous to talk about “now” and temporary events.

What sports **are** you **playing** these days?

I'm **doing** karate. It's **getting** me in shape.

**Is** she **trying** to lose weight?

Yes, she **is**. She's **drinking** diet drinks.

No, she's **not**. She's **not trying** to lose weight.

# Present Continuous

- Use 1:
  - \* Use **Present continuous** to talk about “now”
  - \* **I am sitting.**
  - \* **I am not standing.**
  - \* You **are learning** English now.
  - \* What sports **are** you **playing** these days?
  - \* **I am doing** karate. It's **getting** me in shape.



# Present Continuous

- The structure of the present continuous tense is:
  - Subject + *to be* + base + *ing*.

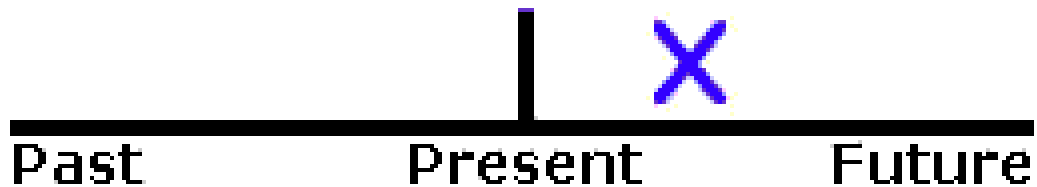
	Subject	Auxiliary verb		main verb	
+	I	am		speaking	to you.
+	You	are		reading	this.
-	She/ He	is	not	living	in London.
-	We	are	not	playing	football.
?	Is	he		watching	TV?
?	Are	they		waiting	for John?

# Present Continuous

- Use 2:
- Use **Present continuous** to talk about **temporary events**. Longer Actions in Progress Now
- I **am studying** to become a doctor.
- I **am not studying** to become a dentist.
- I **am reading** the book *Tom Sawyer*.
- **Is** she **trying** to lose weight?
- Yes, she **is**. She's **drinking** diet drinks.
- No, she's **not**. She's **not trying** to lose weight.

# Present Continuous

## USE 3: Near Future



I **am visiting** my grandparents next Friday.

I **am** not **working** next week.

**Are** you **playing** football this weekend?