English 101

Lecture (10)



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.

to show surprise.

asking follow-up questions.

use expressions like Wow! and You're kidding!

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.



3) Weight:

The amount that something or someone weighs.



2) Diet:

The kind of food that a person eats each day.



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:

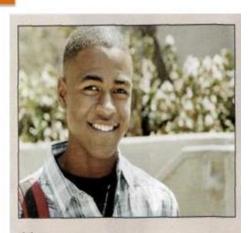
Junk food - karate - weight - diet - snack - hiking

1.I like Hiking Every weekend I go walking in the mountains.
2.You can trust Ahmad. He is a very man.
3.You should eat vegetables and fruitsJunk 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 <u>karate</u> . You learn how to fight and defend yourself.
6.I have some extra kilos. I should lose some
7.If you want to lose weight, it is important to have a healthy
8.Eating vegetables is very healthy, but I prefer to have 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.



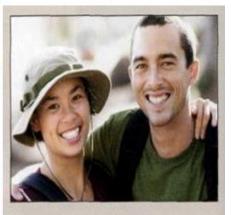
Not really. I kind of eat everything I want. I don't do anything to stay in shape. I'm just lucky, I guess."

-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.
- * Once 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

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

- 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	
+	1	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

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 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.

Non-Continuous Verbs

* Abstract Verbs

to be, to want, to cost, to seem, to need, to care, to contain, to owe, to exist...

* Possession Verbs

to possess, to own, to belong, to have...

* Emotion Verbs

to like, to love, to hate, to dislike, to fear, to envy, to mind...

Examples:

- He is needing help now. Not Correct
- He needs help now. Correct
- · He is wanting a drink now. Not Correct
- He wants a drink now. Correct

	esent continuous. Then practice with a partner.
D A	How do you cope (cope) with stress?
B	Well, I (take) a course in aromatherapy
	right now, and I (enjoy) it. But everybody
	in my family is pretty relaxed. We (not get) stressed very often.
2 A	What kind of exercise you usually (do)?
В	I (like) swimming. My wife and I usually (go) to the pool every day in the summer. Right now it's cold, so I (not swim) at all. But my wife (go) every day, even when it's cold.
3 A	you (eat) a lot of fast food these days?
B	Well, I (love) it, but right now I
	(try) to eat a balanced diet. It's hard because
	my husband (not like) fruit and vegetables.

