

English 101

Lecture (10)

Health

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.

- use expressions like *Wow!* and *You're kidding!* asking follow-up questions.
- encourage people to talk by making comments and

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 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.
- * 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	
+	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

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*

A Complete the conversations with the simple present or present continuous. Then practice with a partner.

- 1** 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)?
B 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.

Focus / مجهود شخصی