

The present simple and present continuous



We use the present simple to talk about habits and things that are always true.
Leo goes to the café after school. Giraffes are very tall.

We use the present continuous to talk about what we are doing now.
Holly's upstairs. She's doing her homework. I'm making dinner at the moment.
See page 78 for formation of the **-ing** form.

1 Complete the sentences. Use the present simple or the present continuous.

- Look at that boy! He 's running (run) really fast!
- Tanya and her sister _____ (stay) with us today.
- You can't play on the computer. Dad _____ (use) it.
- Usually, our teachers _____ (not give) us much homework.
- It _____ (be) my birthday today.
- Leo _____ (listen) to the radio.
- I _____ (walk) to school every day.
- Carla _____ (like) salad but she _____ (not eat) it in winter.
- Mum _____ (talk) on the phone right now.

Adverbs of frequency



We use adverbs of frequency with the present simple to talk about how often we do things.

never	rarely	sometimes	usually	always
0%				100%

Adverbs of frequency go before most verbs, but after the verb **be**.

We **usually** sit here. They are **always** late.

We don't use adverbs of frequency with the present continuous.

2 Write the words in the correct order. Use short forms when possible.

1 never / go / on Saturdays / I / to school

I never go to school on Saturdays.

2 the teachers / late / are / never

3 always / Dad / for a long time / looks at the menu

4 Jack / his meal / finishes / always

5 isn't / the meal / usually / very expensive

6 rarely / go to / we / our local café

7 I / hungry / after football practice / usually / am

3 Look at the table. Write sentences. Use the present simple and the present continuous. Use *usually* and *today*.

Usually	Today
1 the waitress / wear / a red uniform	she / wear / a blue uniform
2 Molly / have / some bread	she / have / a bowl of soup
3 Harry / drink / milk	he / drink / orange juice
4 Charlie and Molly / eat / pasta	they / eat / salad
5 we / sit / by the window	we / sit / in the corner
6 Toby / come / with us	Toby / not be / here
7 Dad / pay / the bill	Mum / pay / the bill
8 we / walk / to the café	we / go / by car / to the café

- 1 The waitress usually wears a red uniform, but today she's wearing a blue uniform.
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

4 Complete the sentences. Use the present simple or the present continuous of the verbs in brackets.

- 1 I usually _____ (go) swimming on Saturdays.
- 2 Amy _____ (send) an email to Holly at the moment.
- 3 People in China never _____ (eat) with a knife and fork.
- 4 The waitress always _____ (bring) the bill immediately.
- 5 Jamie's on the phone. He _____ (talk) to Eric right now.
- 6 We sometimes _____ (play) football after school.
- 7 I _____ (do) my homework right now.
- 8 You rarely _____ (make) me a birthday cake.
- 9 They always _____ (eat) breakfast.
- 10 Today Sidney _____ (run) in a race.

5 Look and write. Use the present simple or the present continuous of **eat** and the words in the box.

~~pasta~~ rice cake noodles some fruit his toy



1 Amy's mum and dad / sometimes

Amy's mum and dad sometimes eat pasta.



2 Caroline / right now



3 people in India / often



4 we / never / before lunch



5 the baby



6 Jane / today

6 Write the words in the correct order. Use the present simple or the present continuous.

1 at the moment / cook / my mum / dinner

My mum's cooking dinner at the moment.

2 eat / a lot of fruit / Molly / always

3 I / have a shower / sometimes / after school

4 Harry / wear / the wrong trousers / today

5 the bill / bring / the waiter / at the moment

6 bring / the bill / the waiter / after the meal / usually