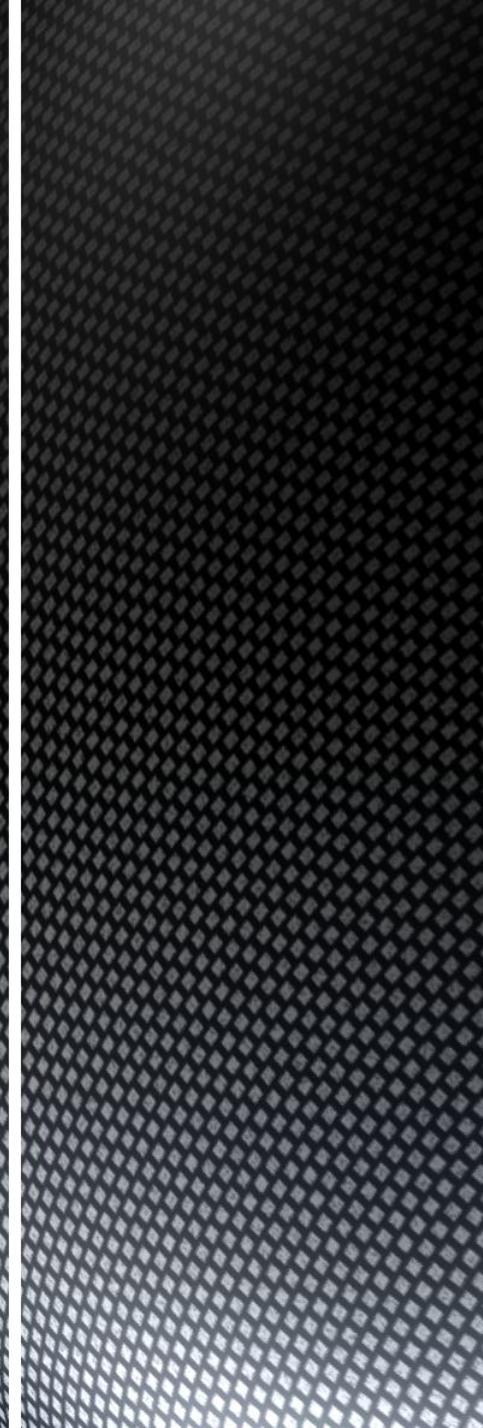


# *Lecture 10*

Live Session



# 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'll learn how to  
Use the simple present and present continuous.**

**Junk food:** food that is unhealthy but is quick and easy to eat.

**Meat:** the flesh of an animal when it is used for food.

**Karate:** a Japanese fighting sport, in which you use your feet and hands to hit and kick.

**Weight:** the amount that something or someone weighs.

**Diet:** the kind of food that a person eats each day.

**Honest:** telling the truth or able to be trusted and not likely to steal, cheat or lie.

**Snack:** a small amount of food that is eaten between meals, or a very small meal.

**Hiking:** the activity of going for long walks in the countryside.

**Complete the following sentences with the words from the box.**

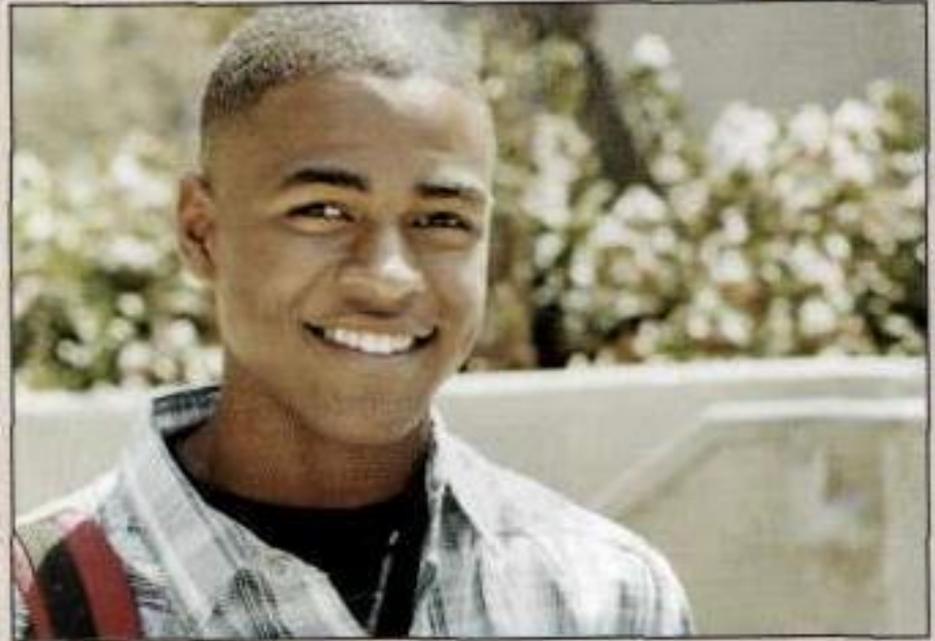
**Junk food - meat - karate - weight - diet - honest - snack - hiking**

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.



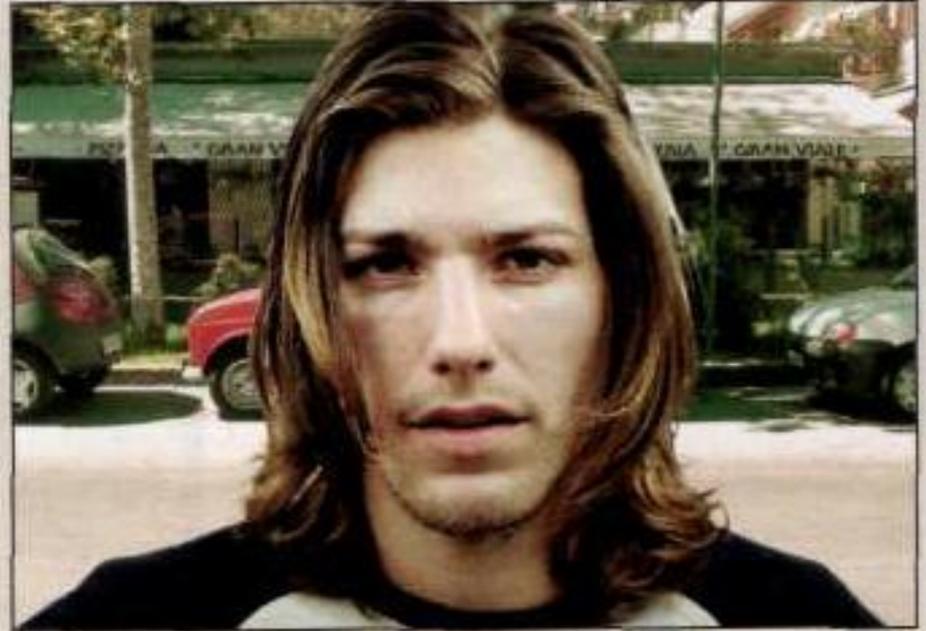
“Well, I walk everywhere I go because I don't have a car, so I think I get enough exercise.”

*-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?

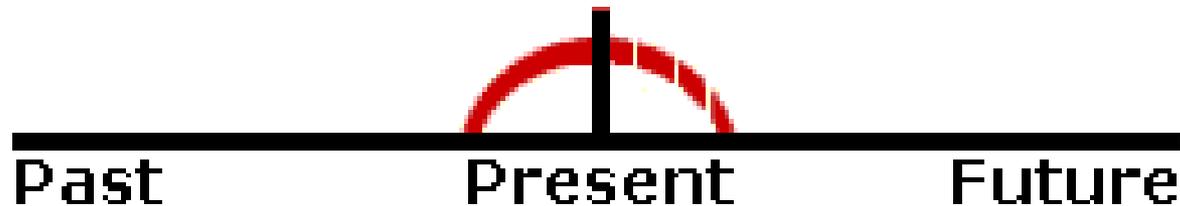
Yes, I **do**. I **exercise** six days a week.

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

# Present Continuous

## 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:

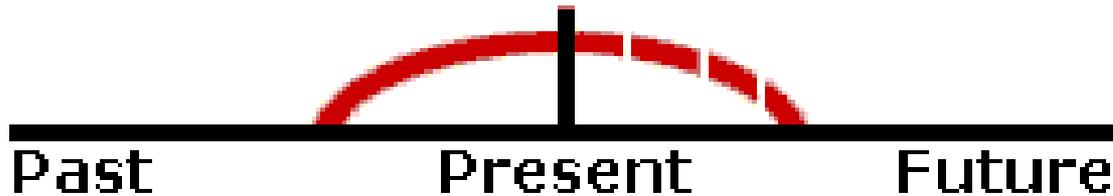
**Subject + Auxiliary verb + main verb**  
**be + (base + ing)**

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

# Present Continuous

## Use 2:

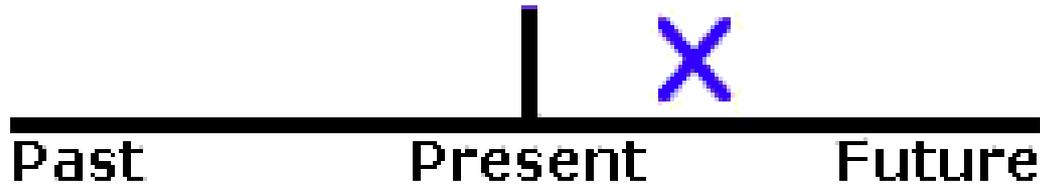
Use **Present continuous** to talk about **temporary events**.  
Longer Actions in Progress Now



- 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?

# 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*