

SIMPLE PRESENT TENSE

Affirmative and Negative Statements, Time Expressions: *In/On/At, Like/Need/Want*

UNIT GOALS

- Make affirmative and negative statements using the simple present tense
- Know how to spell and pronounce the third person singular form of verbs in the simple present tense
- Use frequency and time expressions
- Use the simple present tense to:
 - talk about habits and routines
 - talk about things that are always true
 - talk about what you like, want, or need

OPENING TASK

Looking at Healthy and Unhealthy Lifestyles



MICHAEL



SAM

■ STEP 1

Look at the photos of Michael and Sam. Michael has a very healthy lifestyle. Sam has an unhealthy lifestyle. Use your own knowledge of healthy and unhealthy habits. Imagine what Michael's and Sam's habits are. Discuss their habits with your partner.

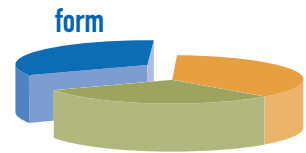
■ STEP 2

For each habit, write one statement about Michael and one statement about Sam.

HABITS	MICHAEL'S HABITS	SAM'S HABITS
1. FOOD		
2. DRINK		
3. EXERCISE		
4. CIGARETTES		
5. SLEEP		
6. HOBBIES or ACTIVITIES		

FOCUS 1

Simple Present Tense: Affirmative Statements



SUBJECT	VERB
I You* We They	work.
He She It	works.

*Both singular and plural

EXERCISE 1

Read the true statements about Michael and Sam. Circle the correct form of the verb in each statement.

1. Michael and Sam are friends. They (work/works) at the same computer company.
2. Michael (love/loves) his job.
3. Sam (feel/feels) stressed at work.
4. They (share/shares) an office.
5. They (work/works) hard.
6. Michael (eat/eats) three healthy meals every day.
7. He (drink/drinks) a lot of water.
8. Sam (skip/skips) breakfast.
9. He (order/orders) take-out food from nearby restaurants.
10. Michael and Sam both (like/likes) sports.
11. Michael (get/gets) a good night's sleep.
12. Sam has trouble sleeping at night. He (take/takes) sleeping pills to help him sleep.
13. Michael and Sam (watch/watches) football on TV together on weekends.
14. Sam (smoke/smokes) half a pack of cigarettes a day.
15. Michael and Sam (go/goes) out for dinner together on Friday nights.
16. Michael (exercise/exercises) three times a week.
17. Sam (spend/spends) his free time in front of the TV.
18. Michael and Sam (buy/buys) season tickets to baseball games.

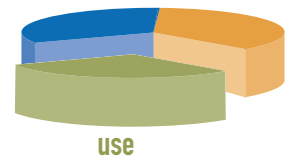
EXERCISE 2

Work with a partner. For each habit, find one thing about you and your partner that is the same. Write a sentence in the **WE** column. Then write two more sentences. Look at item 3 for an example.

HABIT	WE	YOU	YOUR PARTNER
1. FOOD			
2. DRINK			
3. EXERCISE	<i>We both like sports.</i>	<i>I play tennis.</i>	<i>He plays soccer.</i>
4. CIGARETTES			
5. SLEEP			
6. HOBBIES or ACTIVITIES			

FOCUS 2

Talking About Habits and Routines



EXAMPLES

- (a) Michael exercises several times a week.
- (b) Michael and Sam eat dinner together on Friday nights.

EXPLANATION

Use the simple present tense to talk about habits or routines (things that happen again and again).

EXERCISE 3

Match each occupation with what the people do. Use the correct verb forms and make statements aloud.

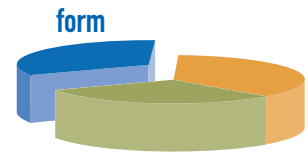
Example: *A doctor takes care of sick people.*

- | | |
|----------------------------|--|
| 1. a doctor | a. repair cars |
| 2. construction workers | b. enforce the law |
| 3. a mechanic | c. greet people |
| 4. air traffic controllers | d. take care of sick people |
| 5. a receptionist | e. build houses |
| 6. taxi drivers | f. direct airplanes |
| 7. police officers | g. work in emergencies |
| 8. a firefighter | h. take passengers to different places |

Which of these jobs are the most stressful? Explain why.

FOCUS 3

Third Person Singular: Spelling and Pronunciation



BASE FORM OF VERB	SPELLING	PRONUNCIATION
1. The final sound of the verb is “voiceless” (for example: <i>f/k/p/t/s/tb</i>): sleep	Add <i>s</i> . Michael sleeps eight hours a night.	/s/
2. The final sound of the verb is “voiced” (for example: <i>b/d/g/l/m/n/r/v</i> or a vowel): feel	Add <i>s</i> . He feels stressed.	/z/
3. The verb ends in sh, ch, x, z, or ss : watch	Add <i>es</i> . Sam watches TV.	This adds another syllable to the verb. /iz/
4. The verb ends in a consonant + y : worry	Change <i>y</i> to <i>i</i> and add <i>es</i> . Sam worries about his job.	/z/
5. The verb ends in a vowel + y : play	Add <i>s</i> . Michael plays tennis on Sunday.	/z/
6. Irregular Forms: have go do	Michael has a healthy lifestyle. He goes to the gym twice a week. Michael does the cooking.	/z/ /z/ /z/

EXERCISE 4

The pictures of Lazy Louie and his wife Hannah are not in the correct order. Number the pictures in the correct order. Then write the number of the picture next to the sentences below. Finally, circle all the simple present tense verbs.



- _____ a. Poor lazy Louie leaves the house and goes jogging.
- _____ b. He lies down on the bench and says, "Finally, I am free!" Then he goes to sleep.
- _____ c. Lazy Louie hates exercise. He wants to sleep, but he gets up. He puts on his clothes and sneakers with his eyes closed. Hannah pushes him out of the house.
- _____ d. Lazy Louie loves to sleep. He dreams about sleeping! But he snores all the time, and his wife gets no sleep. Hannah is tired and needs to do something.
- _____ e. He runs to the park and finds his favorite bench.
- _____ f. Hannah finds a way to get Louie out of bed. She wakes him at 6:45 every morning. He continues to sleep. She shakes him. She shouts in his ear, "Time to get up! You need your exercise, dear!"

EXERCISE 5

Here is a list of third-person singular verbs from the story about Lazy Louie. Read the verbs aloud. Then check (✓) the sound you say at the end of the verb. Compare your answers with a partner.

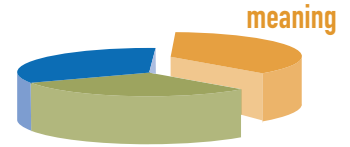
VERB	/s/	/z/	/iz/
1. loves		✓	
2. dreams			
3. snores			
4. gets			
5. needs			
6. finds			
7. wakes			
8. continues			
9. shakes			
10. shouts			
11. hates			
12. wants			
13. puts			
14. pushes			
15. leaves			
16. goes			
17. runs			
18. lies			
19. says			

EXERCISE 6

Work in groups of five. Sit in a circle. The first person in the circle starts to tell the story of Louie and Hannah and the next continues, and so on all around the circle. The pictures in Exercise 4 and the verb list in Exercise 5 will help you.

FOCUS 4

Frequency and Time Expressions

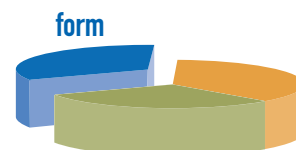


EXAMPLES		EXPLANATIONS	
every morning/afternoon/evening/night every day/week/year every summer/winter/spring/fall all the time once a week twice a month three times a year		<i>Frequency expressions</i> tell how often we do something.	
in + the morning in + the afternoon in + the evening in + 1986 in + the summer in + June on + Wednesday(s) on + March 17 on + the weekend at + 7:30 at + night at + noon	more general ↑ ↓ more specific	<i>Time expressions</i> tell when we do something.	

EXERCISE 7

Lifestyle of a College Student. Fill in the blanks with a frequency or time expression.

Jay is a nursing student at a college. Jay gets up (1) _____ 7:00
 (2) _____ day of the week. He leaves home (3) _____ 8:00
 and gets to work (4) _____ 8:45. He finishes work (5) _____
 1:00. He attends classes at the college (6) _____ the afternoon three days a
 week. He works at a local hospital two afternoons (7) _____.
 (8) _____ the evening, he cooks dinner and studies. He reviews his work
 and his experiences at the hospital (9) _____ night. He goes to bed late
 (10) _____ weekdays.
 (11) _____ Saturday, Jay works at his second job. Jay is busy almost
 all the time, but (12) _____ Saturday nights, he goes out with friends.
 (13) _____ Sunday mornings, Jay sleeps late. (14) _____ the
 afternoon, he does the laundry and food shopping. (15) _____ the evening,
 he studies. Jay is typical of many working students at colleges in the United States.



EXAMPLES	EXPLANATIONS
(a) They cook dinner every night . (b) Jay plays soccer twice a week .	Frequency and time expressions usually come at the end of a sentence.
(c) They cook dinner every night at 7:00 . (d) They cook dinner at 7:00 every night .	When there is both a frequency and a time expression in one sentence, the frequency expression can come before or after the time expression.
(e) Once a week , they go out to eat. (f) On weekends , they stay in.	Frequency and time expressions can sometimes come at the beginning of a sentence. Use a comma (,) after the expressions at the beginning of a sentence.
(g) I work on Saturdays . (h) I work Saturdays . (i) I work on July 4th . (j) I work July 4th .	With days and dates, <i>on</i> is not necessary.

EXERCISE 8

Make true statements about your habits or routines using the time and frequency expressions below and the simple present tense.

Example: once a week

You say: *I go to the movies once a week.*

1. once a week _____
2. every weekend _____
3. twice a week _____
4. on my birthday _____
5. once a year _____
6. at 7:30 in the morning _____
7. on Friday nights _____
8. in September _____
9. in the summer _____
10. all the time _____
11. on December 31 _____
12. at 6:00 in the evening _____

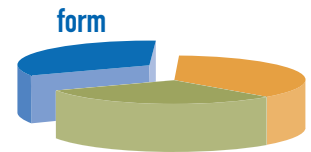
EXERCISE 9

Erika is a teacher at a community college. Look at Erika's weekly schedule. Then fill in the blanks in the exercise with the simple present tense or a frequency or time expression.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00	wake up				
7:30	eat breakfast at home				go out for breakfast
9:30	teach French	go jogging	teach French	do aerobics	teach French
12:00	eat lunch at school	eat lunch at home	eat lunch at school	eat lunch at home	attend meetings
3:00	play tennis	prepare lessons	play tennis	go food shopping	clean apartment
6:00	meet a friend for dinner	go to cooking class	go to the movies	take dancing lessons	go out with friends
8:00	do the laundry	spend time on the Internet	read students' papers	prepare lessons	
10:30	go to bed early				
12:00					go to bed

- Erika _____ *goes food shopping* _____ on Thursday afternoon.
- Erika cleans her apartment _____ *on Friday afternoon* _____.
- Erika _____ every day at 7:00.
- She eats breakfast at home _____.
- Once a week, on Friday mornings, she _____.
- She _____ three times a week.
- She does aerobics _____.
- She eats lunch at school _____.
- She attends meetings _____.
- She eats lunch at home _____.
- She goes to cooking class _____.
- She reads students' papers _____.
- On Friday evening, she _____.
- She goes to bed early _____.
- She _____ at midnight on Friday.
- She does the laundry _____.
- She _____ at 8:00 on Thursday night.

Now make three more statements about Erika's schedule.

FOCUS 6**Simple Present:
Negative Statements**

SUBJECT	DO/DOES NOT	BASE FORM OF VERB
I You* We They Michael and Sam	do not don't	work.
He She It Erika	does not doesn't	
*Both singular and plural.		

EXERCISE 10

Refer to the Opening Task on pages 116 and 117. For each verb below, make a true negative statement about Michael or Sam.

Example: smoke

Michael doesn't smoke.

1. drink soda
2. exercise a lot
3. skip breakfast
4. eat healthy food
5. order take-out food from restaurants
6. get a good night's sleep
7. sit home and watch TV
8. drink a lot of water
9. feel stressed
10. take sleeping pills

EXERCISE 11

Go back to the statements you wrote for the Opening Task on page 117 and correct them, if necessary.

EXERCISE 12

STEP 1 Do you have a healthy lifestyle? Check (✓) Yes or No.

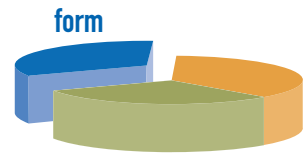
	Yes	No
1. I smoke.	_____	_____
2. I exercise three times a week.	_____	_____
3. I eat fruit and vegetables.	_____	_____
4. I eat junk food.	_____	_____
5. I sleep 8 hours a night.	_____	_____
6. I skip meals.	_____	_____
7. I eat red meat almost every day.	_____	_____
8. I find time to relax.	_____	_____
9. I worry all the time.	_____	_____
10. I use sunscreen.	_____	_____
11. I overeat.	_____	_____
12. I drink 3–4 glasses of water a day.	_____	_____

STEP 2 Work with a partner. Look at your partner's Yes and No checks. Tell the class why your partner has a healthy or an unhealthy lifestyle.

Example: *My partner has a very healthy life. He doesn't smoke. He exercises almost every day.*

FOCUS 7

Useful Expressions with Common Verbs



Try to remember these useful expressions:

DO	GO	HAVE	MAKE	TAKE
homework	home	breakfast	decisions	a vacation
the housework	to school	lunch	money	a test
the dishes	to the doctor	dinner	breakfast	a nap
the shopping	to the beach	a snack	lunch	a rest
the cleaning	shopping/dancing	a drink	dinner	a break
the cooking	skiing/swimming/fishing	a party	plans	a trip
the laundry	hiking			

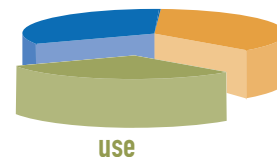
EXERCISE 13

Work in groups of five. Write each of the expressions in Focus 7 on separate pieces of paper. Put the papers in a hat. Each student takes a piece of paper and makes a true statement with that expression.

Example: Student chooses “a party”: *I have a party on my birthday every year.*
“the shopping”: *In my family, my father does the shopping.*

FOCUS 8

Talking About Things That Are Always True



EXAMPLES

- (a) The sun **rises** in the East and **sets** in the West.
- (b) Exercise **makes** our bodies strong and healthy.
- (c) A healthy person **doesn't smoke**.

EXPLANATION

Use the simple present to make generalizations or statements about things that always happen or things that are always true.

EXERCISE 14

Fill in the blanks with the simple present affirmative or negative form of the verb.

1. Workaholics (work) _____ *work* _____ all the time.
2. Vegetarians (eat) _____ meat.
3. Couch potatoes (sit) _____ in front of the TV all the time.
4. An alcoholic (drink) _____ a lot of wine, beer, or liquor every day.
5. An insomniac (sleep) _____ at night.
6. A stressed person (worry) _____ a lot.
7. An unhealthy person (exercise) _____ a lot.
8. An optimist (see) _____ the glass half full.
9. A pessimist (see) _____ the glass half empty.
10. A carnivore (love) _____ meat.
11. Busy people (have) _____ a lot of free time.
12. A healthy person (go) _____ to a doctor once a year.
13. Lazy people (do) _____ a lot of activities.
14. Liars (tell) _____ the truth.

EXERCISE 15

Fill in the blanks. Use the simple present affirmative or negative of the verbs in parentheses.

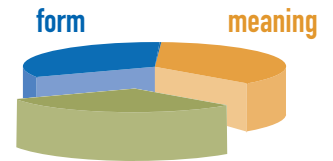


Today, many Americans are under stress. They (move) (1) move at a fast pace. They (work) (2) _____ long hours. They often (work) (3) _____ overtime. Some Americans (need) (4) _____ two or three jobs to pay their bills. People (have) (5) _____ time for themselves or their families. An average worker (have) (6) _____ too much work and (have) (7) _____ enough time to finish it. As a result, many Americans (take) (8) _____ vacations.

Why are Americans so busy all the time? One reason is that they (want) (9) _____ many things. They (believe) (10) _____ that money brings happiness. Another reason is modern technology. Modern technology (keep) (11) _____ us busy and (give) (12) _____ us stress. Technology (let) (13) _____ us relax. We (wear) (14) _____ beepers. We (carry) _____ cell phones. We (use) (15) _____ fax machines to send messages fast. We even (check) (16) _____ our e-mail on vacation! We (take) (17) _____ time to rest. Even on Sundays, many stores (stay) (18) _____ open and people (go) (19) _____ shopping. Today, stress is one of the top reasons why Americans (get) (20) _____ sick.

FOCUS 9

Like, Want, Need





EXAMPLES			EXPLANATIONS
I	like want need	coffee.	Subject + Verb + Noun
I	like want need	to drink coffee.	Subject + Verb + Infinitive
(a) I like jazz.			<i>Like</i> refers to something we enjoy.
(b) I love animals. I want a cat.			<i>Want</i> expresses desire.
(c) I have a headache. I need medicine.			<i>Need</i> refers to something that is necessary.

EXERCISE 16

Use the verbs *like*, *want*, and *need*. Write three sentences for each picture.

Example:

1. *She likes to play tennis. She wants to win. She needs a good tennis racket.*

PICTURE	LIKE	WANT	NEED
1. 	a. play tennis	b. win	c. a good tennis racket
2. 	a. cook	b. be a good cook	c. a cookbook

PICTURE	LIKE	WANT	NEED
3. 	a. sleep late in the morning	b. get up early today	c. a cup of strong coffee
4. 	a. the sun	b. protect their skin	c. sunscreen
5. 	a. write	b. write a book	c. peace and quiet
6. 	a. travel	b. stay in touch with friends at all times	c. a cell phone

EXERCISE 17

Correct the mistakes in the following sentences.

1. She is smile every day
2. He every day takes a walk.
3. He wash the dishes every night.
4. He don't cook dinner on Sundays.
5. We are study in the library on Saturdays.
6. They no work on Tuesdays.
7. English classes begin at September.
8. She need a pen to write.
9. He wants make a sandwich.
10. Erika plays tennis on 3:00.

Use Your English

ACTIVITY



speaking

STEP 1

Think of a person you admire. Tell your partner about this person. Then answer any questions your partner may have.

Example: *I admire my mother. She loves our family. She enjoys her work. She cooks great food. She doesn't get angry.*

STEP 2

Tell your partner about a person you are worried about. Then answer any questions your partner may have.

Example: *I am worried about my roommate. He works 12 hours a day. He doesn't eat healthy food. He doesn't exercise. He doesn't sleep. He only goes to work, then comes home and goes to bed. He doesn't have any fun.*

ACTIVITY



writing/speaking

What do you and your partner have in common? Write two affirmative statements and two negative statements with *like* for each category below.

- music
- books
- food
- movies
- cars

Example: *I like to listen to classical music. I also like rock. I don't like rap. I don't like to listen to opera.*

Share your sentences with your partner and find out what you both have in common. Report your results to the class.

Example: *I listen to classical music, but my partner likes hip-hop.*

ACTIVITY

3

writing/speaking

- STEP 1** Fill out your own daily schedule using only the base form of the verb.

My schedule: (Name) _____

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Morning		6:00 go jogging					
Afternoon				3:00 go to the library			
Evening					8:00 go bowling		

- STEP 2** Read your schedule to a partner. Take notes about his/her schedule. Write sentences about your partner's habits and routines. How are your habits different? Report to the class.

Example: *My partner wakes up at 10:00 on Sundays.*

My partner's schedule: (Name) _____

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
Morning							10:00 wake up
Afternoon							
Evening							

ACTIVITY

4

writing/speaking

Write ten statements about the habits of people in the country you come from. Share your information with your classmates. Compare the habits of people in different countries.

- Examples:** 1. *In Korea, women don't change their names when they get married. People eat rice every day.*
2. *In Italy, people eat pasta.*

ACTIVITY

5

listening



CD Track 7

People in different countries have different lifestyles.

STEP 1

Listen to the descriptions of the lifestyles of people in the United States and in France. Use the chart and listen for specific information. Take notes on what you hear.

	THE UNITED STATES	FRANCE
Work Week		
Vacation Time		
Eating Habits		
% Obese		
Health Insurance		
Education		

STEP 2

Which lifestyle is similar to the lifestyle in your native country?

ACTIVITY

6

writing/speaking

Switching Lifestyles

STEP 1

Work in groups of six. Each person chooses to be one of the people below. Write five sentences about your lifestyle.



1. Hollywood actress



2. firefighter



3. homeless person



4. dancer



5. farmer



6. millionaire

STEP 2

Talk to different people in your group, and describe your lifestyle. Try to get another person to switch lifestyles with you.

Example:

“Hollywood actress”: *I have a fantastic lifestyle. I make a movie every year. I make a lot of money. I own three homes. I travel all the time.*

ACTIVITY

7

research on the web



STEP 1

Use a search engine such as Google® or Yahoo® or Ask® to search the Internet for healthy habits to improve your life. Use the keywords *healthy habit improve life*.

STEP 2

Then create a survey on healthy habits in the chart on the next page. List a habit. Ask students if they do or don't do the habit.

HEALTHY HABIT SURVEY	YES	NO
1. I wash my hands during the day.		
2.		
3.		
4.		
5.		

- STEP 3** Form a group. Survey your group members about their healthy habits. Count up the responses and share your findings with the class.

ACTIVITY 8 reflection

Look at the list of activities for practicing English outside of class. Use frequency and time expressions to say how frequently you do each activity.

1. I watch television.	<i>I watch television two hours a night.</i>
2. I listen to the radio.	
3. I read a newspaper.	
4. I try to speak to people in my neighborhood.	
5. I go to the movies.	
6. I use the Internet.	
7. I chat online.	
8. I review my lessons after class.	
9. I write in a journal.	
10. Add one of your own.	

Do you think you practice English enough outside of school? Discuss this in a group.