

I- Present Simple

The present simple tense is used in the following cases:

- 1- To talk about what happens regularly.

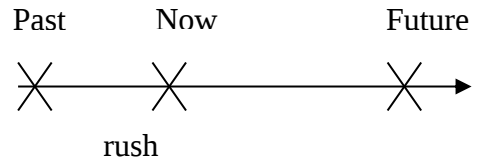
e.g. Some people **rush** through life.

They don't relax.

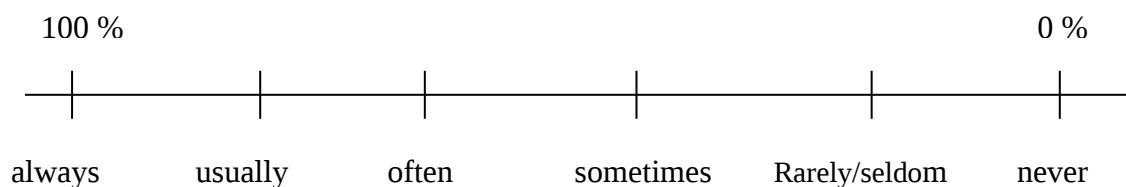
Other people **are** calm.

They **don't feel** tense.

I **get up** at 5 o'clock every morning.



- 2- To express how often something happens:



Remember that adverbs of frequency usually come before the main verb but they go after the verb *be*.

- e.g. She **never** relaxes.

You **usually take** life easier.

We sometimes sleep late.

They **rarely** go on holiday.

We usually rush around too much.

We're often stressed out.

- 3- To talk about scientific facts or to declare a general truth.

- e.g. Stress **causes** high blood pressure.

Water **freezes** at 0°C (Degrees Celsius).

The earth **is** round.

- 4- To express ability :

e.g. Sarah **speaks** two foreign languages.

- 5- To describe people and things:

e.g. The weather **is** fine today.

- 6- To express the future after the following words: When , till, until, if, unless.

e.g. When he comes I shall welcome him.

Exercise1: Complete the sentences using one of the following:

cause (s) close (s) drink (s) live(s) open (s) speak (s) take (s) place

- 1-Ann _____ German very well.
- 2-I never _____ coffee.
- 3-The swimming pool _____ at 9'oclock and _____ at 18.30 every day.
- 4-Bad driving _____ many accidents
- 5-My parents _____ in a very small flat.
- 6-The Olympic Games _____ every four years.

Exercise2: Put the verb into the correct form.

- 1-Jane doesn't drink (not/drink) tea very often.
- 2-What time _____ (the banks/close) in Britain?
- 3- 'Where _____ (Martin/come) from?' 'He's Scottish.'
- 4- 'What _____ (you/do) ?' 'I'm an electrical engineer.'
- 5-It _____ (take) me an hour to go to work. How long _____ (it/take) you?
- 6-I _____ (play) the piano but I _____ (not/play) very well.
- 7-I don't understand this sentence. What _____ (this word/mean)?

Exercise3: Use one of the following verbs to complete these sentences. Sometimes you need the negative:

believe eat flow go grow make rise tell translate

- 1-The earth _____ round the sun.
- 2-Rice _____ in Britain.
- 3-The sun _____ in the east.
- 4-Bees _____ honey.
- 5-Vegetarians _____ meat.
- 6-An atheist _____ in God.
- 7-An interpreter _____ from one language into another.
- 8-A liar is someone who _____ the truth.
- 9-The River Amazon _____ into the Atlantic Ocean.

Exercise4: Ask Liz questions about herself and her family.

- 1- You know that Liz plays tennis. You want to know often. Ask her.
How often do you play tennis?
- 2- Perhaps Liz's sister plays tennis too. You want to know ask. Ask Liz.
_____ your sister _____
- 3-You know that Liz reads a newspaper everyday. You want to know which one. ask Liz.

- 4- You know that Liz's brother works. You want to know what he does. Ask Liz.

- 5- You know that Liz goes to the cinema a lot. You want to know how often. Ask her.

- 6- You don't know where Liz's mother lives. Ask Liz.

Exercise5: Complete using one of the following :

- I apologise - I insist - I promise - I recommend - I suggest
- 1-It's a nice day. _____ we go out for a walk.
 - 2-I won't tell anybody what you said. _____.
 - 3-(in a restaurant) You must let me pay for the meal. _____
 - 4- _____ for what I said about you. It wasn't true and I shouldn't have said it.
 - 5-The new restaurant in Hill Street is very good. _____ it.

Exercise6: Identify. Read this extract from a book review. Underline the present simple verbs. Circle the adverbs of frequency.

Books Section 10

CALM DOWN! By Dr Sarah Roads

In today's fast-paced world, we never escape stress. Stress always affects us psychologically but according to Dr Roads, author of the new bestseller, *Calm down!*, It also affects us physically. For example, stress causes high blood pressure. Doctors often prescribe medication for stress-related illnesses. Medicine usually lower a patient's blood pressure. But, Dr Roads claims, 'You don't always need pills. Relaxation exercises are sometimes as effective as pills. For example, breathing exercises relax you and lower your blood pressure at the same time – and it only takes a few minutes!'

Exercise7: COMPLETE. Megan and Greg have completely different types of personality. Read about one and write about the other.

Megan

- 1- Megan doesn't relax easily.
- 2- She doesn't take time to enjoy herself.
- 3- Megan and her boyfriend never go on holiday.
- 4- She Through the day.
- 5- She is nervous.
- 6- She is always in a hurry.
- 7- She finishes other people's sentences for them.
- 8- She a lot.
- 9- She enough time to finish things.
- 10- Megan's got high blood pressure due to stress.

Greg

- Greg relaxes easily.
- He takes time to enjoy himself.
- Greg and her boyfriend often....holiday
- He doesn't rush through the day.
- He nervous.
- He never in a hurry.
- He ... Other people's sentences for them.
- He doesn't worry much.
- He's got enough time to finish things.
- Greg.....high blood pressure due to stress.

Exercise8: ASK & ANSWER. Peter is an accountant. Look at his schedule. Write questions and answers about his day.

MONDAY NOVEMBER 18

6:00-7:00 get up, exercise
8:00-9:00 work on reports
9:00-12:00 see clients

12:00-12:30 lunch
12:30-5:00 return phone calls
5:30-7:00 go to evening class

1- When / get up?

.....

2- exercise in the morning?

.....

.....

.....

3- work on reports in the afternoon?

.....

4- When / see clients?

.....

5- have a lunch break?

.....

6- What / do / from 12:30 to 5:30?

.....

7-Where / go / at 5:30?

.....

Exercise9: EDIT. Read Peter's diary entry. Find and correct ten mistakes in the use of the present simple.

I'm so tired. I have never time to relax. I work all day and studies all night. My boss tell me that I need a holiday. I agree but I afraid to take one. Does my boss thinks that the office can function without me ? I don't want them to think I'm not necessary. But my wife is unhappy, too. She complain that she never sees me any more. My schedule are crazy. I don't think I can keep this up much longer. I don't wants to give up evening classes, though. I think often that there has got to be a better way.