



ENGLISH

Chapter 9 Session B

1st
SECONDARY

HEALTHY LIVING
Simple Present



 **SACO OLIVEROS**





Simple Present

affirmative		
I / You	eat	fruit.
He / She / It	eats	
We / You / They	eat	

- we use the simple present to talk about routines and habits
I **get up** at seven o'clock every morning.
- we use the simple present to describe facts
She **lives** in Australia.



GRAMMAR GUIDE

	negative	contracted form	
I / You	do not	don't eat	meat.
He / She / It	does not	doesn't eat	
We / You / They	do not	don't eat	

- to form the negative, we use *don't* or *doesn't* before the verb
- we usually use contracted forms (*don't* and *doesn't*) in conversation and informal writing
She **doesn't like** coffee.



questions and short answers

Do I / you read?

Yes, I / you **do**. No, I / you **don't**.

Does he / she / it read?

Yes, he / she / it **does**. No, he / she / it **doesn't**.

Do we / you / they read?

Yes, we / you / they **do**. No, we / you / they **don't**.

- in questions we use *do* or *does* before the subject
- we don't repeat the verb in short answers

Do you **like** pasta?

Yes, I **do**. / No, I **don't**.



Spelling: Third Person Singular

for most verbs add -s

drink → **drinks**

for verbs that end in -o, -s, -sh, -ch and -x add -es

do → **does**

watch → **watches**

miss → **misses**

mix → **mixes**

wash → **washes**

for verbs that end in consonant +y, omit the -y and add -ies

study → **studies**

for verbs that end in vowel +y, keep the -y and add -s

play → **plays**

irregular verbs

be → **is**

have → **has**



PROGRESS CHECK

Food

1 Complete the chart with the words in the box.

apple bread cake carrot
cheese ice cream milk nuts
pasta potatoes strawberries yogurt

carbohydrates	bread, cake, pasta, potatoes
fruit and vegetables	apple, carrot, strawberries
protein	nuts
dairy products	cheese, ice, cream, milk, yogurt



2 Complete the crossword. Then find the mystery word.

- e** meet ...

f go ...

g ride my ...

h play ...



b

C

d

e

f

9

h



PROGRESS CHECK

Simple Present

3 Complete the text with the correct form of the verbs in parentheses.

I have a healthy lifestyle. I **a** eat (eat) breakfast every morning. Then I **b** walk (walk) to school with my friends but they **c** don't live (not live) in my street. At break time, I **d** play (play) soccer with my friends. After school, I **e** go (go) home to do homework. Then I **f** listen (listen) to music and I **g** read (read) a comic. My sister **h** doesn't have (not have) a healthy lifestyle. She **i** doesn't do (not do) any sport and she **j** doesn't eat (not eat) fruits and vegetables. She **k** watches (watch) TV all the time!



4 Complete the questions. Then write short answers that are true for you.

- a Do you eat fish regularly?
Yes, I do. / No, I don't.
- b Does your teacher ride a bike to school?
Yes, he or she does. / No, he or she doesn't.
- c Do you and your friends talk on the phone for hours?
Yes, we do. / No, we don't.
- d Does your best friend stay up late on the computer?
Yes, he or she does. / No, he or she doesn't.



Simple Present: Third Person Singular (Spelling)

- 5** Rewrite the sentences with the correct forms of the verbs in parentheses.
- a** Mark (miss) his school.
Mark misses his school.
 - b** Andrew (enjoy) pop music.
Andrew enjoys pop music.
 - c** Your baby still (cry) at night.
Your baby still cries at night.
 - d** My grandpa always (talk) about the old times.
My grandpa always talks about the old times.



Grammar Buildup 3

1

2

3

4

5

6

7

8

- 6** Complete the dialogue with the correct form of the verbs in parentheses.

Mason What **a** is (be) your favorite free-time activity?

Charlotte Well, I usually **b** meet (meet) my friends in town.

Mason What **c** do you do (do) there?

Charlotte We **d** go (go) shopping or we **e** sit (sit) in a coffee shop with a drink.

Mason Really? Sounds boring!

Charlotte **f** Do you and your friends like (like) shopping?



PROGRESS CHECK

Mason No, we **g** hate (hate) it. Jack sometimes **h** goes (go) shopping with his sister but we usually **i** play (play) soccer or we **j** ride (ride) our bikes.

Charlotte Very healthy! Look, I **k** am (be) hungry. Let's have something to eat.

Mason Sure!



Circle the correct words to complete the text.

a **Who / What** is a vegan?

Vegans are people who **b doesn't / don't** have any animal products in their diet. That means that a vegan doesn't eat meat, fish, eggs, honey or dairy products.

Where is the name from?

The name comes from the word 'vegetarian'. 'V-E-G' **c are / is** the first three letters of the word and 'A-N' the last two.

How do you pronounce it?

d **Is / It's** 'vee-gun'.

e **Do vegans eat / Eat** vegans protein?



Yes, **f he does** / **they do**. Protein is extremely important in a **g vegan's** / **vegans'** diet. A vegan eats a lot of fruit, vegetables, nuts and soy, and they have protein in **h them** / **it**.

What about milk?

Cow's milk is an animal product so they don't use **i it** / **her**. Sheep's milk is the same. Vegans drink soy milk because that isn't from an animal.

j Why / What are people vegans?

People **k has** / **have** different reasons for being vegan. Some people don't eat meat because they don't like it. Other people don't eat meat for religious reasons. But being a vegan is normally an ethical decision.





Fruit and Vegetables

1



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Listen to the names of fruit and vegetables below.

beans cherries mandarins

onions peaches pears peppers

pineapples spinach zucchini

2

Label the pictures with the words in activity 1.







3 Circle the odd word out in each line.

cherries onions peaches mandarins

a spinach pepper zucchini peach

b pineapple spinach pear peach

c beans peaches mandarins cherries

d onions peppers cherries zucchini

e mandarin pepper pear pineapple

4 Complete the sentences with words from activity 1.

Peppers can be green, red or yellow.

a Popeye's favorite vegetable is spinach.

b Peach is a fruit and a color.

c Zucchini are long, with green skin and are white inside.

d Cherries are small, round and red. Are they your favorite fruit?

- e Onions can make you cry!
- f Mandarins are similar to oranges.
- g People eat beans with rice in Brazil.
- h Pineapples are large and yellow.
- i Pears are round at the bottom, green or pink on the outside and white on the inside. They're very sweet!