A.A. 2022/2023, LM85-BIS (1° ANNO, 2° SEMESTRE)

UNIMC LABORATORIO INGLESE I

Prof.ssa Nicoletta Moretti Nicoletta.moretti3@unimc.it

Lesson III 06/03/2023

AIMS : AT THE END OF THE LESSON YOU WILL BE ABLE TO

- USE THE PRESENT SIMPLE AND THE PRESENT CONTINUOUS
- TO USE ADVERBS OF FREQUENCY
- TO DESCRIBE PICTURES USING PRESENT CONTINUOUS

When we use *most* **before** articles (a/an, the), demonstratives (this, that), possessives (my, your) or pronouns (him, them), we need **of**: the information was useful. Some of it wasn't relevant.

Not: **Most the information** ...

They sold **most of their apartments** quite quickly.

Warning:

When there is no article, demonstrative or possessive pronoun, we don't usually use *of*:

There hasn't been much rain. are below their normal levels.

Not: Most of rivers are below their normal levels.

Eat and drink - but at the right time!

In our super-busy 21st-century lives, most of us try to do as much as we can in 24 hours. However, we usually do things whenever it suits us, and experts say that this is disrupting our body's natural cycle, making us feel tired at times when we should feel awake, and vice versa. Science shows that by doing things at the right time, we can be happier and healthier.

Have breakfast at 8.00 a.m.

In a recent study, researchers found having breakfast at this time is good for our blood sugar levels, so the food you eat now will give you the energy you need. It's also important not to skip breakfast. Another research team, from Sweden, suggested that people who ate a regular breakfast as teenagers were 32% less likely to be at risk of heart disease as adults.

every or any time

Don't drink coffee in the morning. Have one at 3.00 p.m.

Most coffee drinkers make a cup as soon as they wake up. However, researchers have suggested that early morning is the worst time to drink coffee, because it stops the body from producing the stress hormone cortisol, which we need at this time to help us to wake up. The best time to drink coffee – or caffeine in general – is between 2.00 p.m. and 5.00 p.m., when it can make us more mentally alert, according to a study carried out by the University of Sheffield a few years ago.

Have lunch between 12.00 and 2.00

This is when our body digests food best, because this is when the stomach produces most acid. So it's the ideal time to have your main meal of the day. An experiment by nutritionists at the University of Surrey found that blood glucose levels after an evening meal were much higher than when people had the same meal earlier in the day, and high levels of glucose can cause diabetes.

Have dinner at 7.00 p.m.

Have your evening meal early. It should be delicious – our sense of smell and taste are at their best at this time – but light. And if you want a small glass of wine, have it before dinner, as 6.30 is when the liver is most efficient at dealing with alcohol.

More good times for your body

- Ideally, you should get up when the sun rises. When we see daylight, we stop producing the sleep hormone melatonin and start getting ready for the day ahead.
- Do yoga or go for a walk before breakfast.
- Do important tasks at 11.00 a.m., when your brain is working best.
- Weightlifting sessions are best done at midday that's when your muscles are strongest.
- The best time to run or cycle is 5.00 p.m., when your lung capacity – important for endurance sports – is at its greatest.
- Go to bed between 9.00 p.m. and 11.00 p.m. This is when your body temperature starts to go down and the brain begins producing melatonin.

- c Read the article again. Answer the questions with a partner.
 - 1 Why is it important to have breakfast every day when you're a teenager?
 - 2 What effect does caffeine have on us if we drink it between 2.00 and 5.00 p.m.?
 - 3 What's the difference between having steak and chips for lunch and having it for dinner?
 - 4 Why should an early evening meal be 'delicious'?
 - 5 What's the best physical activity to do a) early in the morning, b) in the afternoon?
 - 6 Why does the body produce melatonin?

a Talk to a partner. What time do you usually...?

get up have lunch have breakfast have dinner do exercise go to bed

have a coffee

b Read the article once. Do you or your partner do any of the things in a at the times the article recommends?

- Answer the questions with a partner.
 - 1 Do you believe all the information in this article? Why (not)? Give examples from your own experience.
 - 2 Would you consider changing any of your habits based on this information?

PRESENT SIMPLE



Alex is a bus driver, but now he is in bed asleep. He is not driving a bus. (He is asleep.)

but He drives a bus. (He is a bus driver.)

HABITUAL / PERMANENT ACTIONS



To say that something is true in general, or that something happens all the time or repeatedly (and how often we do things):

- The cafe opens at 7.30 in the morning / I get up at 8 o'clock every morning.
- We <u>usually</u> **go** home <u>at weekends</u> / We **don't go** abroad <u>very often.</u>
- Nurses look after patients in hospitals. / The Earth goes round the Sun / Rice doesn't grow in cold climates.
- What does this word mean? / Where do they live?

always	sempre
usually	di solito
often	spesso
sometimes	qualche volta
seldom	ogni tanto
rarely	raramente
hardly ever	quasi mai (+ verbo nella forma affermativa)
never	mai (+ verbo nella forma affermativa)
ever	mai (nelle frasi interrogative)

FREQUENCY ADVERBS: S + AVV + V

Usually at the end of sentences (can be at the beginning in affirmative sentences)

TIME EXPRESSIONS

in the morning in the afternoon in the evening at night every day every Monday on Mondays at weekends at the weekend once a week twice a month three times a year

PRESENT CONTINUOUS

Something happening (or true) at the time of speaking

- John is in his car. He is driving to work.
- Let's go out now. It isn't raining any more.



ACTIONS TAKING PLACE NOW

simple present TO BE + present participle (base +ing)

Affirmative: You are watching TV.

Interrogative: Are you watching TV?

Negative: You are not watching TV.

PRESENT CONTINUOUS

NOW = this second, today, this month, this year, this century... (→ longer actions in progress now)

Something happening (or true) in a period around now

- (talking on the phone) I'm reading a really good book about...
- You are studying to become teachers.
- Kate wants to work in Italy, so she's learning Italian.
- You're working very hard today. Yes, I have a lot to do.
- Are you working on any special projects at work?
- Is your English getting better now that you're studying harder?
- The population of the world is increasing very fast.
- At first I didn't like my job, but I'm beginning to enjoy it now.

SAME VERBS - DIFFERENT TENSE, DIFFERENT MEANING

Present continuous (I am doing)

We use the continuous for things happening at or around the time of speaking.

The action is not complete.

I am doing

past	now	future	
past	71077	Juluie	
	The water is boiling. Can you turn it		
	off?		
	 Listen to those people. What language 		
	are they speaking?		
	Let's go out. It isn't raining no	W.	
	'I'm busy.' 'What are you doing?'		
	I'm getting hungry. Let's go and eat.		
	 Kate wants to work in Italy, so she's 		
	learning Italian.		
	The population of the world is		
	increasing very fast.		
We us	e the continuous for temporary si	tuations:	
 I'm living with some friends until I fin 		til I find a	
	place of my own.		
	A: You're working hard today.		
	в: Yes, I have a lot to do.		

Present simple (I do)

We use the simple for things in general or things that happen repeatedly.

4	I do —	-
past	now	future
	Water boils at 100 degrees Celsius.	
0	Excuse me, do you speak English?	
0000	It doesn't rain very much in summer. What do you usually do at weekends? I always get hungry in the afternoon. Most people learn to swim when they are children.	

We use the simple for permanent situations:

 My parents live in London. They have lived there all their lives.

Every day the population of the world increases by about 200,000 people.

 Joe isn't lazy. He works hard most of the time.

NB: NON-CONTINUOUS VERBS!

There are verbs you don't <u>normally</u> use in the present continuous: usually these are things you cannot see somebody doing. E.g.:

Abstract Verbs

to be, to want, to cost, to seem, to need, to care, to contain, to consist, to know, to realise, to suppose, to mean, to understand, to believe, to agree, to forget, to remember, to exist...

Possession Verbs: to possess, to own, to belong...

Emotion Verbs: to feel, to like, to love, to hate, to prefer, to dislike, to fear, to envy, to mind...

Perception Verbs: to see, to hear, to smell

Examples:

He is needing help now. *Not Correct* vs. He needs help now. *Correct* He is wanting a drink now. *Not Correct* vs. He wants a drink now. *Correct*

PRESENT SIMPLE

We use the present simple to talk about timetables, (e.g. for public transport, cinemas, classes etc.) and in general for things that are scheduled:

- The train arrives at 6.30 in the morning.
- What time does the film start this evening?
- We have a lesson <u>next Monday</u>.
- The holidays start <u>next week</u>.
- What time do you finish work?
- It is my birthday tomorrow.



Lily Varnell

Hi Ben! No news from you for ages. How are things? Are you still working at Budapest University? I have a conference there next month and I thought perhaps we could meet. I'd love to see you again! Lily.

PRESENT CONTINUOUS (future arrangements)

- We use the present continuous to talk about future arrangements, i.e. for things we have decided and arranged to do at a specific time in the future.
 - I'm sorry, I can't come with you this afternoon. I'm going to the dentist.
 - What time are you meeting Ann this evening?
 - I'm leaving tomorrow. I've got my plane ticket.



Ben West

It depends on the day. I'm going to Vienna one day that week, but it's not very far – I'm coming back the same day. I'm sure we can find a time that's good for both of us.

PRESENT CONTINUOUS + ALWAYS

The Present Continuous with words such as "always" or "constantly" expresses the idea that something irritating often happens.

→ the meaning is like Simple Present, but with a negative connotation.

Examples:

She is ALWAYS coming to class late.

I'm ALWAYS losing my keys.

He is CONSTANTLY talking. I wish he would shut up.

I don't like them because they are ALWAYS complaining.

Remember to put the words "always" or "constantly" between "be" and "verb+ing"

PRESENT CONTINUOUS WITH ALWAYS



5 Read the sentences and complete the rule.

Mark is **always** talk**ing** about himself.

My friends are **always** tell**ing** me I should go out more.

To say that something happens too often, and that we don't like it, we can use the present ¹_____ with **always**. We put **always** between **be** and the ²____ with **-ing**.





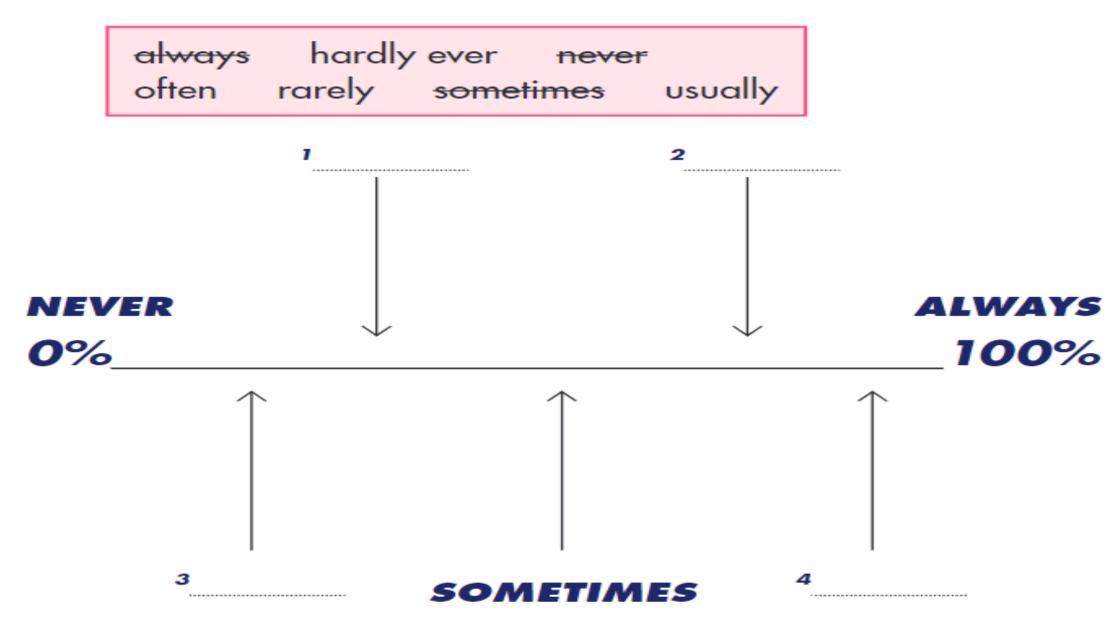
- Write sentences using the present continuous and always.
 - 1 I / always / forget / my telephone number.
 - 2 My sister / always / take / my phone.
 - 3 Our teacher / always / give / us extra homework.
 - 4 He / always / complain / about my work.

Complete the interview with another blogger. Use the present simple or present continuous of the verb in brackets.

Reporter: Joey, you're 18 and you've just finished school. Are you a full-time blogger now?			
Joey: Yes! 1((write) about celebrity sports people.		
Reporter: But it's not really a job, is it? How 2 (you/earn) money with your blogs?			
Joey: It is a job, and I earn money when I recommend sports products, for example. At the moment I 3			
(not earn) a la	ot of money, but I have a plan.	4 (work) on an amazing new blog.	
Reporter: Exciting! So, you	write about sports celebrities.	5 (you/interview) them?	
Joey : It's hard to get intervie	ews. Some sports people 6	(not/understand) that it's good to talk to	
bloggers. The blogging wor	ld 7 (get) bigger	and popular blogs are really important nowadays.	



Put the words in the box on the line in the correct order.



What's true for you? Complete the sentences with adverbs of frequency.

get up before six o'clock. have breakfast before I go out. go to school/university/work by bus. have time to relax in the afternoons. My friends visit me at home. hang out together in the evenings.

Imagine you are starting to write your own blog. You need to write a short profile of yourself on the About Me page.

Include

- your name, age, nationality and occupation
- some information about your everyday routines
- some information about your interests and things you love doing

Begin like this:

Hello! My name Welcome to my blog.

PRACTICE



7 Complete the questions with the correct question words.

1	do you live?
	I live in New York.
2	is that man?
	He's my father.
3	do you go to work?
	By car.
4	does the supermarket opens
	At eight o'clock.
5	are you wearing that coat?
	Because it's cold!

Ho drank wester



2 Complete the questions about the words in bold.

	ne didik waiei .
	did he drink?
2	They went to London .
	did they go?
3	She writes computer programs.
	does she write?
4	The town hall is next to the theatre .
	is the town hall?
5	My new bike was very expensive.
	did it cost?
6	She's only 22 years old.
	old is she?

1 Match the beginnings and ends of the sentences that Sofia says about her holiday activities.

1	I always feel excited when I'm packing	
2	I love discovering	,
3	I don't spend much time just sunbathing by	
4	I don't buy	
5	I always take	
6	I like hiking	
7	It's nice to spend a day sightseeing	,
8	I always have fun playing	
9	When I go to a new city, I prefer exploring on	
a	many souvenirs to take home with me.	

- **b** exciting new places when I'm on holiday.
- **c** the pool or on the beach.
- **d** games on the beach with friends.
- e in the mountains if the weather's nice.
- f lots of photos!
- **g** my own, rather than going on a tour.
- **h** in a new city and visiting all the tourist sites.
- i my bags to go on holiday.

• EASY AS A PIE

(FACILE COME BERE UN DIONS /'Id.i.əm/

BICCHIER D'ACQUA)

• THE CREAM OF THE CROP

(IL FIORE ALL'OCCHIELLO)

• THE ICING ON THE CAKE

(LA CILIEGINA SULLA TORTA)

The lcing on the Cake MEANING: Something that makes a good situation even better or a bad situation even worse. EXAMPLE: Not only was I offered a higher salary, but the additional bonus I got was the icing on the cake.

the cream of the crop

phrase

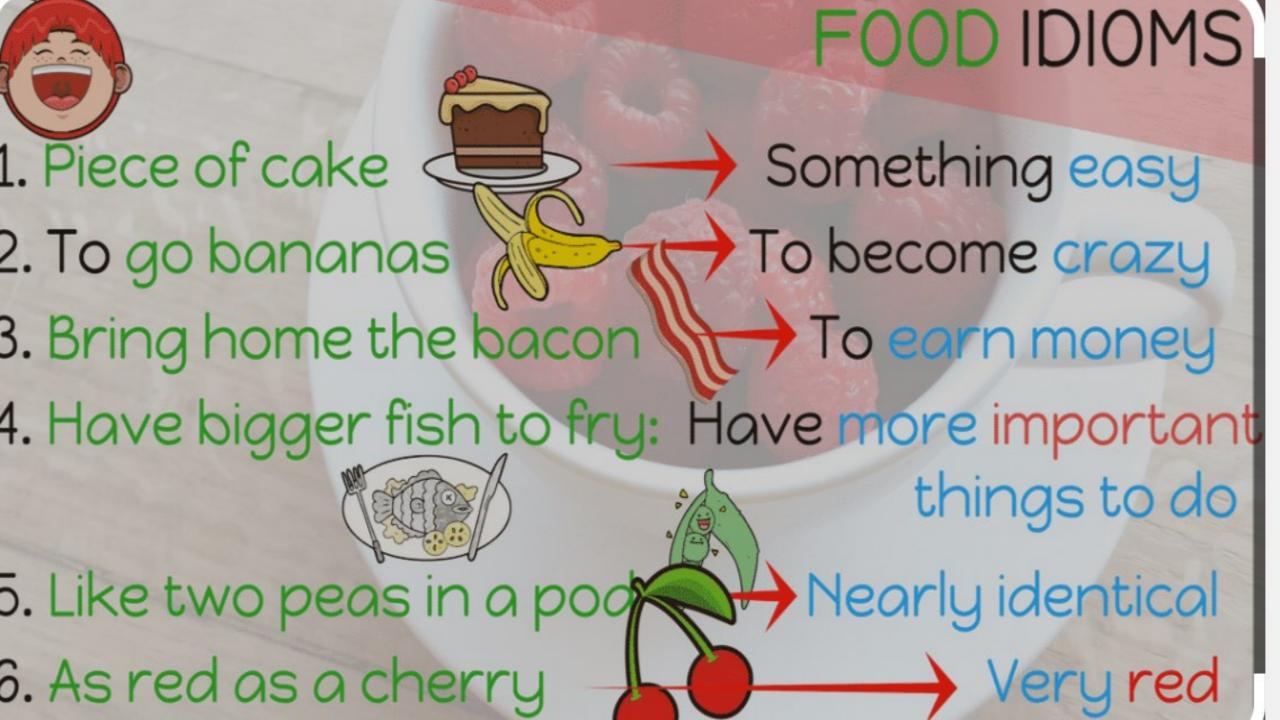
the best of the best. Being the cream of the crop is being the best of something. It ranges from sports, to school, to being awesome. If someone says: "You're the cream of the crop!", then you're better, smarter, sexier, more athletic, and cooler than everyone else.

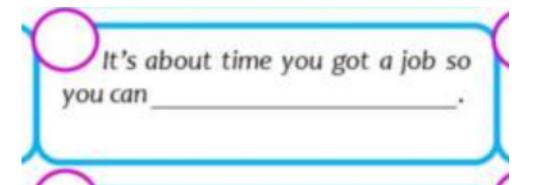
Easy as Pie



When something is easy as pie, it is very easy to do, presenting no difficulty.

"I don't think I'm going to be able to learn this program," said Ed. "I'm telling you, it's easy as pie," said Patricia.





It's about time you got a job so you can bring home the bacon.

I can't help you right now – I

I can't help you right now – I have bigger fish to fry.

We

 we like the same things and do everything together.

We are like two peas in a podwe like the same things and do everything together.

She'll when you <u>tell</u> her the <u>news</u>.

She'll go <u>bananas</u> when you <u>tell</u> her the <u>news</u>.

WH- QUESTION WORDS

We use question words to ask certain types of questions.

We call these words Wh- words because they contain the letters w and h (Why, What, How).

QUESTION	USE	EXAMPLE
What	asking for information	What is your name?
What for	asking why	What did you do that for?
When	asking about time	When did she arrive?
Where	asking what place	Where do you live?
Which	asking about choice	Which size do you want?
Who	asking which person	Who opened the door?
Whose	asking about ownership	Whose is this bag?
Why	asking for a reason	Why did you do that?
How	asking about manner or quality	How is the cake?
How far	asking about distance	How far is your college from here?
How long	asking about length	How long is the journey?
How many	asking about quantity (countable)	How many people are there?
How much	asking about quantity (uncountable)	How much sugar do you like in your tea?
How old	asking about age	How old is she?

WH- QUESTION WORDS

We use question words to ask certain types of questions.

We call these words Wh- words because they contain the letters w and h (Why, What, How).

QUESTION WORD	USE	EXAMPLE
What	asking for information	What is your name?
What for	asking why	What did you do that for?
When	asking about time	When did she arrive?
Where	asking what place	Where do you live?
Which	asking about choice	Which size do you want?
Who	asking which person	Who opened the door?
Whose	asking about ownership	Whose is this bag?
Why	asking for a reason	Why did you do that?
How	asking about manner or quality	How is the cake?
How far	asking about distance	How far is your college from here?
How long	asking about length	How long is the journey?
How many	asking about quantity (countable)	How many people are there?
How much	asking about quantity (uncountable)	How much sugar do you like in your tea?
How old	asking about age	How old is she?

SHORT ANSWERS TO YES/NO QUESTIONS

It is more polite to answer a yes/no question with more than just Yes or No! That's why short answers are often used.

To form a short answer, we use the first word from the question, which is either an auxiliary verb or part of the verb be.

QUESTION	POSITIVE	NEGATIVE
Do we know them?	Yes, we do.	No, we don't.
Can he see us?	Yes, he can.	No, he can't.
Have they seen the film?	Yes, they have.	No, they haven't.
Is she here?	Yes, she is.	No, she isn't.

Note: If the question starts with *Are you*, we answer *I am* if you refers to one person, or we are if it refers to two.

QUESTION	POSITIVE	NEGATIVE
Do you know them?	Yes, I/we do.	No, I/we don't.
A	Yes, I am.	No, I'm not.
Are you thirsty?	Yes, we are.	No, we aren't.

Imagine you are starting to write your own blog. You need to write a short profile of yourself on the About Me page.

Include

- your name, age, nationality and occupation
- some information about your everyday routines
- some information about your interests and things you love doing

Begin like this:

Hello! My name Welcome to my blog.

I'm 20 years old, Spanish and a student at the University of Valencia. I study Political Science and I share a flat with three other students. My room is tiny but life in our little flat is fun. I have a typical student life. From Monday to Friday I work very hard. I get up early every day and go to lectures or to the university library. We have a lot of exams and essays so I'm always busy. I usually meet up with my friends at lunchtime but only for one hour. I hardly ever go out in the evening. However, at the weekend, everything changes! I never get up early on Saturday or Sunday. On Saturday afternoon I work out at the gym or in summer I often go swimming at the beach. In the evening I eat out with friends or go to a party. I'm usually very lazy on Sundays. I hang out with the others in my flat and we sometimes cook together. We all need our energy for the next week at university.

• REMEMBER:

THIRD PERSON ENDING IN -S

- /s/ for verbs ending in an unvoiced consonant (e.g. cooks, eats)
- /z/ verbs ending in a vowel sound or voiced consonant, (e.g. watches, finishes)
- IRREGULAR PRONOUNCIATION:
- HE,SHE,IT SAYS /sez/
- DOES /d^s/

Complete the interview with another blogger. Use the present simple or present continuous of the verb in brackets.

Reporter: Joey, you're 18 and you've just finished school. Are you a full-time blogger now? (write) about celebrity sports people. **Joey**: Yes! | **1** write **Reporter**: But it's not really a job, is it? How 2 do you earn (you/earn) money with your blogs? **Joey**: It is a job, and I earn money when I recommend sports products, for example. At the moment I 3 'm not earning (not earn) a lot of money, but I have a plan. I 4 'm working (work) on an amazing new blog. **Reporter**: Exciting! So, you write about sports celebrities. **5** Do you interview **(you/interview)** them? Joey: It's hard to get interviews. Some sports people 6 don't understand (not/understand) that it's good to talk to bloggers. The blogging world 7 is getting (get) bigger and popular blogs are really important nowadays.

Put the words in the correct order

- 1 never
- 2 hardly ever
- **3** rarely
- 4 sometimes
- **5** often
- 6 usually
- 7 always

SPEAKING ACTIVITY: DESCRIBE THE PICTURE BELOW

