

People's Democratic Republic of Algeria
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Course: English – 2nd year

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Present simple vs. present continuous

1) Vocabulary: food and cooking

- a. Look at some famous quotes about food. Complete the gaps with a word or phrase from the list. Which quote do you like best?

Cake cookie fruit salad onions pasta pear tomato

1. “There are only ten minutes in the life of a when it is perfect to eat.” – Ralph Waldo Emerson



2. “Life is a combination of magic and” – Federico Fellini



3. “One day, I’m going to make the cry.”



4. “Knowledge is knowing that a is a fruit. Wisdom is not putting it in a” – Miles Kington



5. “A party without is just a meeting.” – Julia Child



6. “A balanced diet is a in each hand.” – Barbara Johnson



b. Look at some common adjectives to describe food. Match them together!

Fresh	Raspberries
Frozen	Tuna
Hot / spicy	Yogurt
Low-fat	Prawns
Raw	Red pepper
Tinned	Beetroot

2) Speaking:

a. Read the *Your food profile* questionnaire. What do you think the **bold** words and phrases mean?

Your food profile

1. What's your favorite...? A) snack B) pizza **topping** C) sandwich **filling**

2. Do you ever have...?

A) **ready-made** food

B) **takeaway** food

C) very hot / spicy food

Give examples.

3. Are you **allergic** or **intolerant** to any food? How long have you had the problem?

4. What food do you usually eat...?

A) to **cheer yourself up** when you're feeling sad

B) when you're tired and don't want to cook

5. When you're away from home, is there any food or drink that you really **miss**?

6. Is there any food or drink that you couldn't live without? How often do you eat / drink it?

b. Answer the questions!

3) Reading:

a. Answer the following questions. What time do you usually...?

get up

have lunch

have breakfast

have dinner

do exercise

go to bed

have a coffee

Example: I get up at 7 o'clock.

b. Read the article and answer the questions.

Eat and drink – but at the right time!

In our super-busy 12th 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 disturbing 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.

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 experimental 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 – 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. this is when your body temperature starts to go down and the brain begins producing melatonin.

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?

4) Grammar: present simple vs. present continuous

a. Present simple: I live, he works, etc.

	To be	To have	All other verbs
I	am	have	Verb + Ø
She – he – it	is	has	Verb + s
You – we – they	are	have	Verb + Ø

✓ We use the present simple for things that are always true or happen regularly.

Present continuous: be (present simple) + verb + ing

	All verbs
I	am + verb + ing
She – he – it	is + verb + ing
You – we – they	are + verb + ing

✓ We use the present continuous for actions in progress at the time of speaking, e.g. things that are happening now or around now. These are normally temporary, not habitual, actions.

b. Answer the following questions in **full sentences**.

1. What do you usually have for breakfast?
2. Do you drink fizzy drink, e.g. Coke? How many glasses do you drink a day?
3. Where do you normally have lunch?
4. Do you ever cook? What do you make?
5. Do you prefer eating at home or eating out?
6. Do you want anything to eat right now?
7. Are you trying to cut down on anything at the moment?
8. Is the diet in your country getting better or worse?

c. Do you agree or disagree with the following? Think of reasons and examples.

1. Good service is more important than good food.
2. The best chefs are usually men.
3. Everybody should learn to cook at school.
4. Cheap restaurants always serve bad food.
5. Italian food is the best in the world.

Use the following:

I agree	with that.
I don't agree	with you.
I disagree	
I think	that's true.
I don't think	you're right.
I think it depends.	