

- 1 Look at the example sentences a and b. Then complete the rules below with the phrases in the box.

- a I always leave the house at 8 o'clock.
b I'm wearing a T-shirt and jeans today.

adverbs of frequency present continuous
present simple today, now and at the moment

We use the ¹ _____ to talk about habits and routines. We often use it with ² _____.

We use the ³ _____ to talk about things we're doing now. We often use it with words like ⁴ _____.

- 2 Choose the correct words or phrases to complete the sentences.

- 1 I *always* / *at the moment* prepare my school bag before school.
2 My parents *now* / *always* watch TV in the evening.
3 My brother is making breakfast *now* / *usually*.
4 Why have you got your maths book? We're studying English *often* / *today*.
5 What are you doing *sometimes* / *at the moment*?
6 I don't *usually* / *never* go to bed at 9 o'clock.

- 3 Complete the sentences with the present simple or present continuous form of the verbs in brackets.

- 0 He plays (play) tennis every day.
1 I never _____ (tidy) my room. My mum hates it!
2 They usually _____ (watch) films at the weekend.
3 My dad _____ (cook) breakfast today.
4 My mum _____ (not work) in a school. She's a police officer.
5 Jack _____ (not work) today because he's not very well.
6 What book _____ (you / read) at the moment? Is it good?

- 4 Correct the mistakes in the sentences.

- 1 I study now because I've got an exam tomorrow.
2 Are you knowing Katy? She's my sister.
3 My brother watching TV with his friends.
4 My mum is a doctor. She is usually working at weekends.
5 Every day we are drinking tea for breakfast.

- 1 Look at the photos and choose the correct words.



- 1 We eat cereal / rice, bread / pasta and jam / honey for breakfast.



- 2 In summer, we often have salad with cabbage / cheese and tomatoes / cucumber for lunch.



- 3 Yesterday I ate fish / meat, rice / pasta and mango / vegetables.



- 4 I usually eat fruit / yoghurt for dessert.

- 2 Match the words to the meanings.

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| 1 breakfast | a the large part of a meal |
| 2 dessert | b a drink, usually made from fruit |
| 3 dinner | c the first meal of the day |
| 4 juice | d you eat this between meals |
| 5 lunch | e you eat this in the evening |
| 6 main course | f you eat this at midday |
| 7 snack | g you eat this sweet food at the end of a meal |

- 3 Complete the sentences for you.

- 1 For breakfast, I always have _____.
2 My favourite dessert is _____.
3 My favourite snacks are _____.
4 For dinner, we usually have _____.