



CLASS

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Present Continuous VS simple present

Improving one's health

After this class you will be able to:
**distinguish between routines or
general facts and actions happening
right now or around the present**



A HEALTHY BRAIN

DIRECTIONS : Check the vocabulary , read the text and answer the questions

People do different things every day to **improve** their brains and stay healthy. Some enjoy visiting interesting websites, others **work out** or meditate to stay focused. If people **engage** in these types of activities, they can improve their brain health and even prevent some diseases.

What do you do to keep your brain healthy and active?

PRESENT SIMPLE VS PRESENT CONTINUOUS

The present continuous (ing) is used for **Things in progress or around the present.**

They are taking a walk outside **right now**. (In progress)

She is not looking after her health properly **these days**. (Around the present)

(wh-word) Is he getting enough sleep to feel rested?

Right now / At the moment / Now / These days , weeks , months / Lately

The present simple is used for **habits , routines , general truths or fixed schedules.**

They always work out regularly.

Sugar doesn't improve your health.

(wh-word) Does the hospital often offer free check-ups?

Always / Often / Sometimes / Frequently / Rarely / Hardly ever / Never

Complete the following sentences using simple present and present continuous form.

I **usually** (exercise) in the morning to stay healthy, but **this month** I (focus) more on strength training.

She **always** (eat) a lot of vegetables, and **right now**, she (make) a fresh salad for lunch.

You (wash- negative) your hands **often** enough, and **right now**, you (touch) your face without realizing it.

They (visit – negative) the doctor **regularly** , which worries me.



THE REAL STORY OF MARIA BRANYAS: A LONG LIFE

DIRECTIONS: Check the vocabulary with your teacher. Read the text and answer the question

Maria Branyas is 116 years old and lives in Spain. She is one of the oldest women in the world today. To stay healthy, Maria **keeps up a** positive attitude. She is always reading books, talking with her family, and listening to music. Maria keeps active by doing small exercises and taking short walks every day. She eats a healthy diet, mainly made of vegetables, fruit, and plenty of water. She **stays away** from sugar and junk food. Right now, Maria is also spending a lot of time with her family, which she says is important for her happiness. She believes that **keeping up a** strong connection with her loved ones helps her stay joyful and stress-free. Maria doesn't let stress **burn her out**; she takes time to stay relaxed and enjoy life.

Why do you think it is important to *keep up* a positive attitude?

What activities help you stay positive and happy?

Complete: To keep healthy I stay away from....

HEALTH GOALS FOR THE FUTURE

Imagine your goal is to live a long and healthy life and reach the age of 80 feeling strong and healthy.

Think about what you need to do today to make that happen.

What are you doing to ensure you stay healthy and active as you get older?

- 1.- You'll have a couple of minutes to think about your answer
- 2.- You may write down a few notes to organize your answer

Example:

My goal is to live a healthy life and reach 80 years old. That's why I usually drink water during the day , I **stay away** from bad habits. I'm working out these days and I am also **keeping up** a healthy diet...

Stay away

Keep / Keep up

Work out



Verbs & Phrasal verbs learned in this lesson

KEEP UP

BURN OUT

WORK OUT

ENGAGE

STAY AWAY FROM

REACH



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