



The simple present

What is your daily routine?

Wentworth: Sarah, what is your daily routine?

Sarah: My daily routine..Usually, I wake up at 6 o'clock. I have a wash and I have breakfast.

Wentworth: What do you have for breakfast?

Sarah: I always drink tea and eat some bread with butter. I sometimes have jam too. What about you, Sir?

Wentworth: I usually drink coffee and eat some fruit: an orange or an apple.

Sarah: You have a very healthy breakfast, Sir. Do you try to keep fit?

Wentworth: Well, I don't eat junk food and I also exercise. Do you exercise, Sarah?

Sarah: Yes, I do. I run every Tuesday and Friday. Sometimes, on Thursday when there is a competition during the weekend.

Wentworth: It is interesting! Okay. Let's get back to your daily routine... After your breakfast, what do you do?

Sarah: I brush my teeth, put some make-up on and leave for work I take the bus. I work at a café near the university. My shift is from 8 to 12 o'clock. Then, I come and study here. After I go home and dine. Then I go to bed at 10pm.

Wentworth: You have a busy schedule. Is it hard?

Sarah: No, it isn't. I am used to it. Thanks.

Wentworth: Now, everyone...Please write your daily routine.



What is your daily routine?	Thursday
my	when
Daily routine	A competition
Usually	During
To wake up	A weekend
At 6 o'clock	interesting
To have a wash	'Let's get back to....'
To have breakfast	your
What do you have for breakfast?	after
always	To brush my teeth
To drink	To put
tea	Make-up
To eat	To leave
(some) bread	for
with	work
butter	To take
sometimes	A bus
jam	To work
too	A café
What about you?	near
coffee	A university
(some) fruit	A shift
An orange	From... To ...
and	12 o'clock
An apple	then
very	To come
healthy	To study
To try (to)	Here
To keep (fit)	Busy
Well	A schedule
Junk food	hard
also	Used to it
To exercise	thanks
Yes, I do	NOW
To run	everyone
Every	please
Tuesday	To write

The simple present is the dictionary **form** of the verb: I **eat** a sandwich.
 For the third person (she/he/it), you adds an **-s**: She **eats** a sandwich.

We use the simple present to refer to:

- general truths:



Water boils at 100° degrees Celsius.

The Earth revolves around the sun.

- facts:

I'm a teacher.

He drives a truck.

They are eighteen years old.

- habits:

I **play** football every weekend.

We use (adverbs of frequency) with the present tense:

I never smoke.

You rarely go to the gym.

She sometimes plays tennis.

We often call our family

They always drink tea.

- plans in the near future.

The film starts at 20.30 tonight.

They **fly** to London next week.

We come for 12.00 tomorrow.



Days of the week

In English, we always write with a capital letter the first letter of every day of the week:

Days of the week			Abbreviation	
<i>days of the week</i> (7 days)	<i>weekdays</i> (5 days)	Monday	Mon.	Mo.