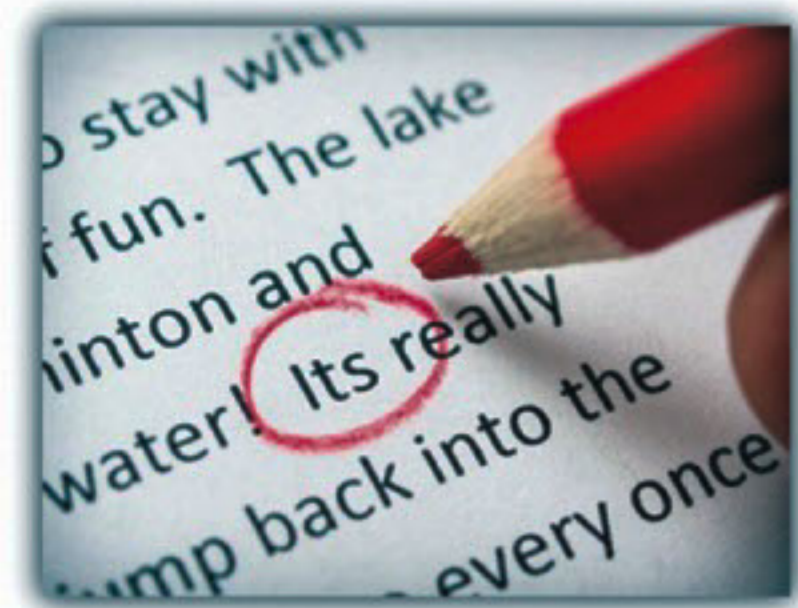


THE NEW GRAMMAR MIX

UNIT 2: PAST SIMPLE AND PAST CONTINUOUS



Unit 1: Present Tenses

A: Put in the present continuous form of the verb in brackets.

- Please be quiet. I _____ (try) to read my book.
- I _____ (not/use) the computer at the moment so you can use it.
- Mary is ill so Sue _____ (teach) her lessons today.
- Excuse me, I _____ (look) for a hotel. Is there one near here?
- _____ (you/wait) for someone?
- Jack, you are very careless. You _____ (always/forget) to do your homework!
- The cost of living _____ (rise) very fast. Every year things are more expensive.
- What _____ (you/do)? I _____ (clean) my shoes.
- Why _____ (not/wear) shorts? It's so hot today.
- The neighbours are so noisy! They _____ (always/argue) loudly.



B: Put the verb into the correct form, present continuous or present simple.

- I _____ (not/belong) to this particular government committee.
- Hurry! The bus _____ (come). I _____ (not/want) to miss it.
- Gregory is a vegetarian. He _____ (not/eat) meat.
- I _____ (look) for the manager. I can't find him anywhere.
- We are successful because we _____ (take) the time to talk to our customers.
- John _____ (deal) with all the enquiries about sales.
- At the moment we _____ (make) a training video for Siemens.
- _____ (you/know) what Mr Briceon _____ (do)? He is not in his office.
- I _____ (apply) for a job in the sales department, but I don't know if I will be successful. It _____ (depend) on whether or not they have any vacancies.
- Unemployment _____ (fall) and is now down to 5.6%.
- Jane is doing some research in the library. She needs it for a book she _____ (write).
- While Anna is away on holidays, Matt _____ (work) in her office.
- He _____ (teach) French and German at University and _____ (learn) Greek.
- There _____ (be) two flights to Honduras this afternoon. The British Airways flight _____ (leave) at 13:00 and _____ (arrive) at 22:00.
- Inflation _____ (rise) at a rate of 2% per annum.

C: Put the verb in brackets into the present simple or the present continuous.

- She always _____ (remember) my birthday.
- Mr Brown _____ (work) in a supermarket.
- I _____ (work) in this factory until I find a better job.
- Look! It _____ (snow).
- Can you hear those girls? What _____ (they-talk) about?
- _____ (you/know) Helen?
- We _____ (never/go) to work by tube. It is too busy.
- When I'm in Paris I _____ (usually/stay) in the Hotel du Pont, but this time I _____ (stay) in the more expensive Hotel Notre Dame.
- Ruth _____ (be) a vegetarian. She _____ (not/eat) meat or fish.
- My father _____ (be) an engineer, but he _____ (not/work) right now.
- _____ (you/believe) in ghosts?
- My parents _____ (live) in Sydney. Where _____ (your parents/live)?
- We _____ (own) two cars, an estate car and a sports car.
- Can you drive? No, but I _____ (learn) at the moment.
- Look! That woman _____ (try) to steal that man's wallet.
- The River Nile _____ (flow) into the Mediterranean.
- _____ (you/like) Bon Jovi?
- I _____ (get) thirsty. Let's get something to drink.
- Those flowers _____ (smell) lovely. What are they?
- Jane _____ (repair) her bike. She _____ (know) exactly what to do.



Find the answers in next MONDAY issue

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED JANUARY 11, 2016)

- KEY:
- There weren't as many people as the Chairman had expected.
 - They don't see their daughter as much as they would like to.
 - The other members of the department aren't as qualified as Joan.
 - Nowhere is as nice as this place.
 - Canada is a less densely populated country than Britain. Britain is a more densely populated country than Canada.
 - Nothing I've heard is as bad as this.
 - No one else's behavior was as bad as Tom's.
 - You can make as much fuss as you want, but you're not making me change my mind.
 - This is the best proposal so far.
 - I haven't seen a great game like this for years.
 - New York's climate is the healthiest of all.
 - I have heard more ridiculous stories than this one before.
- KEY: 1. C 2. C 3. C 4. D 5. C 6. B 7. B 8. A 9. B 10. A
KEY: 1. B 2. C 3. C 4. A 5. B 6. A 7. C 8. A 9. C
KEY: 1. A 2. A 3. B 4. A 5. D 6. A 7. B 8. C

A: Put one of these verbs in each sentence.

Use the past simple:
eat, bring, write, buy, see, meet

- The party was fantastic. Every guest _____ something to eat and a bottle of wine.
- I had an extravagant weekend. I _____ some clothes and a plant.
- Three weeks ago Tracy _____ her ex-husband in Mallorca. What a coincidence!
- When I lived in Italy, we always _____ lamb at Easter.
- Shakespeare _____ a lot of plays.



B: A friend has just returned from his holiday. Ask him questions about it using the past simple.

Example: where/go? Where did you go?
sun/shine Did the sun shine?

- how /get there?
- who/go with?
- where/stay?
- the weather /good?
- what/you think of the food?
- what/do during the day?
- go out in the evenings?
- buy any souvenirs?
- make any new friends?
- how long/the journey home/take?



WRITE SUMMARY OF THE FOLLOWING PASSAGE.

How You Sleep is What You Eat

Are You having problems feeling sleepy when you want to be alert and vice-versa? Perhaps you need to look at your diet, as it may be the culprit. The brain's state of sleepiness or alertness, calmness or anxiousness is said to be determined by messengers in the body called neuro-transmitters.

One of these which is called serotonin helps us feel calm and relaxed. Researchers have found that eating large amounts of carbohydrate foods, such as sweets, potatoes and grain products increases brain levels of serotonin. High-protein meals or snacks, consisting mostly of meat, on the other hand, tend to cause brain levels of serotonin to remain low.

A French study that varied the amount of carbohydrate fed to subjects found that an intake of carbohydrate with an equal serving of protein products did not cause drowsiness. But when very large amounts of carbohydrate were provided without protein, subjects reported feeling drowsy. This drowsiness occurred even after exercise which normally causes people to feel more alert.

We can take advantage of these findings to determine when to stay alert or to get some sleep. A snack that is largely carbohydrate-based may relax us and make it easier for us to fall asleep. On the other hand, when you are trying to stay awake, a balanced meal that includes protein (meat, chicken, fish, dairy products or dried beans) as well as modest portions of grains, vegetables and fruit is more likely to help than loading up on a huge platter of meatless pasta.

Some experiments suggest that the effects may vary depending on the particular carbohydrate foods chosen. The ability of carbohydrates to increase brain serotonin involves a rise in insulin levels in the blood when carbohydrate is eaten. Large carbohydrate portions, or those that cause a faster rise in blood sugar such as sweets, potatoes, bread, refined cereals will cause greater increases in serotonin (and sleepiness). Fruit and dried beans contain carbohydrate that raises blood sugar more slowly, and so would not be expected to raise serotonin levels as high.

But what about good nutrition? Eating to stay alert just means including some protein in our meals. However, do not overeat grain products just because they are fat-free. By including plenty of high-fiber fruit or vegetables in meals, blood sugar and insulin will rise moderately, and serotonin level in the brain will not jump dramatically.

Nevertheless when it comes to getting a good night's sleep, studies clearly show that it is more than just what we eat. Some people are very sensitive to caffeine in coffee, tannin in tea and even to soda pops, even when it is consumed as early as 5.00 p.m. Other people find that the key to a good night's sleep lies in establishing a routine pattern of pre-bedtime behaviors, keeping a consistent bedtime, getting regular exercise, and learning relaxation techniques. If you are extremely sleepy throughout the day, check your eating patterns. Do not try to compensate for lack of sleep at night by eating protein and **scraping by** on caffeine; adequate sleep is essential.

DO IT YOURSELF

Exercise



Complete the following story. Do it either as a pair work or a group work. Take help from your teacher. Also give it a suitable name. (No KEY is provided for this task)

I had a fun day today. I went to the beach with my family. It was my first time I had gone to the beach in Cox's Bazar.

We woke up early and drove for two hours until we reached the beach. There was a lot of traffic. We finally found a parking spot and walked to the sand. It was pretty outside and the beach was very crowded. There were a lot of kids playing.

My dad set up a big umbrella. I laid my towel out on the sand. My mom helped me put on sunscreen. I didn't want to get sunburned.



I walked down to the water and stuck my toes in. The water was warm. It felt good. I walked back to my family and told my brother to come swimming with me.

"I don't want to," he said.
"Why not?" I asked.
"I'm afraid of sharks," he said.

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