

Unit 10

Simple Present Tense & Present Continuous Tense



What do you usually do on Sunday?



I go to church every Sunday. How about you?

My family usually **goes** to a Chinese restaurant every Sunday. I like dim sum very much.



What **are** you **doing** at the moment?

I'm **doing** a project on the Hong Kong International Airport.



From the above conversation, we can see that simple present tense is used to talk about habits and present continuous tense is used to talk about something that is going on at present.

Simple Present Tense is used:

1. to show **facts** or **universal truth**
e.g. The sun **rises** in the east.
Salt **dissolves** in water.
2. to show **habitual actions** or things that **always happen**
e.g. Peter **goes** to school by bus.
We always **visit** our grandma twice a week.