






# Present simple

We use the present simple to talk about:


- situations or states that are always or usually true: *We **live** in a flat.*
- habits and events or actions that happen regularly, often with adverbs of frequency (e.g. *always, often, usually*) and other time expressions (e.g. *on Mondays, every day, in the morning*): *We **usually get up** at six o'clock. He **goes** to the gym **every week**.*

<b>Affirmative</b>	I/you/we/they <b>eat</b>	he/she/it <b>eats</b>
<b>Negative</b>	I/you/we/they <b>don't eat</b>	he/she/it <b>doesn't eat</b>
<b>Question</b>	<b>Do</b> I/you/we/they <b>eat</b> ?	<b>Does</b> he/she/it <b>eat</b> ?
<b>Short answers</b>	Yes, I/you/we/they <b>do</b> . No, I/you/we/they <b>don't</b> .	Yes, he/she/it <b>does</b> . No, he/she/it <b>doesn't</b> .

# Adverbs of frequency

	The bus is <b>always</b> crowded.	She <b>always</b> walks to work.
	The bus is <b>usually</b> crowded.	She <b>usually</b> walks to work.
	The bus is <b>often</b> crowded.	She <b>often</b> walks to work.
	The bus is <b>sometimes</b> crowded.	She <b>sometimes</b> walks to work.
	The bus is <b>never</b> crowded.	She <b>never</b> walks to work.

- We use adverbs of frequency to describe how often somebody does something, or how often something happens.
- Adverbs of frequency come after the verb *be*: *The bus **is always** crowded.*
- And they come before other verbs: *She **sometimes walks** to work.*
- In negative sentences, they come between *don't/doesn't* and the verb: *I **don't usually buy** magazines.*
- In questions, they come before the verb: *Do you **always have** breakfast?*

 We can use *every* + noun, too (e.g. *every day, every week, every year*). *Every day/week, etc.* come at the beginning or end of the sentence: *I phone Emma **every day**. **Every month** we visit my grandparents.*