

Situations that are changing around us. Generally this use is built with verbs like *get, change, become, improve, begin, start, etc.*



The situation in this country is **improving**.



He is **getting** taller and thinner.



1 Change the verbs of these sentences to present progressive.

1. The cat eats is eating in the kitchen.
2. Peter sits is sitting in his tree house.
3. The children bake are baking biscuits.
4. I walk am walking to the mall on my own.
5. We paint are painting our house cream and brown.
6. Nina plays is playing the piano quite well.
7. The boys ride are riding their bicycles often.
8. Ian leaves are riding our class at the end of the week.
9. The dog barks is barking outside the back door.
10. The girls slide are barking down the sand dune.

2 Rewrite the sentences in present progressive.

1. The principal shakes his head at the giggling children.

The principal is shaking his

2. Our pony club rides well at competitions.

Our pony club is riding well at

3. The fathers lead the horses to drink water.

The fathers are leading the horses to drink water.

4. Rose bushes grow well in spring and summer.

Rose is bushing grow well

5. I kneel in front of the fire.

I am kneeling in front of the fire

3. Make True or False to the following sentences.

A. We use the present continuous for permanent states or situations.

True False

B. We use the present continuous for temporary situations.

True False

C. We often use the present continuous for things happening right now.

True False

D. We can use the present continuous for future arrangements.

True False

E. We can use the present continuous with all verbs.

True False

F. Some verbs – for talking about emotions, thinking, the senses, etc. – cannot be used in the continuous form.

True False

G. Sometimes the spelling of the infinitive form changes when we add -ing.

True False

4. Fill the gaps with the verbs in brackets. Use present progressive.

1. I'm really busy — I am studying (study) for the exam.

2. Right now we are riding (ride) camels!

3. They said they are having (have) a great time.

4. Daisy is downloading (download) an album.

5. What are you doing (you do) at the moment?

6. They are waiting (wait) for me in the café.

7. Is Oliver working (Oliver work) hard?

8. The weather's terrible, so we are not going (not go) walking much.

5. Correct the mistakes in the following sentences.

1. The TV no is working.

The TV is not working

2. I'm liking this album a lot.

I am liking this album a lot

3. She sending a message to Billie.

She is sending a message to Billie

4. Come on, the film's start.

Come on, the film is starting

5. She's knowing Alfie very well.

She is knowing Alfie very well

6. You going to Chinese classes?

Are you going to Chinese classes?

7. What are you thinking about the film?

What are you thin about the film

READING COMPREHENSION

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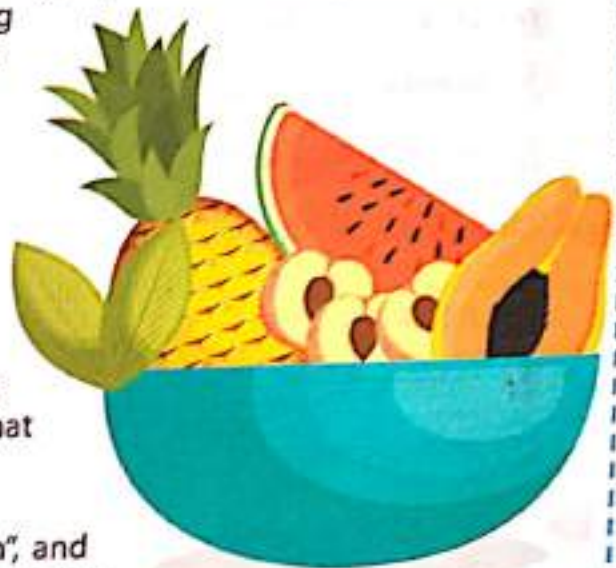
Are organic foods really more nutritious than non-organic foods? Read about this issue in the reading below and answer the questions.

ORGANIC FOODS

Organic food is very popular these days. It can also be very expensive. Some organic food costs twice as much as non-organic food. Parents of young children, and even some pet owners, will pay high prices for organic food if they think it's healthier. But many others think organic food is just a waste of money.

There is one main difference between organic and non-organic food. Organic farms do not use agricultural chemicals such as pesticides that stop insects from damaging crops. In many countries foods that claim to be organic must have special labels that guarantee they're grown organically.

Some people think organic also means "locally grown", and originally this was true. But over time organic farming has become big business, with many organic foods now being grown by large agricultural companies that sell their products far from where they're grown. Processed food made with organic ingredients has also become more popular.



At first, only small companies produced these products. But as demand overtook supply, big food companies that had been selling non-organic products for many years also began selling organic products. Small organic food companies found it difficult to compete with these big companies, and many didn't stay in business much longer.

Is organic food safer and more nutritious? This is an important part of the debate. Many farmers and consumers believe it is. They think agricultural chemicals can cause serious illnesses like cancer, but there isn't much evidence proving this is true. However recent studies have shown that eating organically-grown produce reduces your chances of developing heart disease. Many doctors think it's more important to stop dangerous bacteria from contaminating food. These bacteria can contaminate both organic and non-organic fruit and vegetables, and doctors recommend washing produce carefully before eating it. Meat, fish and chicken can also become contaminated, so washing your hands before handling these foods is also very important. Many doctors also believe we should reduce the amount of sugar in our diets and there is a lot of evidence to support this idea. They recommend carefully checking the list of ingredients on processed food and drinks for all the words that really mean sugar, like glucose, sucrose and fructose. And they remind us that the aim of most big food companies is to make lots of money, even if they damage our health while doing so. This means processed foods that are called "organic" can also be very unhealthy if they contain lots of sugar.

Most people agree that naturally grown food tastes better. Is tastier food worth the extra money? That's a matter of opinion. Whether organic food is healthier or not is still not clear so more research is needed. However, consumers of organic food often say "better safe than sorry" when it comes to what we eat.



Activity

1 What is the main difference between organic and non-organic food?

- a. use of pesticides
- b. size of the company
- c. location of the farm

2 Which is usually more expensive?

- a. pet food
- b. organic food
- c. non-organic food

3 Many small organic food companies found it difficult to

- a. waste money
- b. stay in business
- c. find cheap pesticides

4 Recent studies show that eating organic produce can _____ your chances of having heart disease.

- a. develop
- b. increase
- c. reduce

5 Dangerous bacteria can contaminate

- a. organic food only
- b. non-organic food only
- c. organic and non-organic food

6 All processed foods should have a label listing the product's

- a. ingredients
- b. pesticides
- c. organics

7 Many doctors now believe eating too much _____ food is bad for our health.

- a. fresh
- b. sweet
- c. organic

8 Processed organic foods can also be unhealthy if they contain lots of

- a. nutritious ingredients
- b. organic produce
- c. glucose

