

Present perfect continuous conversational practice**1. What have you been eating lately?**

- *I've been trying to eat more vegetables and fruits.*
- *I've been indulging in a lot of comfort foods.*
- *I've been exploring different cuisines through takeout and home cooking.*

Follow-up: How has this affected your health?

2. Where have you been spending most of your free time recently?

- *I've been spending a lot of time at the gym.*
- *I've been staying home more often, watching movies and series.*
- *I've been visiting the park near my house frequently, just enjoying the peace and quiet.*

Follow-up: What do you like about that place?

3. When have you been waking up these days?

- *I've been waking up really early, at around 5 AM.*
- *I've been waking up late, usually after 9 AM.*
- *My schedule varies, but generally, I've been waking up around 7 AM.*

Follow-up: How has this affected your daily routine?

4. Who have you been spending time with recently?

- *I've been spending most of my time with my family.*
- *I've been hanging out with my old school friends quite a bit.*
- *Actually, I've been spending a lot of time alone, doing things I enjoy.*

Follow-up: What have you been doing together?

5. How have you been commuting to work recently?

- *I've been biking to work whenever the weather permits.*
- *I've been using public transportation like the subway.*
- *I've been working remotely, so I haven't had to commute.*

Follow-up: How do you find your commute?

6. What types of movies or series have you been watching recently?

- *I've been into sci-fi movies lately.*
- *I've been watching a lot of historical documentaries.*
- *I've been catching up on some comedy series.*

Follow-up: Why do these interest you?

7. Where have you been doing your shopping recently?

- *I've been ordering online from local farms.*
- *I've been going to the supermarket near my house.*
- *I've been visiting the local farmers market.*

Follow-up: How do you find the quality of the products there?

8. What trend online have you been following recently?

- *I've been following the minimalist lifestyle trend.*
- *I've been keeping up with the latest fitness challenges.*
- *I've been involved in various cooking and baking trends.*

Follow-up: What attracts you to this trend?

9. Who have you been keeping in touch with from your past?

- *I've been talking to my college friends.*
- *I've been calling my extended family regularly.*
- *I've been catching up with my former colleagues.*

Follow-up: How do you keep in touch with them?

10. How have you been keeping yourself entertained at home?

- *I've been playing a lot of video games.*
- *I've been trying my hand at painting and sketching.*
- *I've been spending my time gardening.*

Follow-up: What made you choose this activity?

Now, here are 5 present perfect continuous yes/no questions:

1. Have you been saving any money recently?

- *Yes, I've been saving a significant portion of my income.*
- *No, I haven't been able to save much due to some expenses.*
- *A bit, I've been putting away a small amount each month.*

Follow-up: What are you planning to do with the money you save?

2. Have you been using public transportation lately?

- *Yes, I've been using public transportation daily for my commute.*
- *No, I've been driving or walking instead.*
- *Sometimes, I use it when the weather is bad.*

Follow-up: How has your experience been with it?

3. Have you been trying new recipes recently?

- *Yes, I've been trying out a new recipe each week.*
- *No, I've been sticking to my usual meals.*
- *A bit, I've been trying something new every now and then.*

Follow-up: What has been your favorite new dish?

4. Have you been watching the new season of your favorite series?

- *Yes, I've been watching every new episode.*
- *No, I haven't had time to catch up yet.*
- *I've been watching an episode or two when I can find the time.*

Follow-up: What are your thoughts on the new season?

5. Have you been following a news topic this month?

- *Yes, I've been following the climate change reports closely.*
- *No, I've been taking a break from news to reduce stress.*
- *Somewhat, I keep an eye on major headlines but haven't followed a specific topic.*

Follow-up: Why does this topic interest you, or why have you decided to take a break?