

I've been eating 跟 I've eaten 有什麼差？

學習建議：

1. 把每一段對話裡出現的目標文法圈起來
 2. 遮起對話部分，自我測驗是否能說出完整句子
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一、核心觀念

- 現在完成式 (have/has + p.p.)
用來強調 結果、次數、完成的狀態。
例：I've **written** three reports today. (結果 → 三份完成)
 - 現在完成進行式 (have/has been + V-ing)
用來強調 過程、持續的時間。
例：I've **been writing** reports all day. (過程 → 整天都在寫，可能還沒完成)
常出現的時間單字：for, since, all morning, all day, all week
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常見動詞對照(額外 10 組)

特別留意現在完成式這幾個字：for, since, all morning, all day, all week

動詞	現在完成式(結果 / 次數)	現在完成進行式(過程 / 持續)
Read	I've read 5 books this month. (結果 : 已經看完五本)	I've been reading this book all afternoon. (過程 : 整個下午都在看, 還沒看完)

Try	I've tried three times, but it didn't work. (次數 / 結果)	I've been trying to fix this computer for two hours. (過程, 還在努力)
Build	I've built five websites. (結果: 五個完成)	I've been building this website since last month. (過程, 從上個月開始還在做)
Look for	I've looked for my keys everywhere. (結果: 到處找過, 可能放棄)	I've been looking for my keys for 20 minutes. (過程, 還在找)
Watch	I've watched that movie twice. (次數 / 結果)	I've been watching Netflix all day. (過程, 整天在看)
Rain	It has rained a lot this week. (結果: 累積很多雨)	It's been raining all day. (過程, 強調持續)
Cook	I've cooked dinner already. (結果: 晚餐煮好了)	I've been cooking for an hour. (過程, 還在煮)
Play	I've played tennis twice this week. (次數 / 結果)	I've been playing tennis for two hours. (過程, 還在打)
Sleep	I've slept for 8 hours. (結果: 睡滿八小時)	I've been sleeping all morning. (過程: 整個早上都在睡)
Clean	I've cleaned the kitchen. (結果: 廚房乾淨了)	I've been cleaning the kitchen since 9 a.m. (過程: 從早上九點一直在打掃)

三、練習(1): 糾錯

1. Kevin is writing reports since this morning.
 2. I call him three times today, but he didn't answer.
 3. She studies English for two years.
 4. They are playing basketball for two hours.
 5. I wait here since 5 p.m.
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四、練習題(2): 填空格

1. It _____ (rain) all day. I hope it stops soon.
 2. I _____ (read) three books this month.
 3. I _____ (look for) my keys for 20 minutes. I still can't find them.
 4. She _____ (watch) the same movie twice already.
 5. Sorry I'm late. I _____ (wait) for the bus since 6 p.m.
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解答在下面

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解答

練習題一：糾錯

1. Kevin is writing reports since this morning.

✓ Kevin has been writing reports since this morning.

→ 「since this morning」表示動作從過去開始到現在仍在進行，要用 完成進行式。

2. I call him three times today, but he didn't answer.

✓ I have called him three times today, but he didn't answer.

→ 「three times」強調次數，是 結果，用 完成式。

3. She studies English for two years.

✓ She has studied English for two years.

✓ She has been studying English for two years.

→ 「for two years」既可以看作結果（學了兩年），也可以看作過程（學了兩年還在學），所以兩種都正確。

4. They are playing basketball for two hours.

✓ They have been playing basketball for two hours.

→ 「for two hours」表示持續進行到現在，要用 完成進行式。

5. I wait here since 5 p.m.

✓ I have been waiting here since 5 p.m.

→ 「since 5 p.m.」表示從過去到現在的持續，動詞 wait 強調過程，要用 完成進行式。

練習題二：填充格

1. It _____ (rain) all day. I hope it stops soon.

✓ It has been raining all day.

→ 「all day」強調動作的持續過程，用 完成進行式。

2. I _____ (read) three books this month.

✓ I have read three books this month.

→ 「three books」是明確的結果 / 數量, 用 完成式。

3. I _____ (look for) my keys for 20 minutes. I still can't find them.

✓ I have been looking for my keys for 20 minutes.

→ 強調「過程」, 而且動作還在持續, 用 完成進行式。

4. She _____ (watch) the same movie twice already.

✓ She has watched the same movie twice already.

→ 「twice」表示次數, 是結果, 用 完成式。

5. Sorry I'm late. I _____ (wait) for the bus since 6 p.m.

✓ I have been waiting for the bus since 6 p.m.

→ 「since」+ 時間點, 動作持續到現在, 用 完成進行式。

6. My phone _____ (ring) three times today, but I missed all the calls.

✓ My phone has rung three times today.

→ 「three times」是次數, 強調結果, 用 完成式。