

Lesson 1: SEAT / SIT / SET

Welcome to Lesson 1 of the American English Pronunciation Course!

Today, we're going to practice the difference between SEAT, SIT, and SET.

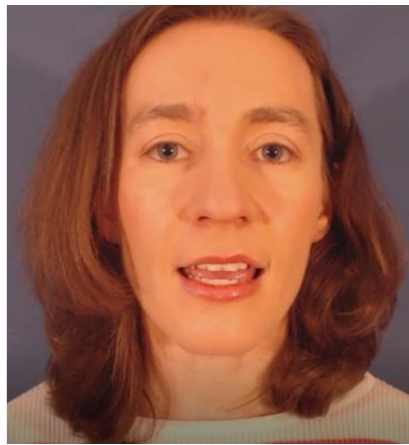
The secret to making the difference between these three sounds is how much you open your mouth:

- For the sound in **SEAT**, your mouth is almost closed.
- For the sound in **SIT**, your mouth is a little more open.
- For the sound in **SET**, your mouth is even more open.

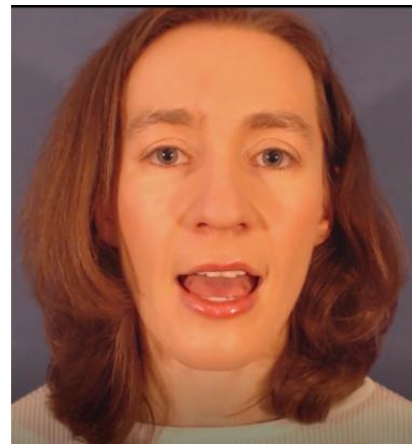
Watch me, listen and repeat!



EE - SEAT



I - SIT



E - SET

Let's practice each sound individually.

Common words like SEAT:

- easy
- each
- even
- green
- piece

- key
- we
- be
- see

Notice that this sound can be spelled several different ways:

e / ea / ee / ie / ey

Common words like SIT:

- it
- if
- is
- little
- big
- sick
- win
- chips
- finish

Common words like SET:

- egg
- extra
- end
- ten
- head
- friend
- many
- said
- again

Notice that this sound can be spelled: e / ea / ie / a / ai

Now let's practice making the difference:

- leave / live
- heat / hit
- sheep / ship
- meet / met
- read / red
- teen / ten
- fell / fill
- mess / miss
- dead / did
- these / this

Are you ready for something more difficult? You're going to see two words, and I'm going to say only one of them. You have 3 seconds to identify the word before the answer appears.

- beat / bit
- wheel / will
- seen / sin
- cheek / check
- feel / fell
- beast / best
- bitter / better
- hill / hell
- since / sense

(answers at the end of this lesson)

It's important to practice these words in sentences, too. Here are 9 practice sentences: 3 of them focus on the sound in SEAT, 3 of them focus on the sound in SIT, and 3 of them focus on the sound in SET.

I'm going to say each sentence slowly one time, then at normal speed one time – and I want you to repeat both times.

Practice Sentences

Focus on SEAT:

- He **teaches** **reading** to **three** **people**.
- We **keep** the **sheep** out of the **heat**.
- She **doesn't** **believe** we should **eat** **meat**.

Focus on SIT:

- There's a **bit** of **chicken** and **fish** **in** the **kitchen**.
- **It's** not a **quick** **fix** for the **business**.
- **Jim** **lives** **in** a **big** **building** **in** the **middle** of the **city**.

Focus on SET:

- **Wendy** **said** she **met** **many** **men**.
- My **best** **friend** **Kevin** **checked** the **test**.
- Don't put your **wet**, **sweaty** **head** on the **bed**.

You've finished Lesson 1 of the American English Pronunciation Course!

Answers to "Which word?" – beat, will, sin, check, feel, best, bitter, hell, sense

This is a free sample lesson from the
[American English Pronunciation Course](#)

30 LESSONS – \$30

Start the course today!