Simple Past vs. Past Continuous

6:30–7:30 p.m.   7:15 p.m.
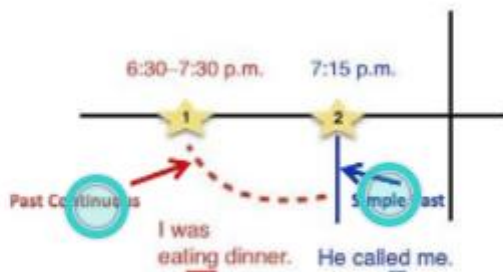
Past Continuous   Simple Past

I was
eating dinner.   He called me.

I was eating dinner when he called me last night.
When he called me last night, I was eating dinner.