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Nombre del trabajo: Weekly Activity #1 Unit 3

Materia: ingles v

Grado: 5

Grupo: a

Comitán de Domínguez Chiapas a 26 de octubre de 2020.

EATING WELL

Read the conversation of people talking about food choices.



Rita: Didn't you tell me you were avoiding sweets?

Joy: I couldn't resist! I had a craving for

Rita: Well, <u>I have to admit</u> it looks pretty good. How many calories are in that thing anyway?



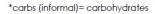
Joy: I have no idea. Want to try some?

Rita: Thanks. But I think <u>I'd better pass.</u>
I'm avoiding carbs*.

Joy: You? I don't believe it. You never used to turn down chocolate!

Rita: I know. But I `m watching my

weight now.





Joy: Come on! It's really good.

Rita: Ok. Maybe just a bite.

Joy: Hey, you only live once!

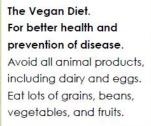
Exercise 1. Find an underlined sentence or phrase in the photo story with the same meaning as each of the following.

1. I don't knowi have no idea		
2. I should say noturn down		
3. I couldn't stop myself. <u> a</u> could't resist I had a chocolate	craving	for
4. I'm trying not to get havieri'm watching my weight		
5. I really wantedi hav to admit		
6. I agreei'd better pass		
7. Say no toturn down		
8. I'll try a littlejust a bite		

Exercise 2. Translate the article about different kind of diet.



The Mushroom Diet.
For weight loss.
Replace lunch or dinner
every day- for two weekswith a mushroom dish.







The Atkins Diet.
For weight loss.
Eat high- protein foods
such as meat, eggs, and
cheese. Avoid foods that
are high in carbohydrates, such as potatoes,
bread, grains, and sugar.

The Juice Fats.
For better health and prevention of disease.
Instead of food, drink four to six glasses of fresh vegetable and fruit juices for anywhere from three days to three weeks. Get plenty of rest and avoid exercise during the fast.



Traducción:

- 1. The mushroom diet for weight: la dieta de los hongos para bajar de peso remplace el desayuno a la cena todos los dias duaranre 2 semanas con un plato de hongo
- 2. The vegan diet for better healt and prevention of diseases: la dieta vengana para una major salud y prevencion de enfermedades evitar todos los productos de origen animal incluido los lacteos y los huevos comer frijoles, verduras y frutas
- 3. The atkins diet for weight loss: la dieta atkins para bajar de peso comer alimentos ricos en proteinas como carne como carne, huevos y queso evitar los alimentos con alto contenido de carbohidratos como papas, cereals, pan y azucar
- 4. The juice fats dor better healt and prevention of disease: las grasas de los jugos mejoran la salud y la prevencion de enfermedades en lugar de comida beba de 4 a 6 vasos de jugos de frutas y verduras frescas durante un periodo de 3 dias a 3 semanas desacanse lo suficiente y evite el ejercicio durante el ayuno.

VOCABULARY- Food passions.



GRAMMAR - Used to

- We use "used to" + the base form of a verb to describe things that were true in the past but are no longer true in the present.

Example: I <u>used to</u> be crazy about candy, but now I no longer care for it.

- The negative form of "used to" is "didn't use to".
 - Example: She didn't use to eat a lot of chocolate but now she has it all the time.
- The interrogative form of "used to" is "did you use to + the base form".

Example: <u>Did you use to</u> eat a lot of fatty foods? Yes, I did. No, I didn't or Yes, I used to. No, I didn't use to.

- WH- questions.

Example: What did you use to have for breakfast? Eggs and sausage. But not anymore.

Example: Why did you use to eat so much? Because I didn't use to worry about my health.

Exercise 3. Use the context to help you complete each sentence with "used to" or "didn't use to".

Then, write two sentences about yo	ourself.						
,	go out to eat a lot, but now he eats at home r						
2. Ninadidt´t use to	eat a lot of pasta, but now she does.						
3. Vinniedidt´t use to	drink a lot of coffee, but now he's a coffee addict						
4. Antonused to	eat a lot of vegetables, but now he doesn't.						
5. Cateused to	hate seafood, but now she's crazy about fish.						
6. Tedused to	eat a lot of fatty foods, but now he avoids them.						
7. Burtdidn´t use to day.	drink a lot of water, but now he has several glasses o						
8. Maydidn´t use to week.	like salad, but now she has salads several times o						
9. (used to) Iuse to drive to work_							
10. (didn't use to) I _did't use to talk	much before						

Exercise 4. Use the prompts to write logical sentences with negative or affirmative forms of "used to".

1. Jason and Trish / get lots of exercise / but now they go swimming every day.

Jason and trish didn't use to get lost of exercise but now they go swimming evry day

2. There / be a movie theater on Smith Street / but now there isn't.

The	used	to	be	а	movie	theater	on	smith	street	but	now	there	isn't
3. No	one/	worry	abo	ut fa	tty foods	/ but now	/ most	people	do.				
No do_		use	d ·	to	morry	about	fatty	food	ls but	no\	w m	iost p	eople
	glish / I			rnat	ional lan	guage / k	out no	w every	one use	s Engl	ish to (commu	nicate
_						interna		langud	age co	mmun	icate	around	the
Won	nen Am	nerico	ı didr	n't u		pants, bu		,					