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Materia: ingles v

Grado: 5

Grupo: a

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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 chocolate.
Rita: Well, I have to admit 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 I'd better pass. 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.

*carbs (informal)= carbohydrates



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 know. _____ i have no idea _____
2. I should say no. _____ turn down _____
3. I couldn't stop myself. a couldn't resist I had a craving for chocolate _____
4. I'm trying not to get havier. i'm watching my weight _____
5. I really wanted . . . _____ i hav to admit _____
6. I agree . . . _____ i'd better pass _____
7. Say no to . _____ turn down _____
8. I'll try a little. _____ just 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 weeks- with a mushroom dish.

The Vegan Diet.

For better health and prevention of disease.

Avoid all animal products, including dairy and eggs. Eat lots of grains, beans, vegetables, and fruits.



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 reemplace el desayuno a la cena todos los días durante 2 semanas con un plato de hongo
2. The vegan diet for better health and prevention of diseases: la dieta vegana para una mejor salud y prevención de enfermedades evitar todos los productos de origen animal incluido los lácteos 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 proteínas como carne, huevos y queso evitar los alimentos con alto contenido de carbohidratos como papas, cereales, pan y azúcar
4. The juice fats for better health and prevention of disease: las grasas de los jugos mejoran la salud y la prevención de enfermedades en lugar de comida beba de 4 a 6 vasos de jugos de frutas y verduras frescas durante un periodo de 3 días a 3 semanas desahócese 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 used to 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: Did you use to 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 yourself.

1. Gary ___didn't use to _____ go out to eat a lot, but now he eats at home more often.
2. Nina ___didn't use to _____ eat a lot of pasta, but now she does.
3. Vinnie ___didn't use to _____ drink a lot of coffee, but now he's a coffee addict.
4. Anton ___used to _____ eat a lot of vegetables, but now he doesn't.
5. Cate ___used to _____ hate seafood, but now she's crazy about fish.
6. Ted ___used to _____ eat a lot of fatty foods, but now he avoids them.
7. Burt ___didn't use to _____ drink a lot of water, but now he has several glasses a day.
8. May ___didn't use to _____ like salad, but now she has salads several times a week.
9. (used to) I ___use 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 lots of exercise but now they go swimming every day

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

The used to be a movie theater on smith street but now there isn't

3. No one / worry about fatty foods / but now most people do.

No one used to worry about fatty foods but now most people do

4. English / be an international language / but now everyone uses English to communicate around the world.

English didn't used to be an international language communicate around the world

5. Women in North America / wear pants, but now it's very common for them to wear them.

Women America didn't use to wear pants, but now it's very common for them to wear them
