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Materia: ingles

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Grupo: "A"

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.



Joy: Come on! It's really good.

Rita: Ok. Maybe just a bite.

Joy: Hey, you only live once!

*carbs (informal) = carbohydrates

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. _____ i'd better pass _____
3. I couldn't stop myself. _____ i couldn't resist _____
4. I'm trying not to get havier. _____ i'm watching my weight _____
5. I really wanted . . . _____ i had a craving for _____
6. I agree . . . _____ i have to admit _____
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:

-la dieta de los hongos. Para pérdida de peso. Reemplazar almuerzo o cena todos los días por dos semanas- con un plato de hongos

-la dieta vegana. Para para mejor salud y prevención de enfermedades. Evitar todos los productos de origen animal, incluyendo lácteos y huevos. Comer muchos granos, frijoles, vegetales y frutas.

-la dieta atkins. Para la pérdida de peso. Comer comidas que contengan mucha proteína. Así como comes carnes, huevos y queso. Evitar altas en carbohidratos, así como patatas, pan, granos y azúcar.

-la grasa de los jugos. Para mejorar la salud y prevención de enfermedades. En lugar de comida, bebe cuatro a seis vasos de jugo vegetal fresco y jugo de frutas de cualquier lugar de tres días a tres semanas. Ten reposo y evita el ejercicio durante la dieta.

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 _____ used 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 _____ used to like boiled egg but now I have it _____
10. (didn't use to) I didn't use to eat veggies, now I eat them every day _____

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.
_____. There 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 use to be an international language but now everyone uses English to communicate around the world.

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

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

VOCABULARY

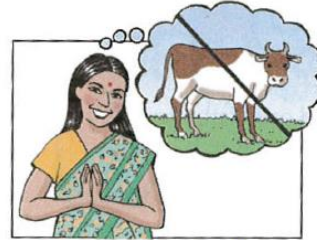
Excuses for not eating something



Coffee **doesn't** agree with me.



I'm **on a diet**/
I'm **trying to lose weight**.



I don't eat beef. It's **against my religion**.



I'm **allergic to** chocolate.



I'm **avoiding** sugar.



I **don't care for** broccoli.

Exercise 1. Escribe 7 oraciones usando las palabras en negritas.

1. (doesn't agree with me): Spice doesn't agree with me
2. (on a diet): Im not on a diet
3. (trying to lose some weight): She is trying to lose some weight
4. (against my religion): Eating beef isn't against my religion
5. (allergic to): They are allergic to peanuts
6. (avoiding): Im avoiding dairy products
7. (don't care for): I don't care for apples

GRAMMAR

Negative yes / no questions

- We use "negative yes / no questions" to confirm information you think is true.

Example: Isn't Jane a vegetarian? Yes, she is.

Example: Didn't he go on a diet last week? Yes, he's trying the Atkins Diet.

- We use "negative yes / no questions" when you want someone to agree with you.

Example: Don't you love Italian food? Yes, it's delicious.

Example: Wasn't that a terrible dinner? Actually, no. I thought it was good.

- We use "negative yes / no questions" to express surprise.

Example: Aren't you going to have cake? I'm sorry but I'm on a diet.

Example: Hasn't he tried the chicken? No, he's a vegetarian.

Exercise 2. Complete each negative yes / no question.

1. A: ____aren't____ you allergic to tomatoes?

B: Me? No. You're thinking of my brother.

2. A: ____wasn't ____ that lunch delicious yesterday ?

B: It was fantastic!

3. A: ___didn't_____ we already have steak this week?

B: Yes, we did.

4. A: ____isn't_____ your husband been on a diet?

B: Yes. But it's driving him crazy.

5. A: ____isn't_____ asparagus disgusting?

B: Actually, I like it.

6. A: _____don't___ you like your pasta?

B: Actually, it was a little too spicy for me.

How Can It Be?

Americans gain weight... while the French stay thin.

Have you ever wondered why Americans struggle with watching their weight, while French, who consume all that rich food- the bread, the cheese, the wine, and the heavy sauces- continue to stay thin? Now a report from Cornell University suggests a possible answer. A study of almost 300 participants from France and the U.S. provides clues about how lifestyle and decisions about eating may affect weight. Researchers concluded that the French tend to stop eating when they feel full. However, Americans tend to stop when their plate is completely empty, or they have reached the end of their favorite TV show.

According to Dr. Joseph Mercola, who writes extensively about health issues, the French see eating as an important part of their lifestyle. They enjoy food and, therefore, spend a fairly long time at the table. In contrast, Americans see eating as something to do quickly as they squeeze meals between the other activities of the day. Mercola believes Americans have lost the ability to sense when they are actually full. So they keep eating long after the French would have stopped. In addition, he argues that, by tradition, the French tend to shop daily, walking to small shops and farmers' markets where they have a choice of fresh fruits, vegetables, and eggs as well as high-quality meats and cheeses for each meal. In contrast, Americans tend to drive their cars to huge supermarkets to buy canned and frozen foods for the whole week.

Despite all these differences, new reports show that recent lifestyle changes may be affecting French eating habits. Today, the rate of obesity- or extreme overweight- among adults is only 6%. However, as American fast-food restaurants gain acceptance, and the young turn their backs on older traditions, the obesity rate among French children has reached 17%- and is growing.



Exercise 3. Use the context of the article to help you choose the same meaning as each underlined word or phrase.

1. Have you ever wondered why Americans struggle with watching their weight...
a. have an easy time b. have a difficult time c. don't care about
2. ... while the French, who consume all that rich food, ...
a. fatty, high-calorie food b. low-fat, low-calorie food c. expensive food
3. ... continue to stay thin?
a. worry about their weight b. not become overweight c. gain weight
4. Researchers concluded that the French tend to stop eating when they feel full.
a. like they can't eat any more b. worried about their weight c. hungry
5. ... the French see eating as an important part of their lifestyle.
a. personal care and appearance b. culture or daily routine c. meals

Exercise 1. Choose the correct form to complete each sentence.

1. We've __take__ the 2:00 express train many times.
a. take b. took c. taken
2. I had breakfast at 9:00, but I haven't __had__ lunch.
a. have b. had c. having
3. Allison has __gone__ to the mall.
a. went b. gone c. go
4. My younger brother has __came__ home from work.
a. come b. came c. comes
5. They posted some messages yesterday, but they haven't __written__ anything about their trip.
a. written b. write c. wrote

Exercise 2. Put the verbs into the correct form of the Present Perfect Simple.

1. I (not / work) _____ have not worked _____ today.
2. We (buy) _____ bought _____ a new lamp.
3. We (not / plan) _____ haven't planned our holiday yet.
4. Where (be / you) _____ have you been _____?
5. He (write) _____ has written _____ five letters.
6. She (not / see) _____ hasn't seen _____ him for a long time.
7. (be / you) _____ have you been _____ at school?
8. School (not / start) _____ hasn't started _____ yet.
9. (speak / he) _____ he hasn't spoken _____ to his boss?
10. No, he (have / not) _____ has not _____ the time yet.

Exercise 3. Complete the sentences using present perfect simple:

1. ___have___ you ___seen___ (see) Paul today?
2. She ___went___ (go) outside.
3. ___have___ you ever ___visited___ (visit) Paris?
4. I ___have___ already eaten _____ (already/eat).
5. She _____has just arrived _____ (just / arrive)

Exercise 1. Use the words to write statements and questions in the Present Perfect.

1. you/ go sightseeing / in London / before.
-you have gone sightseeing before in London
-have you gone sightseeing before in London?
2. she / already / try / Guatemalan food.
-she already tried Guatemalan food.
- has she already tries Guatemala food?
3. they / ever / be / to Buenos Aires.
-they have been to buenos aires
-have they ever been to buenos aires?
4. we / not take a tour of Prague.
-we can't take a tour to Prague
- why can't take we a tour to Prague?