

UDS

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Ingles 🇺🇸

EATING WELL

Read the conversation of people talking about food choices.



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. _I could'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 have 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.

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Traducción:

1. The mushroom diet for weight loss: la dieta de los hongos para bajar de peso.reemplace el desayuno o la cena todos los días durante 2 semanas con un plato de hongo.
2. The vegan diet for better healt and prevention of diseases.la dieta vegana para una mejor salud y prevencion de enfermedades. Evitar todos los productos de origen animal incluidos 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 proteina como carne como carne,huevos y queso evitar los alimentos con alto

contenido de carbohidratos como papas, pan, cereales y azucar.

4. The juice fats do 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 descanse lo suficiente y evite el ejercicio durante el ayuno.

VOCABULARY- Food passions.

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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 didn'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.

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



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): ___soda **doesn't** agree with me _____

2. (on a diet): ___I'm fat I must go on a diet _____

3. (trying to lose some weight): ___I am fat im trying to lose some weight _____

4. (against my religion): ___I don't eat pork it's against my religion _____

5. (allergic to): ___im allergic to chicken _____

6. (avoiding): ___I am avoiding fatty foods _____

7. (don't care for): _I don't care for ice cream_____

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" when you want someone to agree with you.

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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: don'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: don't we already have steak this week?

B: Yes, we did.

4. A: didn't your husband been on a diet?

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

5. A: wasn'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.

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

GRAMMAR - GETTING ACQUAINTED

GRAMMAR - The Present perfect

- We use the Present Perfect to talk about something that happened in the past, but the exact time it happened is not important. It has relationship with the present.

Example: I have done my homework = I finished my homework in the past. It is not important at what exact time, only that it is now done (result in the present).

Example: I have forgotten my bag = It is not important when exactly I forgot it. The important

thing is that I don't have it right now.

Yes/ no questions

A: Have you met them?

B: Yes, we have. / No, we haven't.

- Remember: we use the Past Simple Tense to talk about a definite or specific time in the past.

Compare:

Present Perfect: indefinite time Past Simple tense: definite time

Example: I've met Bill twice Example: I met Bill in 1999 and again in 2004

The Present perfect

El presente perfecto equivale más o menos al pretérito perfecto del español. Veremos las diferencias en la sección sobre usos. En general, es una mezcla entre el presente y el pasado.

Lo usamos para acciones en el pasado que tienen importancia en el presente.

Grammatical Rules (Reglas gramaticales)

Form (Forma)

Para formar el presente perfecto, se usa el verbo auxiliar "to have" en el presente y el participio pasado del verbo. Para verbos regulares, el participio pasado es la forma simple del pasado.

Ver la lección sobre el pasado simple para más información sobre como formar el pasado.

Nota: Ten en cuenta que hay muchos participios pasados irregulares en inglés. A continuación tienes una lista de unos de los participios pasados irregulares más comunes.

Structure (Estructura)

1. Affirmative Sentences (Frasas afirmativas)

Sujeto + verbo auxiliar (to have) + participio pasado...

Ejemplos:

I have [I've] talked to Peter.(He hablado con Peter.)

She has [She's] gone to work.(Ha ido a su trabajo.)

We have [We've] been to London.(Hemos ido a Londres.)

They have [They've] learned English.(Han aprendido inglés.)

2. Negative Sentences (Frasas negativas)

Sujeto + verbo auxiliar (to have) + "not" + participio pasado...

Ejemplos:

I haven't talked to Peter.(No he hablado con Peter.)

She hasn't gone to work.(No ha ido a su trabajo.)

We haven't been to London.(No hemos ido a Londres.)

They haven't learned English.(No han aprendido inglés.)

3. Interrogative Sentences (Frasas interrogativas)

Verbo auxiliar (to have) + sujeto + participio pasado...?

Ejemplos:

Have you talked to Peter?(¿Has hablado con Peter?)

Has she gone to work?(¿Ha ido a su trabajo?)

Have you been to London?(¿Has ido a Londres?)

Have they learned English?(¿Han aprendido inglés?)

Uses (Usos)

Se usa el presente perfecto para acciones que ocurrieron en un tiempo no concreto antes de ahora. El tiempo específico no es importante. Por lo tanto, no solemos usar expresiones de tiempo específicas ("this morning", "yesterday", "last year" ...) con el presente perfecto. Se puede usar el presente perfecto con expresiones de tiempo no concretas ("never", "ever", "many times", "for", "since", "already", "yet" ...). Este concepto de tiempo no específico es bastante difícil de comprender, por este motivo, a continuación tienes los usos particulares del presente perfecto.

1. Se usa el presente perfecto para describir una experiencia. No lo usamos para acciones específicas.

Ejemplos:

I have never flown in a plane.(Nunca he volado en un avión.)

He has worked in many different museums.(Ha trabajado en muchos museos diferentes.)

We have been to Río de Janeiro.(Hemos ido a Río de Janeiro.)

2. Se utiliza el presente perfecto para un cambio en el tiempo.

Ejemplos:

I have become more timid in my old age.(Me he vuelto más tímido en mi vejez.)

Their English has improved a lot this year.(Su inglés ha mejorado mucho este año.)

He has learned to be more patient.(Ha aprendido a ser más paciente.)

3. Se usa para los éxitos o logros.

Ejemplos:

Our football team has won the championship three times.(Nuestro equipo de fútbol ha ganado el campeonato tres veces.)

Dan has finished writing his first novel.(Dan ha terminado de escribir su primera novela.)

Scientists have succeeded in curing many illnesses.(Los científicos han tenido éxito en la curación de muchas enfermedades.)

4. Usamos el presente perfecto para acciones que todavía no han sucedido. El uso del presente perfecto en estos casos indica que aún estamos esperando la acción, por eso, frecuentemente usamos los adverbios "yet" y "still".

Ejemplos:

The plane hasn't arrived yet.(El avión no ha llegado todavía.)

Our team still hasn't won a championship.(Nuestro equipo aún no ha ganado un campeonato.)

You haven't finished your homework yet?(¿No has acabado todavía los deberes?)

5. Se utiliza el presente perfecto para hablar sobre acciones en diferentes momentos en el pasado. El uso del presente perfecto en estos casos indica que son posibles más acciones en el futuro.

Ejemplos:

We have spoken several times, but we still can't reach an agreement.(Hemos hablado varias veces, pero todavía no podemos llegar a un acuerdo.)

Our team has played 4 games so far this year.(Nuestro equipo ya ha jugado 4 partidos este año.)

I love New York! I have been there 5 times already and I can't wait to go back.(¡Me encanta Nueva York! Ya he estado allí 5 veces y no puedo esperar para regresar.)

6. En general, usamos el presente perfecto continuo para situaciones que han empezado en el pasado pero siguen en el presente. Pero como hemos visto, hay algunos verbos que no podemos usar en los tiempos continuos. En estos casos, usamos el presente perfecto.

Ejemplos:

How long has Michael been in Barcelona?(¿Cuánto tiempo ha estado Michael en Barcelona?)

I have loved you since the day I met you.(Te he querido desde el día que te conocí.)

IRREGULAR VERBS

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

1. We've _____ the 2:00 express train many times.

a. take b. took c. taken

2. I had breakfast at 9:00, but I haven't _____ lunch.

a. have b. had c. having

3. Allison has _____ to the mall.

a. went b. gone c. go

4. My younger brother has _____ home from work.

a. come b. came c. comes

5. They posted some messages yesterday, but they haven't _____ 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) _____ I not woked _____ today.

2. We (buy) _____ we bought _____ a new lamp.

3. We (not / plan) _____ we not planned _____ our holiday yet.
4. Where (be / you) _____ where been you _____?
5. He (write) _____ he written _____ five letters.
6. She (not / see) _____ she not seen _____ him for a long time.
7. (be / you) _____ been you _____ at school?
8. School (not / start) _____ school not started _____ yet.
9. (speak / he) _____ hes spoken _____ to his boss?
10. No, he (have / not) _____ he have not _____ the time yet.

Exercise 3. Complete the sentences using present perfect simple:

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

PD: profe mi lap no me carga imágenes por eso es que no lleva pero si vi en el celular cuales eran, gracias