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“Pasión por educar”

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Ingles II

Tema:

Workbook and article

Alumno:

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The pleasure of eating

Food, snacks and habits



breakfast

Breakfast helps keep you energized to start your day, which is why it is the most important meal.



Lunch

Lunch provides the energy that the body needs, to face any activity.



Dinner

Dinner should be light and it is important to share and eat healthy as a family.

The importance of food

Good nutrition starts with the right portions and at the right time of day.

It is the set of actions by which food is provided to the body. Diet depends on many variations, from individual needs and the availability of food to psychological aspects and fashions. In addition to being a vital necessity for survival, food is also well-being, culture and pleasure.



SNACKS

They are a type of food that is generally used to temporarily satisfy hunger.



SNACKS

provide a minimal amount of energy for the body or just for pleasure.



HABITS

Eat slowly, drink natural water, eat too much when it is normal to have a light dinner.

WORKBOOK

1

Write the names of the foods.

Fruit

1. lemons

2. Oranges

3. Apples

4. bananas

Vegetables

5. Lettuce

6. Broccoli

7. Potato

8. carrots

Grains

9. Rice

10. Cereal

11. Bread

12. crackers

Fats and oils

13. Butter

14. oil

Dairy

15. Milk

16. chees

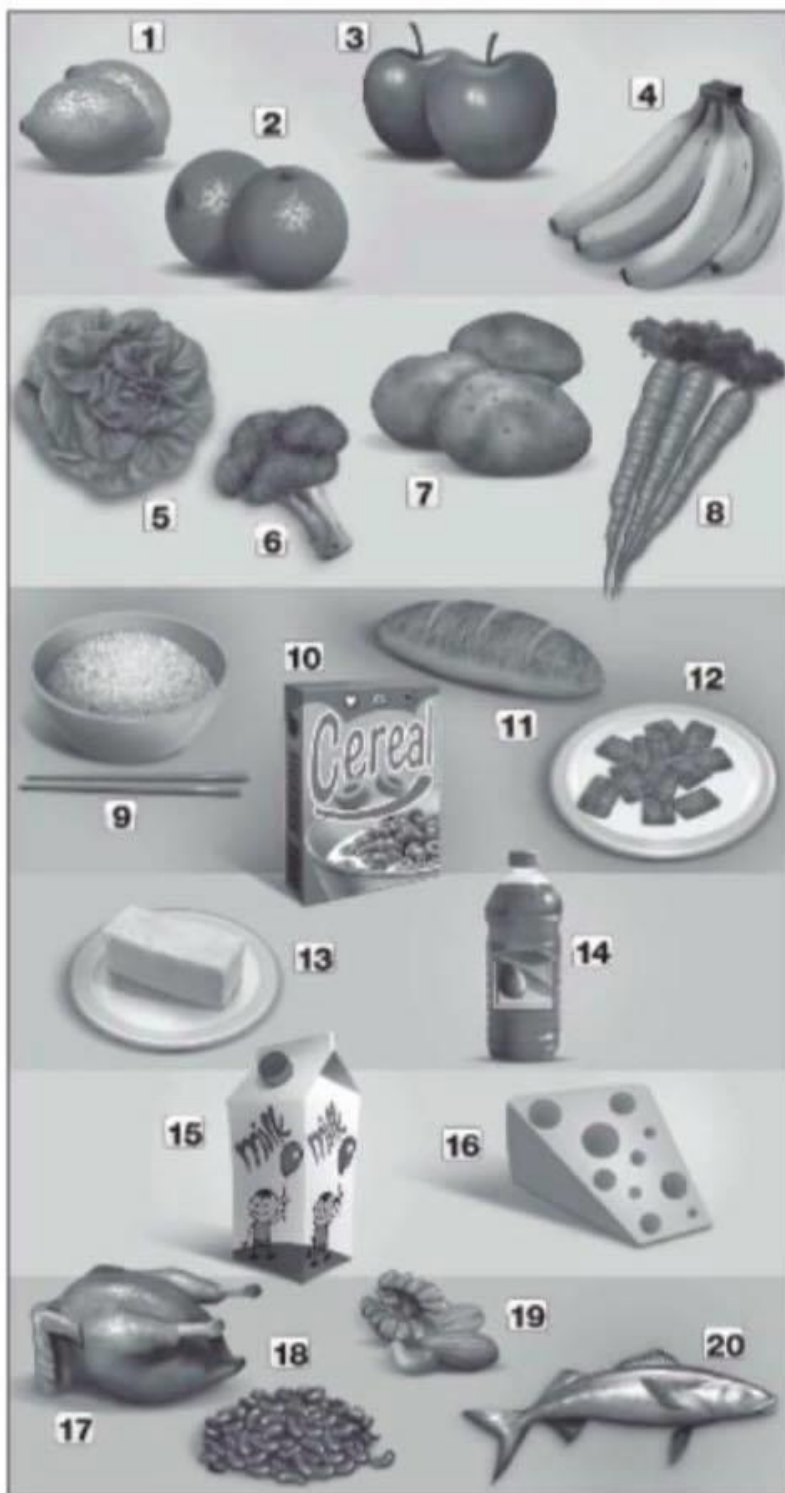
Meat and other proteins

17. Chicken

18. Beans

19. Nuts

20. fish



2 Complete the sentences with the articles a or an. If you don't need an article, write Ø.



1. This is a banana.



2. This is a pasta.



3. This is an egg.



4. This is an apple.



5. This is an ice cream.



6. This is a kiwi.

3 What foods do you like? What foods don't you like? Write sentences.



1. drinks

I like coffee, green tea, and juice. I don't like milk.

2. fruit

I like grapes, apple, banana and melon

3. vegetables

I like broccoli, potatoes and carrots

4. meat and other proteins

I like meat, chicken and fish

5. dairy

I like milk, cheese and cream

6. grains

I like beans, r rice, and oats

4 Complete the conversations with some or any.

1. A: What do you want for dinner?
B: Let's make some pasta with tomato sauce.
A: Good idea. Do we have any meat?
B: Well, we have some beef, but I don't want any meat in the sauce. Let's get some tomatoes and onions.
A: OK. Do we need any green peppers for the sauce?
B: Yes, let's get some peppers. Oh, and some garlic, too.
A: Great. We have some spaghetti, so we don't need any pasta.
B: Yeah, but let's get some bread. And some cheese, too.



2. A: What do you eat for breakfast?
B: Well, first, I have fruit - some grapes or strawberries.
A: That sounds good. Do you have any eggs or meat?
B: No, I don't eat any eggs or meat in the morning.
A: Really? Do you have anything else?
B: Well, I usually have some bread, but I don't put any butter on it.
A: Do you drink anything in the morning?
B: I always have some juice and coffee. I don't put any sugar in my coffee, but I like some milk in it.



5

What do you need to make these foods? What don't you need? Write sentences.



1. an omelet

You need some butter, milk, eggs,
and cheese. You don't need
any lemons.



2. a chicken sandwich

you need bread, mayonnaise, lettuce, chicken. I
don't need oil and eggs.



3. chicken soup

You need pasta, chicken, onion, oil and carrot.
No need fish



4. a vegetable salad

You need lettuce, tomato, bell peppers, broccoli
and carrot. Does not need chicken



5. a fruit salad

You need bannana, Orange, appes, grapes and
you don'y need lettuce



6. your favorite food

For sushi you need seaweed, rice, shrip
avocado, cucumber, crea,, cheese and nooil
is need.

6 Food habits

A Put the adverbs in the correct places.

1. Brazilians make drinks with fruit. (often)

Brazilians often make drinks with fruit. _____

2. Some people in Mexico eat pasta. (never)

Some people in Mexico never eat pasta _____

3. In China, people put sugar in their tea. (hardly ever)

In China, hardly ever people put sugar in their tea. _____

4. In England, people put milk in their tea. (usually)

In England, usually people put milk in their tea _____

5. In Japan, people have fish for breakfast. (sometimes)

In Japan, sometimes people have fish for breakfast _____

6. Americans put cream in their coffee. (often)

Americans often put cream in their coffee _____

7. In Canada, people have salad for breakfast. (hardly ever)

In Canada, hardly ever, people have salad for breakfast. _____

8. Some people in South Korea eat pickled vegetables for breakfast. (always)

Some people in South Korea always eat pickled vegetables for breakfast. _____



B Rewrite the sentences in part A. Use your own information.

1. Brazilians often make drinks with fruit.

I hardly ever make drinks with fruit. _____

I sometimes make drinks with chocolate. _____

2. Sometimes twice a week I eat pasta

3. I never put sugar in my tea

4. I never put milk in my tea

5. I never eat fish for breakfast

6. I always cream my coffee

7. Sometimes there is salad for breakfast

8. Sometimes there are vegetables for breakfast _____



7

Do you often have these things for dinner? Write sentences. Use the adverbs in the box.

never hardly ever sometimes often usually always

- 1. cheese
- 2. milk
- 3. coffee
- 4. eggs
- 5. beef
- 6. rice
- 7. beans
- 8. cereal

I hardly ever have cheese for dinner.

I hardly eat milk for dinner

I never have coffee for dinner

Sometimes i have eggs for dinner

Sometimes i have beef for dinner

I never eat rice for dinner

I never eat beans for dinner

Sometimes i have cereal dinner

8

Answer the questions with your own information.

1. What's your favorite kind of food?

The china and mexican

2. What's your favorite restaurant?

Sensei

3. What do you usually have at your favorite restaurant?

Sometimes

4. Do you ever cook?

Sometimes

5. What's your favorite snack?

Cheese fingers



Chinese food



Mexican food



Italian food

Bibliografía

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