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## A HEALTHY DIET

The right balance of foods will keep you healthy.



**FATS, OILS, SWEETS**  
eat rarely



**DAIRY**  
2-3 servings per day for calcium



**FRUIT**  
2-4 servings per day for vitamins and fiber

**BREAD, GRAINS, PASTA**  
6-11 servings per day for carbohydrates

**VEGETABLES**  
3-5 servings per day for vitamins and fiber

**MEAT, FISH, BEANS**  
2-3 servings per day for protein and vitamins

**Read and listen.**  
**Calcium:** Dairy products and leafy green vegetables provide calcium for healthy bones and teeth.  
**Carbohydrates:** Grains, pasta, and bread are sources of healthy carbohydrates.  
**Protein:** Meat, fish, poultry, eggs, legumes, and nuts are rich sources of protein.  
**Vitamins:** Vitamins A, B, C, and D come from a variety of foods, and they are important for good health.

**Exercise 1.** 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 del seta. Para perder peso.**

Reemplace el almuerzo o la cena todos los días, durante dos semanas, con un plato de setas.

### **La dieta vegana. Para una mejor salud y prevención de enfermedades.**

Evitar todos los productos animales, incluidos los lácteos y los huevos.

Comete muchos cereales, judías, verduras y frutas.

### **La dieta Atkins. Para perder peso.**

Come alimentos ricos en proteínas como carne, huevos y queso. Evite los alimentos ricos en carbohidratos, como los granos de pan, patatas y el azúcar.

### **El jugo falso**

Para una mejor salud y prevención de enfermedades. En lugar de comida, beba de cuatro a seis vasos de jugos de frutas y verduras frescas durante un período de tres días a tres semanas. Descanse 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 2.** 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 \_\_\_\_\_ used 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 \_\_\_\_\_ didn't use to \_\_\_\_\_ eat a lot of vegetables, but now he doesn't.
5. Cate \_\_\_\_\_ didn't use 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 eat too much meat. but now I usually eat one twice a week
10. (didn't use to) I didn't used to drink a lot of milk. but now I usually drink several times a day.
  - I didn't used to eat pumpkins until I included it in my favorite food.
  - I used to travel every weekend until the pandemic hit.

**Exercise 3.** 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 used to exercise a lot, 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. Nobody used to worry about fatty foods, but now most people do.

Nobody 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 used to not 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 did not use to wear pants, but now it is very common for them to wear them.

## VOCABULARY

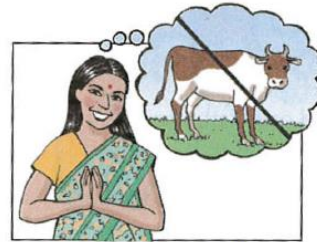
### Excuses for not eating something



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 4.** Escribe 7 oraciones usando las palabras en **paréntesis**.

1. (**doesn't agree with me**): I want to drive, but my dad doesn't agree with me.
2. (**on a diet**): My sister nutritionist put me on a diet.
3. (**trying to lose some weight**): I follow an eating plan to try to lose weight.
4. (**against my religion**): I can eat anything since it is not against my religion.
5. (**allergic to**): My cousin is allergic to strawberries
6. (**avoiding**): I am avoiding eating saturated fat.
7. (**don't care for**): I don't mind giving up my bad eating habits in order to lead a healthier life.

## 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 5.** 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:   **Hasn't**   that lunch delicious yesterday ?

B: It was fantastic!

3. A:   **wasn't**   we already have steak this week?

B: Yes, we did.

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

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

5. A:   **aren'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.

**GRAMMAR - GETTING ACQUAINTED**

# CUSTOMS AROUND THE WORLD

## Greetings

People greet each other differently around the world.



Some people bow.



Some people kiss once.  
Some kiss twice.



Some shake hands.



and some hug.

## Exchanging Business Cards

People have different customs for exchanging business cards around the world.



Some customs are very formal. People always use two hands and look at the card carefully.



Other customs are informal. People accept a card with one hand and quickly put it in a pocket.

## Getting Acquainted

What about small talk- the topics people talk about when they don't know each other well?



In some places, it's not polite to ask people about how much money they make or how old they are. But in other places, people think those topics are appropriate.

## 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.



<u>Affirmative</u>	<u>Negative</u>
I } have met them / haven't met them	
You } have met them / haven't met them	
He } has met them / hasn't met them	
She } has met them / hasn't met them	
It } has met them / hasn't met them	
We } have met them / haven't met them	
You } have met them / haven't met them	
They } have met them / haven't met them	

For regular verbs, the past participle form is the same as the Past Simple form.

open → opened

study → studied

#### Contractions

've met= have met

haven't met= have not met

's met= has met

hasn't met= has not met

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.

## 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.

Sujeto	Verbo auxiliar	Forma Corta	Participio Pasado
I, you, we, they	<b>have</b>	I've, you've, we've, they've	talked, learned, traveled...
he, she, it	<b>has</b>	he's, she's, it's	talked, learned, traveled...

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.

Verbo	Pasado Simple	Participio pasado
be	was/were	been
do	did	done
go	went	gone
make	made	made
see	saw	seen

## Structure (Estructura)

### 1. Affirmative Sentences (Frases 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 (Frases 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 (Frases 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

base form	Simple past	past participle	base form	simple past	past participle
be	was/were	been	lend	lent	lent
become	became	become	let	let	let
begin	began	begun	lose	lost	lost
bite	bit	bit/ bitten	make	made	made
bleed	bled	bled	mean	meant	meant
break	broke	broken	meet	met	met
bring	brought	brought	pay	paid	paid
build	built	built	put	put	put
burn	burned/burnt	burned / burnt	quit	quit	quit
buy	bought	bought	read / rɪd/	read / rɛd/	read / rɛd/
catch	caught	caught	ride	rode	ridden
choose	chose	chosen	ring	rang	rung
come	came	come	rise	rose	risen
cost	cost	cost	run	ran	run
cut	cut	cut	say	said	said
do	did	done	see	saw	seen
draw	drew	drawn	sell	sold	sold
dream	dreamed/dreamt	dreamed / dreamt	send	sent	sent
drink	drank	drunk	sew	sewed	sewn
drive	drove	driven	shake	shook	shaken
eat	ate	eaten	sing	sang	sung
fall	fell	fallen	sit	sat	sat
feed	fed	fed	sleep	slept	slept
feel	felt	felt	speak	spoke	spoken
fight	fought	fought	spend	spent	spent
find	found	found	spread	spread	spread
fit	fit	fit	stand	stood	stood
flee	fled	fled	steal	stole	stolen
fly	flew	flown	stick	stuck	stuck
forbid	forbade	forbidden	sting	stung	stung
forget	forgot	forgotten	strike	struck	struck
get	got	got / gotten	swim	swam	swum
give	gave	given	take	took	taken
go	went	gone	teach	taught	taught
grow	grew	grown	tell	told	told
have	had	had	think	thought	thought
hear	heard	heard	throw	threw	thrown
hit	hit	hit	understand	understood	understood
hold	held	held	wake	woke	woken
hurt	hurt	hurt	wear	wore	worn
keep	kept	kept	win	won	won
know	knew	known	write	wrote	written
leave	left	left			

**Exercise 6.** 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 7.** Put the verbs into the correct form of the Present Perfect Simple.

1. I (not / work) not today work \_\_\_\_\_ today.

2. We (buy) we bought a new lamp ourselves \_\_\_\_\_ a new lamp.

3. We (not / plan) we haven't planned our vacations yet \_\_\_\_\_ our holiday yet.

4. Where (be / you) where be you \_\_\_\_\_ ?

5. He (write) he writes five letters \_\_\_\_\_ five letters.

6. She (not / see) for a long time she does not see \_\_\_\_\_ him for a long time.

7. (be / you) me to school \_\_\_\_\_ at school?

8. School (not / start) I still don't start school \_\_\_\_\_ yet.

9. (speak / he) he talks to his boss \_\_\_\_\_ to his boss?

10. No, he (have / not) he does not have time \_\_\_\_\_ the time yet.

**Exercise 8.** Complete the sentences using present perfect simple:

1. \_\_\_\_\_ you \_\_\_\_\_ (see) Paul today?

2. She \_\_\_\_\_ can \_\_\_\_\_ (go) outside.

3. \_\_\_\_\_ you ever \_\_\_\_\_ (visit) Paris?

4. I \_\_\_\_\_ you \_\_\_\_\_ (already/eat).

5. She \_\_\_\_\_ just arrive? \_\_\_\_\_ ((just / arrive)