

Nombre del profesor: Juan Manuel Jaime

Nombre del alumno: Esthela Nahomy
Álvarez Cruz

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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.



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 couldn't resist I had a craving for chocolate

3. I couldn't stop myself. reject _____
4. I am trying not to be happy. _____
5. I really wanted to. . . well I have to admit _____
6. I agree. . . I am watching my weight

7. Say no to. best step _____
8. I will 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: ayuno de jugos para una mejor salud y prevención de enfermedades en lugar de alimentos, beba los 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.
- La dieta de los champiñones para adelgazar sustituye el almuerzo o la cena todos los días durante dos semanas por un plato de champiñones
- la dieta vegana para mejorar la salud y la prevención de enfermedades evitar todos los productos de origen animal, incluidos los lácteos y los huevos comer muchos cereales, legumbres, verduras y frutas
- la dieta atkins para bajar de peso comer alimentos con alto contenido de proteínas, como carne, huevos y queso evitar alimentos con alto contenido de carbohidratos, como papas, pan, cereales y azúcar



Exercise 3. Use the context to help you complete each sentence with "I used to" or "I didn't use to".

Then write two sentences about yourself.

1. Gary _____ used _____ to eat out 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 _____ eats a lot of vegetables, but not now.
5. Cate _____ not used to _____ hate seafood, but now she is 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 drinks several glasses a day.
8. May _____ used _____ likes salad, but now she eats salad several times a week.
9. (used) I _____ nahomy used to eat pizza now I don't anymore

10. (I didn't used to) I _____ nahomy I didn't used to drink coffee in the morning now I do

Exercise 4. Use the prompts to write logical sentences with negative or affirmative forms of "used to".

1. Jason and Trish / exercise a lot / but now they go swimming every day.

Jason and Trish don't exercise much but now they don't go swimming every day

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

_____there isn't a movie theater on smith street but now there is

3. Nobody / cares about fatty foods / but now most people do.

___everyone cares about fatty foods but now most people don't

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

__English being an international language but now no one uses English to communicate all over the world

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

_ North American women do not wear pants but now it is very common for them to wear them

Exercise 6. Complete each negative yes/no question.

1. A: __no_____ are you allergic to tomatoes?

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

2. A: ___yes_____ that delicious lunch yesterday?

B: It was fantastic!

3. A: ___yes_____ do we already have steak this week?

B: Yes, we did.

4. A: ___ yes _____ has her husband been on a diet?

B: Yes. But he is driving him crazy.

5. A: _____no_____ disgusting asparagus?

B: Actually, I like it.

6. A: ___no_____ do you like pasta?

B: Actually, it was 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.



