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Materia: Ingles V

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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, <u>I have to admit</u> 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 <u>I'd better pass.</u>
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.

\*carbs (informal)= carbohydrates



Joy: Come on! It's really good.

Rita: Ok. Maybe just a bite.

Joy: Hey, you only live once!

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 knowI have no idea
2. I should say noI couldn't resist I had a craving for chocolate
3. I couldn't stop myselfreject
4. I am trying not to be happy
5. I really wanted towell I have to admit
6. I agreeI am watching my weight
7. Say no to. best step

## Exercise 2. Translate the article about different kind of diet.

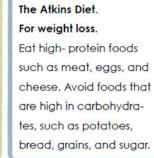
8. I will try a little. \_\_just a bite\_\_\_\_\_



The Mushroom Diet.
For weight loss.
Replace lunch or dinner
every day- for two weekswith 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 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.



- traduccion: 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



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 \_\_\_\_\_ 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. (used) I nahomy used to eat pizza now 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 movie theater on smith street but there is 3. Nobody / cares about fatty foods / but now most people do.

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

everyone	cares	about	fatty	foods	but	now	most	people	don't
4. English / beir the world.	ng an inter	national la	nguage /	but now e	veryone	uses Eng	glish to co	mmunicate	around
English being world	g an interr	ational lar	nguage b	ut now no	one use	s English	to comm	unicate all o	over the
5. Women in N _ North Americ					-				
Exercise 6. Con	nplete eac	– h negative	yes/no o	question.					
1. A:no	are y	you allergi	c to toma	atoes?					
B: Me? No. You	ı're thinkiı	ng of my b	rother.						
2. A:yes	tha	t delicious	lunch ye	sterday?					
B: It was fantas	stic!								
3. A:yes	do v	we already	have ste	eak this we	ek?				
B: Yes, we did.									
4. A: yes	ha	s her husb	and beer	n on a diet	?				
B: Yes. But he is	s driving h	im crazy.							
5. A:no_	disg	usting aspa	aragus?						
B: Actually, I lik	æ it.								
6. A:no	do y	ou like pas	sta?						
B: Actually, it w	/as too spi	icy 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.

