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Unit Activity #1 Unit 3

Materia:

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Grado:

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Grupo:

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EATING WELL

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`D BETTER PASS)
3. I couldn't stop myself. __ (I HAD CRAVING)
4. I'm trying not to get havier. __ (I`M WATCHING MY WEIGHT)
5. I really wanted . . . __ (I COULDN`T RESIST)
6. I agree . . . ____ (I HAVE TO ADMIT)
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.



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 de los champiñones

Para pérdida de peso

Remplaza la comida por cena, todos los días, - por dos días – dos semanas por latillo de champiñones.

La dieta vegana

Para mejorar tu salud y prevenir enfermedades

Evitar todos los productos de origen animal, diariamente, incluyendo huevos, come suficientes granos, frijoles, vegetales y frutas

La dieta de Atkins

Para pérdida de peso

Comer comida con altas proteínas como son, huevos y queso, Evitar comida que tenga alto en carbohidratos, así como papas, pan, granos y azúcar

El jugo que reduce grasas

Para mejorar tu salud y prevenir enfermedades

En vez de comida, tomar cuatro para seis vasos de vegetales frescos de cualquier, por tres días o por tres semanas, tener descanso,, y evitar ejercicio durante la quema de grasas

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 ___used to_____ go out to eat a lot, but now he eats at home more often.
2. Nina ___didn't to_____ eat a lot of pasta, but now she does.
3. Vinnie _ didn't to_____ drink a lot of coffee, but now he's a coffee addict.
4. Anton _ didn't 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 to _____ drink a lot of water, but now he has several glasses a day.
8. May ___didn't to_____ like salad, but now she has salads several times a week.
9. (used to) I __used to like coffee, but now I not drink coffee_____
10. (didn't use to) I ___didn't use to do exercise, but now do more exercise ____

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 used 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 didn't use 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 use 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 North America didn't used to wear pants, but now it's 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 5. Escribe 7 oraciones usando las palabras en negritas.

1. (doesn't agree with me): My dad doesn't agree with me of eats of my restaurant
2. (on a diet): I need a diet to have a better body
3. (trying to lose some weight): I exercise more because I'm trying to lose come weight
4. (against my religion): My family is against my religion
5. (allergic to): My grandmother is allergic to the cats
6. (avoiding): Avoiding eat more potato's chips
7. (don't care for): I don't care what others say

Exercise 6. Complete each negative yes / no question.

1. A: ___Are_____ you allergic to tomatoes?
B: Me? No. You're thinking of my brother.
2. A: ___Is_____ that lunch delicious yesterday ?
B: It was fantastic!
3. A: ___Are_____ we already have steak this week?
B: Yes, we did.
4. A: ___Are_____ your husband been on a diet?
B: Yes. But it's driving him crazy.
5. A: ___Is_____ asparagus disgusting?
B: Actually, I like it.
6. A: ___Are_____ you like your pasta?
B: Actually, it was a little 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.



Exercise 7. 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