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PASIÓN POR EDUCAR

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# Food Guidelines

For good health, eat a lot of grains, vegetables, and fruit. Eat some dairy, meat, and fruit. Eat a little fat and oils.



**Count:** eggs, beans, nuts, apples, blueberries, lemons, oranges, bananas, kiwis, tomatoes, onions, potatoes, carrots, crackers, noodles

**Noncount:** beef, fish, chicken, lettuce, broccoli, pasta, rice, bread, cereal, butter, cream, oil, cheese, milk, yogurt

## Uso de SOME y ANY en inglés

### SOME

+ Usamos **SOME** en oraciones afirmativas con sustantivos contables e incontables

I need some shoes >>> Necesito algunos zapatos

I drank some water >>> Bebí un poco de agua

? Usamos **SOME** en preguntas, **PERO** solo en **OFERTAS Y SOLICITUDES**

Would you like some water? >>> ¿Quieres un poco de agua?

Can I borrow some money? >>> ¿Me prestas algo de dinero?



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### ANY

- Usamos **ANY** en oraciones negativas con sustantivos contables e incontables. (A veces no tiene traducción en español)

I don't have any shoes >>> No tengo zapatos

I don't need any water >>> No necesito agua

? Usamos **ANY** en preguntas con sustantivos contables e incontables. (A veces no tiene traducción en español)

Do you have any pets? >>> ¿Tienes mascotas?

Do you have any money? >>> ¿Tienes (algo de) dinero?

## Count and noncount nouns; some and any

### Count nouns

**an** egg → eggs  
**a** sandwich → sandwiches

Do we need **any** eggs?  
 Yes. Let's get **some** (eggs).  
 No. We **don't** need **any** (eggs).

### Noncount nouns

bread  
 lettuce

Do we need **any** bread?  
 Yes. Let's get **some** (bread).  
 No. We **don't** need **any** (bread).

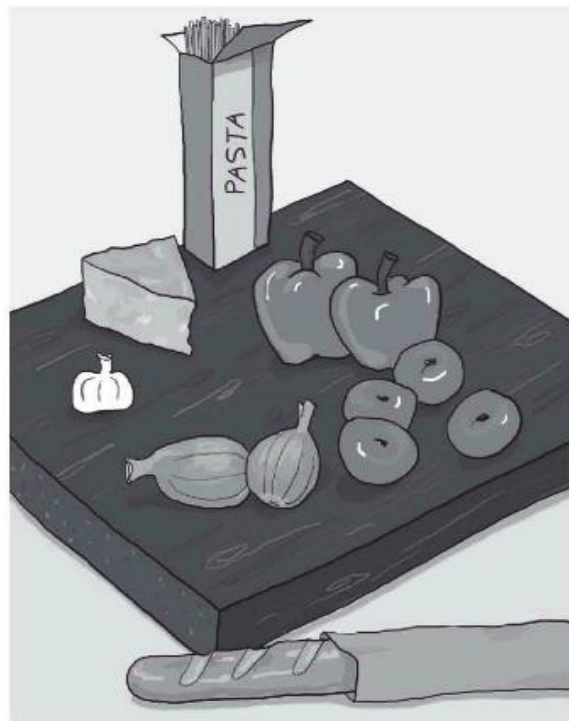
**A** Complete the conversation with *some* or *any*.

Amanda: The store doesn't have .....*any*..... potato salad.  
 Adam: Well, we have lots of potatoes. Let's make .....*some*..... !  
 Amanda: OK. Do we have .....*any*..... mayonnaise?  
 Adam: No. We need to buy .....*some*..... .  
 Amanda: We need .....*some*..... onions, too.  
 Adam: Oh, I don't want .....*any*..... onions. I hate onions!  
 Amanda: Then let's get .....*some*..... celery.  
 Adam: No. I don't want .....*any*..... celery in my potato salad.  
 But let's put .....*some*..... apples in it.  
 Amanda: Apples in potato salad? That sounds awful!



## 4 Complete the conversations with *some* or *any*.

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





**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

I need some mayonnaise, chicken, lettuce and two  
slices of bread. I don't need any potatoes.



3. chicken soup

I need some water, pasta, chicken, carrots and  
onions. I don't need any tomatoes.

# ADVERBS OF FREQUENCY

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## WORD ORDER

Statement Type	Subject	Frequency Adverb	Verb	Example
POSITIVE	SUBJECT	FREQUENCY ADVERB	VERB	He <b>often</b> <b>cooks</b> pasta.
POSITIVE	SUBJECT	BE	FREQUENCY ADVERB	You <b>are</b> <b>always</b> late.
QUESTION	AUXILIARY	SUBJECT	FREQUENCY ADVERB	<b>Are</b> you <b>always</b> late? <b>Does</b> he <b>often</b> cook?

**⚠** Use NEVER and HARDLY EVER with positive verbs

**✗** He isn't never late.

**✓** He is never late.

**✗** They don't hardly ever go to the library.

**✓** They hardly ever go to the library.

## Adverbs of frequency

**always**  
**usually**  
**often**

I **sometimes** eat breakfast.  
**hardly ever**  
**never**

**Sometimes** I eat breakfast.

Do you **ever** have fish for breakfast?  
Yes, I **always** do.  
**Sometimes** I do.  
No, I **never** do.

100%

**always**  
**usually**  
**often**  
**sometimes**  
**hardly ever**  
**never**

0%

**A** Put the adverbs in the correct places. Then practice with a partner.

A: What do you <sup>usually</sup> have for breakfast? (usually)

B: Well, I have coffee and cereal. (often) **Well, I often have coffee and cereal.**

A: Do you eat breakfast at work? (ever) **Do you ever eat breakfast at work?**

B: I have breakfast at my desk. (sometimes) **I sometimes have breakfast at my desk.**

A: Do you eat rice for breakfast? (usually) **Do you usually eat rice for breakfast?**

B: No, I have rice. (hardly ever) **No, I hardly ever have rice.**



**B** Unscramble the sentences.

- I / have breakfast / on / never / weekends ..... I never have breakfast on weekends.
- work / I / snacks / eat / at / hardly ever ..... I hardly ever eat snacks at work.
- eat / for / pasta / dinner / sometimes / I ..... I sometimes eat pasta for dinner.
- have / I / dinner / with / often / family / my ..... I often have dinner with my family.

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

never    hardly ever    sometimes    often    usually    always

- cheese ..... I hardly ever have cheese for dinner.
- milk ..... I often have milk for dinner.
- coffee ..... I always have coffee for dinner.
- eggs ..... I never have eggs for dinner.
- beef ..... I hardly ever have beef for dinner.
- rice ..... I often ever have rice for dinner.
- beans ..... I usually have beans for dinner.
- cereal ..... I sometimes have cereal for dinner.

## Present simple wh- questions

Singular	Who What When Where Why How How often How much	do	I	go work like think study live have eat	?
			you		
Plural		does	he she it		
			you we they		

**3**

*Unscramble the questions. Then answer with your own information.*



1. you do like baseball

Do you like baseball?

2. sports what do watch you

What sport do you watch?

3. you play sports what do

Do you what sports play?

4. snowboarding do you how often go

Do you how often go snowboarding?

5. do with who sports you play

Do you with who play sports?



## Simple present Wh-questions

<b>What sports</b> do you play?	I play <b>hockey and baseball</b> .
<b>Who</b> do you play baseball <b>with</b> ?	I play <b>with some friends from work</b> .
<b>Where</b> do you play?	We play <b>at Hunter Park</b> .
<b>How often</b> do you practice?	We practice <b>once or twice a week</b> .
<b>When</b> do you practice?	We practice <b>on Sundays</b> .
<b>What time</b> do you start?	We start <b>at ten o'clock in the morning</b> .

**A** Complete the conversations with the correct Wh-question words. Then practice with a partner.

- A: I watch sports on TV every weekend.  
B: Really? ..... *What sports* ..... do you like to watch?  
A: Soccer. It's my favorite!  
B: ..... *When* ..... do you usually watch soccer?  
A: On Sunday afternoons.  
B: And ..... *Where* ..... do you usually watch it?  
At home?  
A: No, at my friend's house. He has a really big TV!
- A: ..... *How often* ..... do you go bike riding?  
B: Oh, about once a month.  
A: I love to go bike riding. I go every Saturday.  
B: Really? ..... *What time* ..... do you go?  
A: Usually at about one o'clock.  
B: Oh, yeah? ..... *Who* ..... do you usually go with?  
A: My sister. Come with us next time!

