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Materia: I ngles V

Grado: 5 to

Cuatrimestre

Grupo: Recursos humanos

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 <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.





Joy: Come on! It's really good.

Rita: Ok. Maybe just a bite. Joy: Hey, you only live once!

*carbs (informal)= carbohydrates

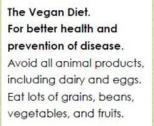
Exercise 1. Find an underlined sentence or phrase in the photo story with the same meaning as each of the following.

- 1. I don't know. I_ _h_a_v_e_ _n_o_ _id_e_a_____
- 2. I should say no. _I _c_o_u _I_d_n _'_t_ r_e_s_i_st_____
- 3. I couldn't stop myself. I__h_a_d_ a_ c_r_a_v_i_n_g____
- 4. I'm trying not to get havier. _l_'m__ _w_a_t_c_h_i_n_g _m_y _ w_e_ig_h_t____
- 5. I really wanted . . . _I '_d_ b__e_tt_e_r__p_a_s_s____
- 6. l agree . . . i _h_a_v_e_ _to_ _a_d_m__i_t_i_t__
- 7. Say no to . t_u_r_n _d_o_w_n____
- 8. I'll try a little. _J_u__st_ _a_ b__it_e____

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



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







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 hongos, para la perdida de peso.

Reemplaza almuerzo o cena todos los dias por 2 semanas con un plato de hongos.

La dieta vegana, para mejor salud y prevención de enfermedades.

Evita todos los productos animal, incluyendo lácteos y huevos, come muchos granos, frijoles, vegetales y frutas.

La dieta Atkins, para perder peso.

Come productos altos en proteína, tales como carne, huevos y queso, evita alimentos altos en carbohidratos, como las papas, pan, granos y azucar.

Jugos para la grasa, para mejor salud y prevención de enfermedades.

En lugar de comida, toma de 4 a 6 vasos de jugo de frutas y verduras frescas, durante 3 días a 3 semanas. Descansa mucho y evita ejercicio durante la quema.

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.

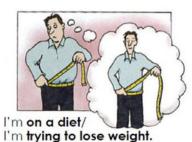
Example: Why did you use to eat so much? Because I didn't use to worry about my health.

Exercise 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 ____u_se_d_ t_o____ go out to eat a lot, but now he eats at home more often. 2. Nina _____d_id__n_'t__u_s_e_t_o___ eat a lot of pasta, but now she does. 3. Vinnie ____d_i_d_n_'_t_ u_s_e_ _t_o____ drink a lot of coffee, but now he's a coffee addict. 4. Anton ___u_s_e_d_ _t_o____ eat a lot of vegetables, but now he doesn't. 5. Cate ____u_s_e_d_ _t_o____ hate seafood, but now she's crazy about fish. 6. Ted ____u_s_e_d____ eat a lot of fatty foods, but now he avoids them. 7. Burt _____d_id_n_'t__u_s_e_t_o___ drink a lot of water, but now he has several glasses a day. 8. May _____d_i_d_n_'_t _u_s_e_ t_o____ like salad, but now she has salads several times a week. 9. (used to) I u_se_d_t_o_p_la_y_f_o_o_t_b_a_l_l_a_ll_th_e_w_e_e_k_e_n_d_s_, b_u__t _n_o_w_ i only play 2 times a month 10. (didn't use to) I _d_i_d_n_'_t _u_s_e__to__u_s_e__sm__a_r_t_p_h_o_n__e_s_, _b_u_t_ n__o_w_ _i have my own. 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. J_aso_n_a_n_d_T_ris_h_d_i_d_n_'t_u_s_e_to_g_e_t_s_l_o_t_s_o_f_ e_x_e_r_c_i_s_e_b__u_t_n_o_w__t_h_e_y__g_o__s_w_i_m__m_i_n_g__e_v ery day. 2. There / be a movie theater on Smith Street / but now there isn't. T_h_e_r_e_ u_s_e_d_t_o _b_e_a _m_o_v_i_e_t_h_e_a_t_e_r_o_n__ S_m__i_t_h_ S_tr_e_e_t_b_u_t_n_o_w__th__er_e__i_sn__'t_.___ 3. No one / worry about fatty foods / but now most people do. _N__o__o_n_e_u__se_d__t_o_w__o_r_r_y__a_b_o_u_t__fa_t_t_y_f_o_o_d__s_b_u_t_ _n_o_w__ m__o_s_t_ p_e_o_p__le_ _d_o_.____ 4. English / be an international language / but now everyone uses English to

communicate around the world.

VOCABULARY Excuses for not eating something

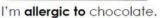






I don't eat beef. It's against my religion.











I don't care for broccoli.

Exercise 5. Escribe 7 oraciones usando las palabras en negritas.

- 1. (doesn't agree with me): _T_h__e_j_a_m__b_a_l_a_y_a__d_o_e_s_n_'_t _a_g_r_e_e_ w__i_th__ m__e
- 2. (on a diet): I_'_m__o_n__a_d_ie_t_f_r_e_e__o_f_c_h_o_c_o_l_a_t_e____
- 3. (trying to lose some weight): _H_e_ 's_ _tr_y i_n_g _to_ l_o_s_e_s_o_m__e_w_e_i_g_h_t_._
- 4. (against my religion): _E_a_t__p_o_r_k_ _m_e_a_t__is__a_g_a_i_n_s_t _m__y_ r_e_l_i_g_io_n .
- 5. (allergic to): S_h_e_'s_a_ll_e_r_g_i_c_t_o_p_in_ea_p_p_l_e____
- 6. (avoiding): _l_'_m__ a_v_o_i_d_i_n_g__fa__st__fo__o_d_____
- 7. (don´t care for): I_ _d_o_n_'_t_ c_a_r_e_ _fo__r_ f_r_ie_d__ c_h_i_c_k_e_n__

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 6. Complete each negative yes / no question.

1. A: __A_r_e_n__'t___ you allergic to tomatoes?

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

2. A: __W__a_s_n_'_t__ that lunch delicious yesterday?

B: It was fantastic!

3. A: __D_o__n_'t___ we already have steak this week?

B: Yes, we did.

4. A: __A_r_e_n__'t___ your husband been on a diet?

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

5. A: __A_r_e_n__'t___ asparagus disgusting?

B: Actually, I like it.

6. A: __D_o__n_'t____ 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
- $5. \dots the \ French \ see \ eating \ as \ an \ important \ part \ of \ their \ lifestyle.$
 - a. personal care and appearance b. culture or daily routine c. meals

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.



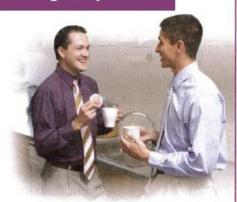
Some customs are very formal, People always use two hands and look at the card carefully.



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.

Affirmativ	<u>Negative</u>
1	have met them / haven't met them
You	have met them / haven't met them
He)	
She	has met them / hasn't met them
It)	
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 \rightarrow opened study \rightarrow 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.

Grammatical Rules (Reglas gramaticales)

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
l, you, we, they	have	l've, you've, we've, they've	talked, learned, traveled
he, she, it	has	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
O be	• was/were	⊙ been
⊙ do	o did	⊙ done
⊙ go	• went	gone
• make	⊙ made	• made
⊙ see	• saw	seen see

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
be	was/were	been
become	became	become
begin	began	begun
bite	bit	bit/ bitten
bleed	bled	bled
break	broke	broken
bring	brought	brought
build	built	built
burn	burned/burnt	burned / burnt
buy	bought	bought
catch	caught	caught
choose	chose	chosen
come	came	come
cost	cost	cost
cut	cut	cut
do	did	done
draw	drew	drawn
dream	dreamed/dreamt	dreamed / dreamt
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
fit	fit	fit
flee	fled	fled
fly	flew	flown
forbid	forbade	forbidden
forget	forgot	forgotten
get	got	got / gotten
give	gave	given
go	went	gone
grow	grew	grown
have	had	had
hear	heard heard	
hit	hit	hit
hold	held	held
hurt	hurt	hurt
keep	kept	kept
know	knew	known
leave	left	left

past participle base form simple past lent lend lent let let let lost lose lost made make made mean meant meant meet met met paid pay paid put put put quit quit quit read / red/ read / rid/ read / red/ ride rode ridden ring rang rung risen rise rose ran run run said say said see saw seen sell sold sold send sent sent sew sewed sewn shake shook shaken sing sang sung sit sat sat sleep slept slept speak spoke spoken spend spent spent spread spread spread stand stood stood steal stole stolen stick stuck stuck stina stuna stuna strike struck struck swim swam swum take took taken teach taught taught tell told told think thought thought throw threw thown understood understand understood wake woke woken wear wore worn win won won write wrote written

a. take b. took c. taken
2. I had breakfast at 9:00, but I haven't _B lunch.
a. have b. had c. having
3. Allison hasA to the mall.
a. went b. gone c. go
4. My younger brother has _B home from work.
a. come b. came c. comes
5. They posted some messages yesterday, but they haven't _C anything about their trip.
a. written b. write c. wrote
Exercise 2. Put the verbs into the correct form of the Present Perfect Simple.
1. I (not / work)I_ do_e_sn'tw_o_r_ktoday.
2. We (buy)W_eb_o_u_g_h_t a new lamp.
3. We (not / plan)W_e_ h_a_v_e_n_'_t _p_l_a_n_n_e_d our holiday yet.
4. Where (be / you)a_r_e_ y_ou?
5. He (write)w_r_o_te five letters.
6. She (not / see)d_o_e_sn'tse_e him for a long time.
7. (be/you)A_r_ey_o_u at school?
8. School (not / start)d_o_e_s_n_'ts_ta_r_tyet.
9. (speak / he)H_es_p_o_k_e to his boss?
10. No, he (have / not)N_o_, h_e_ h_a_v_e_n_'t the time yet.

Exercise 1. Choose the correct form to complete each sentence.

1. We've __C__ the 2:00 express train many times.

Exercise 3. Complete the sentences using present perfect simple:

- 1. _A__r_e___you _s_a_w__ (see) Paul today?
- 2. She <u>w_e_n_t</u> (go) outside.
- 3. _A__r_e_ you everv _i_si_t_e_d_ (visit) Paris?
- 4. I _a_lr_e_a_d__y_ a_t_e___ (already/eat).
- 5. She _j_u_s_t _a_r_r_i_v_e_d____ (just / arrive)

GRAMMAR - The Present Perfect with "already", "yet", "ever", "before" and "never".

Ever

- The adverb "ever" expresses the idea of an unidentified time before now. It is always placed before the main verb (past participle).

- We use "ever" in questions.

Example: Have you ever been to England?

Example: Has she ever met the Prime Minister?

- We use "ever" in negative questions.

Example: Haven't they ever been to Europe?

Example: Haven't you ever eaten Chinese food?

- We use "ever" in negative statements using the pattern "nothing + ever" or "nobody + ever".

Example: Nobody has ever said that to me before.

Example: Nothing like this has ever happened to us.

- We use "ever" with "the first time".

Example: It's the first time that I've ever eaten snails.

Example: It's the first time that I've ever been to England.

Never

- Like "ever", the adverb "never" expresses the idea of an unidentified time before now. It is always placed before the main verb (past participle). "Never" means "at no time before now".

Be careful! You can't use "never" with a negative verb.

Example: I haven't never been to Italy. I have never been to Italy.

Example: I have never eaten snails.

<u>Already</u>

- We use "already" to refer to an action that has happened at an unspecific time before now.

"Already" can be placed either before the main verb (past participle) or at the end of the sentence.

Example: I've already drunk three coffees this morning.

Example: Don't write to John, I've already done it!

- We use "already" in questions.

Example: Have you already written to John?

Example: Has she finished her homework already?

Yet

- We use "yet" to say that something has not happened or been done up to the present time. It is usually placed at the end of the sentence.

- We use "yet" in negative statements.

Example: Kevin hasn't registered for class yet.

Example: I haven't finished my breakfast yet.

- We use "yet" in questions.

Example: Have the guests arrived yet?

Example: Have you toured Quito yet?

Before

- We use "before" to talk about a time from the past until now. We can use it with affirmative, negative and questions.

Example: I've seen that woman before but I can't remember where (affirmative).

Example: I haven't cooked this recipe before. I don't know how to do it! (negative).

Example: Have you done this before? (question).

Exercise 4. Use the words to write statements and questions in the Present Perfect. 1. you/ go sightseeing / in London / before.

_A_r_e__y_o_u__w_e_n_t__si_g_h_t_s_e_e_i_n_g_i_n__L_o_n_d_o_n_ _b_e_fo__re__?____

2. she / already / try / Guatemalan food.

_ls__s_h_e_a_lr_e_a_d_y _t_r_y G__u_a_t_e_m__a_l_a_n_ f_o_o_d____

3. they / ever / be / to Buenos Aires.

_A_r_e__th__e_y_e_v_e_r__b_e_e_n__to__B_u__e_n_o_s_ A__i_r_es_____

4. we / not take a tour of Prague.

_W__e_ d__o_e_sn__'t__ta_k__e _a _to__u_r_ o_f_ _P_r_a_g_u_e_____