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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. NOSE

2. I should say no. DEBERIA DECIR QUE NO

3. I couldn't stop myself. NO PUDE DETERMERME /

I COULDN'T RESIST I HAD A CRAVING FOR CHOCOLATE/ NO PUEDO RESISTIR

TENIA ANTOJO DE CHOCOLATE

4. I'm trying not to get havier. ESTOY TRATANDO DE NO VOLVERME MAS PESADO/

5. I really wanted . . . TENIA MUCHAS GANAS

6. I agree . . . ESTOY DE ACUERDO

7. Say no to . DI NO A

8. I'll try a little. PROBRARE UN POCO

**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:

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

La dieta vegana.

Para una mejor salud y prevención de enfermedades.

Evite todos los productos de origen animal, incluidos los lácteos y los huevos coma muchos cereales, legumbres, verduras y frutas

The mushroom diet

For weight loss

Replace lunch or dinner every day for twoweeks with a mushroom dish.

La dieta de las setas

para bajar de peso

Reemplace el almuerzo o la cena todos los días durante dos semanas con un plato de champiñones.

The atkins diet

For weight loss

Eat high protein foods such as meat, eggs, and cheese. Avoid foods that are high in carbonyarates, such as potatoes, breat, grains ande sugar

la dieta atkins

para bajar de peso

Coma alimentos ricos en proteínas como carne, huevos y queso. Evite los alimentos con alto contenido de carbonaratos, como las patatas, el pan, los cereales y el azúcar.

The juice fats

For better healthand 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

Las grasas del jugo

Para una mejor salud y prevención de enfermedades.

En lugar de alimentos, beba de cuatro a seis vasos de jugos de frutas y verduras frescas durante tres días a tres semanas.

Descanse lo suficiente y evite hacer ejercicio durante el ayuno.

## 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 used to go out to eat 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 used to drink a lot of coffee, but now he’s a coffee addict.
4. Anton used 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 use to drink a lot of water, but now he has several glasses a day.
8. May use to like salad, but now she has salads several times a week.
9. (used to) I used to do crossfit but now I only sleep \_\_\_\_\_
10. (didn’t use to) I

I used to not sleep in the afternoons but now I sleep a lot

**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 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 used 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 used 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 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): **Mary does not agree with me that the coffee is good/ mary no esta de acuerdo conmigo que el cafe es bueno**
2. (on a diet): **It used to be my Achilles heel and now I love the results/ la diera solia ser mi talon de aquiles y ahora me encantan los resultados**
3. (trying to lose some weight): **I used to not take care of myself but I'm trying to lose weight/ solia no cuidarme pero estoy tratando de perder peso**
4. (against my religion): **\_ I can not eat red meat is against my religion/ no puedo comer carnes rojas esta contra de mi religion**
5. (allergic to): **I am allergic to cholates I used to eat a lot before and now I can't/ soy alergico a los cholates solia comer antes muchos y ahora ya no puedo**
6. (avoiding): **I am avoiding eating suggar/ Estoy evitando comer azúcar**
7. (don't care for): **\_ I don't mind eating broccoli/ no me importa comer brocoli**

## 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: **no question** you allergic to tomatoes?

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

2. A: **no question** that lunch delicious yesterday ?

B: It was fantastic!

3. A: **\_yes** we already have steak this week?

B: Yes, we did.

4. A: **\_no question** your husband been on a diet?

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

5. A: **\_no question** asparagus disgusting?

B: Actually, I like it.

6. A: **no question** 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

## 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.

<u>Affirmative</u>	<u>Negative</u>
I } You }	have met them / haven't met them
He } She } It }	has met them / hasn't met them
We } You } They }	have met them / haven't met them

For regular verbs, the past participle form is the same as the Past Simple form.

open → opened  
study → 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
I, you, we, they	have	I'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
▶ be	▶ was/were	▶ been
▶ do	▶ did	▶ done
▶ go	▶ went	▶ gone
▶ make	▶ made	▶ made
▶ see	▶ saw	▶ seen

## 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

base form	simple past	past participle
lend	lent	lent
let	let	let
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid
put	put	put
quit	quit	quit
read / rid/	read / red/	read / red/
ride	rode	ridden
ring	rang	rung
rise	rose	risen
run	ran	run
say	said	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
sting	stung	stung
strike	struck	struck
swim	swam	swum
take	took	taken
teach	taught	taught
tell	told	told
think	thought	thought
throw	threw	thrown
understand	understood	understood
wake	woke	woken
wear	wore	worn
win	won	won
write	wrote	written



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

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

- a. **take**      b. took      c. taken

2. I had breakfast at 9:00, but I haven't \_\_\_\_\_ lunch.

- a. have      **b. had**      c. having

3. Allison has \_\_\_\_\_ to the mall.

- a. went      **b. gone**      c. go

4. My younger brother has \_\_\_\_\_ home from work.

- a. come      b. came      **c. comes**

5. They posted some messages yesterday, but they haven't \_\_\_\_\_ 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 not work** today.

2. We **buy** a new lamp.

3. **We not planour** holiday yet.

4. Where **be you?**

5. He **write** five letters.

6. She **not see\_** him for a long time.

7. **be you** at school?

8. School **not start\_** yet.

9. **speak he** to his boss?

10. No, **he have** not the time yet.

**Exercise 3.** Complete the sentences using present perfect simple:

1. **Has** you **see** Paul today?
2. She **go** outside.
3. **Has** you ever **visit** Paris?
4. I **already eating**
5. She **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.

## Already

- We use "already" to refer to an action that has happened at an unspecified 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.

YOU GO SIGHTSEEING IN LONDON

2. she / already / try / Guatemalan food.

SHE ALREADING TRY GUATEMALAN FOOD

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

\_\_THEY EVER BEIN TO BUENOS AIRES

4. we / not take a tour of Prague.

We not took a tour of prague