



Mi Universidad

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Nombre de la Licenciatura Tecnico en enfermeria

Semestre 5to de preparatoria

VEGETARIAN PERSON

1. How long have you been a vegetarian? – I've been vegetarian for 13 years
2. What did you eat before and now you don't? – I used to burgers, chicken, beef tacos
3. What are you eating now? – I didn't use to be crazy eat plant based, fresh fruits and vegetables, grains.
4. Do you eat red meat? – No, i don't eat red meat
5. Do you eat poultry? – No, i don't eat poultry as a vegetarian
6. What drinks can you not a drinks as a vegetarian? – I'm not much of a milk and dairy-based drinks
7. Do you prefer to eat salad or meat? – I'm not crazy about salad
8. Do you like roast rabbit? – I can't stand roast rabbit
9. Can you eat any type of meat? – I'm not mucho of a fish and seafood eater
10. Do you eat game meats? – I can't stand game meats
11. Did you previously eat vegetables every day? – To be honest, no, i didn't e;use to a;eat vegetables every day.
12. Did you lose weight because of the diet you are on? – Yes, i lost weight after adopting vegetarian lifestyle
13. How many kilos did you lose? – I lost about 10-v15 pounds
14. How much do you weigh? – I maintain a healthy weight of around 125-130 pounds
- 15.

OVERWEIGHT PERSON

1. How long ago did start gaining weight? - A 15 years ago more less
2. What did you eat before and now you don't? – I used to salad, vegetables
3. What do you eat most often? – I didn't use to be crazy eat burgers, chicken, and tacos
4. Do you eat salad? - I don't like to eat it
5. Do you eat vegetables? – I don't eat vegetables, I prefer fast foods
6. What drinks can you not a drinks as a vegetarian? - I prefer to drink sodas
7. Do you prefer to eat salad or meat? – I'm not crazy about meat
8. Do you like vegetarian rice? – I can't stand vegetarian rice
9. Can you eat any type of meat? – Yes, i love meat
10. Do you eat hoe meat? – Yes, I love meat, I like all kinds of meat
11. Did you previously eat meats every day? - To be honest, no, i didn't e;use to a;eat meats every day.
12. Have you gained weight because of the diet you follow? - Yes, gain weight after adopting a lifestyle of eating meats and fast foods
13. How many kilos did you gain? - Earn about 10-15 pounds
14. How much do you weigh? - I maintain a weight of around 125 - 130 klg