



**Mi Universidad**

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**Enfermería bachillerato**

## PERSONA VEGETARIANA

### 1. Do you eat meat?

No, I used to eat meat, but now I don't consume it.

### 2. Do you like legumes?

Yes, I didn't use to pay much attention to them, but now I love them.

### 3. Do you consume dairy products?

No, I used to enjoy dairy, but now I don't need it.

### 4. Do you like fruits?

Yes, I've always been passionate about fruits, especially fresh ones.

### 5. Do you eat eggs?

No, I used to eat eggs, but now I don't include them in my diet.

### 6. Do you like vegetables?

Yes, I didn't use to prefer them much, but now they're essential for me.

### 7. Have you tried vegan food?

Yes, I used to be skeptical, but now I find it fascinating.

### 8. Do you eat processed foods?

No, I used to consume some, but now I prefer to avoid processed items.

### 9. Do you like to cook?

Yes, I didn't use to enjoy it, but now I'm passionate about preparing my own meals.

### 10. Have you changed your diet recently?

Yes, I used to be an omnivore, but now I've adopted a vegetarian diet.

### 11. Do you like fast food?

No, I used to enjoy it, but now I avoid it.

### 12. Do you have a favorite food?

Yes, I used to love pizza, but now I enjoy vegetarian pizza.

### 13. Do you eat nuts or seeds?

Yes, I didn't use to pay much attention to them, but now they're a favorite snack.

### 14. Do you like trying new recipes?

Yes, I used to be reluctant, but now I love experimenting in the kitchen.

### 20. How do you handle cravings for non-vegetarian foods?

I used to give in to them, but now I have satisfying vegetarian alternatives.

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## **PERSONA QUE HA GANADO SOBRE PESO**

### **1. Do you eat fruits?**

No, I used to eat a lot of fruits, but now I avoid them.

### **2. Do you like vegetables?**

No, I used to enjoy vegetables, but now I can't stand them.

### **3. Do you consume processed foods?**

Yes, I used to avoid them, but now I include them much more in my diet.

### **4. Do you like to cook?**

No, I used to enjoy cooking, but now I prefer to order food.

### **5. Have you changed your diet recently?**

Yes, I used to be very mindful of what I ate, but now I've neglected my nutrition.

### **6. Do you like desserts?**

Yes, I didn't use to be very into them, but now I go crazy for desserts.

### **7. Do you consume sugary drinks?**

Yes, I used to limit them, but now I drink them frequently.

### **8. Do you exercise regularly?**

No, I used to have a routine, but now I don't work out.

### **9. Do you have cravings for fast food?**

Yes, I didn't use to have them, but now they're quite common for me..

### **10. Do you like homemade food?**

Yes, I used to prefer it, but now I feel more comfortable with takeout.

### **11. Do you have a favorite food now?**

Yes, I used to love salads, but now I enjoy pizzas and burgers more.

### **12. How do you feel about your current diet?**

I feel a bit frustrated. I used to be satisfied, but now I'm worried about my health.

### **13. Have you considered making changes to your diet?**

Yes, I used to be very determined, but now I struggle to find motivation.

### **14. What would you like to achieve with your eating habits?**

I'd like to feel healthy again. I used to have a good balance, but now it's a challenge.

### **15. Do you think stress affects your eating habits?**

Yes, I didn't use to think so, but now I realize it plays a big role.

