



Mi Universidad

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Materia: Ingles V

Profesor: Andres López

Carrera: Tecnico en enfermería

5to semestre

Grupo: A

Parcial: 1

Interviewer: Hello, thank you for sharing your vegan experiences with us. What's your name and how long have you been vegan?

Vegan: Hi, I'm Sophia, and I've been vegan for 5 years.

Questions and Answers:

1. What kind of food did you typically eat before adopting a vegan lifestyle?

Sophia: Didn't use to eat much vegetables, but now I love them.

1. What's your favorite vegan dish?

Sophia: My food passion is vegan quinoa bowls with roasted vegetables.

1. What's your go-to breakfast option?

Sophia: I used to make oatmeal with fruit, now I prefer tofu scrambles.

1. What's your primary source of protein?

Sophia: My go-to protein source is chickpeas.

1. How do you ensure your meals are flavorful and nutritious?

Sophia: I experiment with spices and herbs to add flavor.

1. What advice would you give someone transitioning to a vegan diet?

Sophia: Start with small changes and explore new recipes.

1. Do you have a favorite vegan restaurant?

Sophia: I love visiting The Green House.

1. What vegan dish do you typically prepare for special occasions?

Sophia: My signature dish is vegan lasagna.

1. How do you handle criticism about your vegan lifestyle?

Sophia: I educate others on the benefits and share my experience.

1. What benefits have you noticed since adopting a vegan lifestyle?

Sophia: I have more energy and improved digestion.

1. What's your essential vegan ingredient?

Sophia: Avocado is my must-have.

1. How do you incorporate vegan food into your travel plans?

Sophia: Research local vegan options and pack snacks.

1. Have you veganized any traditional family recipes?

Sophia: Veganized my grandma's pasta sauce recipe.

1. What's your favorite vegan beverage?

Sophia: Love drinking matcha lattes.

1. What message would you like to share about veganism?

Sophia: It's a lifestyle that benefits our planet and health.

Interviewer: Thank you, Sophia, for sharing your vegan experiences and passions with us.

Entrevistas 2

Entrevistador: Hello, thank you for sharing your story with us.
Can you introduce yourself?

Persona: Hi, I'm Emily, nice to meet you.

Preguntas y respuestas:

1. How much weight have you gained recently?

Emily: I've gained around 30 pounds in the past year.

1. What triggered this weight gain?

Emily: I started working from home and didn't prioritize exercise.

1. How has your diet changed?

Emily: I used to eat salads, now I mostly consume processed foods.

1. Do you have a favorite comfort food?

Emily: My food passion is pizza.

1. How often do you exercise now compared to before?

Emily: I used to exercise 3 times a week, now barely once.

1. How has weight gain affected your mental health?

Emily: I feel self-conscious and anxious.

1. Have you noticed any physical changes?

Emily: I get tired easily and experience joint pain.

1. What's the most challenging part of losing weight for you?

Emily: Sticking to a healthy diet.

1. Have you sought professional help?

Emily: Yes, I'm working with a nutritionist.

1. What's your weight loss goal?

Emily: Lose 20 pounds in the next 6 months.

1. How do you plan to achieve it?

Emily: Eating healthier, exercising regularly.

1. What motivates you to make lifestyle changes?

Emily: Wanting to feel confident again.

1. How do you handle cravings for unhealthy foods?

Emily: I allow myself small portions.

1. What's the biggest lesson you've learned?

Emily: Small changes add up over time.

1. What message would you like to share with others struggling with weight gain?

Emily: Don't give up, take it one step at a time.

Entrevistador: Gracias, Emily, por compartir tu historia con nosotros