



Nombre del alumno: Marely Concepción Jiménez Gordillo

Nombre del tema: EATING WELL

Nombre de la materia: Ingles V

Nombre del profesor: Andrés López

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Interview a person who has recently gained a lot of weight.

1. *What was your favorite food before going vegan?*

R= I used to love pizza with lots of cheese. Now, I make a delicious vegan version with cashew cheese!

2. *Did you have any cooking skills before you became vegan?*

R= I didn't use to know much about cooking, but now I'm passionate about trying new vegan recipes!

3. *What snacks did you enjoy that you don't eat anymore?*

R= I used to snack on chips and dip, but now I make my own hummus with fresh veggies instead.

4. *What's a dish you thought you could never make vegan?*

R= I used to think I could never make a good lasagna without cheese, but now I use tofu and spinach, and it's amazing!

5. *Did you have a favorite dessert before going vegan?*

R= I used to love chocolate cake. Now, I've found a fantastic vegan recipe that I enjoy just as much!

6. *How has your approach to breakfast changed?*

R= I used to eat sugary cereals, but now I make smoothies with greens and fruits, which I love!

7. *What cuisines did you enjoy that you now adapt to be vegan?*

R= I used to love Mexican food, and now I make vegan tacos with lentils and avocado!

8. *Did you ever try cooking before you became vegan?*

R= I didn't use to cook much at all, but now I'm passionate about preparing all my meals from scratch.

9. *What's a food you used to avoid but now love?*

R= I used to avoid kale, but now I can't get enough of it in my salads and smoothies!

10. *How do you feel about meal prepping now compared to before?*

R= I used to think meal prepping was too much work, but now I love it because it saves me time during the week.

11. *What's a traditional family dish that you've veganized?*

R= I used to love my grandma's chicken soup, but now I make a vegan version with chickpeas and lots of veggies!

12. *Did you have any food allergies or sensitivities that changed your eating habits?*

R= I didn't use to have any allergies, but now I avoid gluten and feel so much better!

13. *What cooking techniques did you shy away from before?*

R= I used to be intimidated by baking, but now I'm passionate about making vegan cookies and cakes!

14. *How do you satisfy your cravings for comfort food now?*

R= I used to crave mac and cheese, but now I make a creamy vegan version with cashews that I love!

15. *Did you used to eat out often, and how has that changed?*

R= I used to eat out a lot, but now I prefer cooking at home so I can control what I eat.

16. *What's a new food trend you've embraced since going vegan?*

R= I didn't use to like smoothie bowls, but now they're one of my favorite breakfast options!

17. *What's a childhood food memory that you've reimaged?*

R= I used to love peanut butter and jelly sandwiches, and now I make them with whole grain bread and natural nut butter!

18. *How has your perspective on nutrition changed?*

R= I didn't use to think about nutrition much, but now I'm passionate about eating whole, plant-based foods.

19. *What's a seasonal food you've come to enjoy?*

R= I used to dislike pumpkin, but now I love using it in soups and pies during the fall!

20. *Have you discovered any new food pairings since going vegan?*

R= I didn't use to think about combining fruits and veggies, but now I love making salads with strawberries and spinach!