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ingles

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WDS

plataforma

EATING WELL

Read the conversation of people talking about food choices.

c) Read and listen to people talking about food choices.

Riko: Didn't you tell me you were avoiding sweets?
Joy: I couldn't resist! I had a craving for chocolate.
Riko: 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?
Riko: 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!
Riko: I know. But I'm watching my weight now.
*carbs (informal) = carbohydrates

Joy: Come on! It's really good.
Riko: OK. Maybe just a bite.
Joy: Hey, you only live once!

d) Find an underlined sentence or phrase in the photo story with the same meaning as each of the

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.
I HAVE NO IDEA
2. I should say no.
I'D BETTER PASS
3. I couldn't stop myself.
I COULD RESIST
4. I'm trying not to get havier.
I'M WATCHING MY WEIGHT
5. I really wanted . . .
I HAVE A CRAVING FOR
6. I agree . . .
I HAVE TO ADMIT
7. Say no to . . .
TURN DOWN
8. I'll try a little.
JUST A BITE

EXERCISE 2. Translate the article about different kind of diet.

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READING
 e) Read the descriptions of diets. Would you ever try any of them? Why or why not?

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 Juice Fats: For better health and prevention of disease. Instead of food, drink four to six glasses of fresh vegetable and fruit juices for breakfast from three days to three weeks. Get plenty of rest and avoid exercise during the first.

The Atkins Diet: For weight loss. Eat high-protein foods such as meat, egg, and cheese. Avoid foods that are high in carbohydrates, such as potatoes, bread, grains, and sugar.

The Mediterranean Diet: For weight loss. Replace lunch or dinner every day for two weeks with a Mediterranean dish.

VOCABULARY
 Food portions
 f) Read and listen. Then listen again and repeat.

Traducción:

LA DIETA DE LOS CHAMPIÑONES PARA BAJAR DE PESO

REEMPLAZA EL ALMUERZO O LA CENA TODOS LOS DÍAS, DURANTE DOS SEMANAS, CON UN CON UN PLATO DE CHAMPIÑONES

LA DIETA VEGANA

Por una mejor salud y prevención de enfermedades. Evite todos los productos de origen animal, incluidos los lácteos y los huevos. Come muchos granos, frijoles, verduras y frutas

LA DIETA ATKINS

Para bajar de peso. Alimentos ricos en proteínas como carne, huevos y queso. Eviten los alimentos ricos en carbohidratos, como las patatas, el pan, los granos y el azúcar

LAS GRASAS DE JUGO

Para una mejor salud y prevención de enfermedades. En lugar de comida, beba de cuatro o seis vasos de verduras frescas y jugos de frutas durante tres a tres semanas. Descansa mucho y evita el ejercicio durante el ayuno

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.

- Gary Used to go out to eat a lot, but now he eats at home more often.
- Nina didn't use to eat a lot of pasta, but now she does.
- Vinnie didn't use to drink a lot of coffee, but now he's a coffee addict.
- Anton used to eat a lot of vegetables, but now he doesn't.
- Cate didn't use to hate seafood, but now she's crazy about fish.
- Ted used to eat a lot of fatty foods, but now he avoids them.
- Burt didn't use to drink a lot of water, but now he has several glasses a day.
- May didn't use to like salad, but now she has salads several times a week.
- (used to) I used to paint, but now I don't
- (didn't use to) I didn't use black clothes, but now I like it

Exercise 4. Use the prompts to write logical sentences with negative or affirmative forms of “used to”.

- Jason and Trish / get lots of exercise / but now they go swimming every day.

JASON AND TRISH USED TO GET LOTS OF EXERCISE, BUT, BUT NOW THEY GO SWIMMING EVERY DAY

- 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, BUT, NOW THERE ISN'T

- No one / worry about fatty foods / but now most people do.

NO ONE USED TO WORRY ABOUT FREDDY FOOT, BUT NOW MOST PEOPLE DO.

- English / be an international language / but now everyone uses English to communicate around the world.

USED TO BE AN INTERNATIONAL LANGUAGE, BUT NOW EVERYONE USES ENGLISH TO COMMUNICATE AROUND THE WORLD

- Women in North America / wear pants, but now it's very common for them to wear them.

WOMAN IN NORTH AMERICA USED TO WEAR PANTS, BUT NOW ISN'T 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.

- (doesn't agree with me):

my brother doesn't agree with me on how to solve the problem

- (on a diet):

My Friend Is On a diet To Get Ready For Her Wedding

- (trying to lose some weight):

I Have Been trying To Lose Some weight to feel healthier

- (against my religion): I Don't, It, Meet, Because It Is Against, My Religion

- (allergic to): My Sister Is allergic To Not, so we have to avoid them

- (avoiding): I'm avoiding City, traffic Because It's Very stressful

7. (don't care for):

I Don't Care For brócoli, I Just Don't Like It

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: AREN'T you allergic to tomatoes?

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

2. A: WASN'T that lunch delicious yesterday?

B: It was fantastic!

3. A: DIDN'T we already have steak this week?

B: Yes, we did.

4. A: HASN'T your husband been on a diet?

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

5. A: ISN'T asparagus disgusting?

B: Actually, I like it.

6. A: WASN'T you like your pasta?

B: Actually, it was a little too spicy for me.



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