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EATING WELL

Read the conversation of people talking about food choices.



Rita: Didn't you tell me you were avoiding sweets?

Joy: I couldn't resist! I had a craving for chocolate.

Rita: 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?

Rita: 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!

Rita: I know. But I'm watching my weight now.



Joy: Come on! It's really good.

Rita: Ok. Maybe just a bite.

Joy: Hey, you only live once!

*carbs (informal) = carbohydrates

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. id better pass
3. I couldn't stop myself. Just a bite
4. I'm trying not to get havier. Im watching my weight
5. I really wanted . . . I couldn't resist 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.



The Mushroom Diet.
For weight loss.
Replace lunch or dinner every day- for two weeks- with a mushroom dish.

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

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 anywhere from three days to three weeks. Get plenty of rest and avoid exercise during the fast.



Traducción: La Dieta de los Hongos. Para perder peso. Reemplaza el almuerzo o la cena todos los días durante dos semanas con un plato de hongos.

La Dieta Vegana. Para mejorar la salud y prevenir enfermedades. Evita todos los productos animales, incluyendo lácteos y huevos. Come muchos granos, legumbres, verduras y frutas.

La Dieta Atkins. Para perder peso. Come alimentos ricos en proteínas como carne, huevos y queso. Evita alimentos ricos en carbohidratos como papas, pan, granos y azúcar.

El Ayuno de Jugo. Para mejorar la salud y prevenir enfermedades. En lugar de comida, bebe de cuatro a seis vasos de jugos frescos de verduras y frutas durante tres días a tres semanas. Descansa mucho y evita el ejercicio durante el ayuno.

VOCABULARY- Food passions.



GRAMMAR - Used to

- We use **"used to" + the base form of a verb** to describe things that were true in the past but are no longer true in the present.

Example: I used to be crazy about candy, but now I no longer care for it.

- The negative form of **"used to"** is **"didn't use to"**.

Example: She didn't use to eat a lot of chocolate but now she has it all the time.

- The interrogative form of **"used to"** is **"did you use to + the base form"**.

Example: Did you use to eat a lot of fatty foods? Yes, I did. No, I didn't or Yes, I used to. No, I didn't use to.

- WH- questions.

Example: What did you use to have for breakfast? Eggs and sausage. But not anymore.

Example: Why did you use to eat so much? Because I didn't use to worry about my health.

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.

1. Gary used to go out to eat a lot, but now he eats at home more often.
2. Nina didn't used to eat a lot of pasta, but now she does.
3. Vinnie didn't use to drink a lot of coffee, but now he's a coffee addict.
4. Anton use to eat a lot of vegetables, but now he doesn't.
5. Cate use to hate seafood, but now she's crazy about fish.
6. Ted use to eat a lot of fatty foods, but now he avoids them.
7. Burt didn't use to drink a lot of water, but now he has several glasses a day.
8. May didn't use to like salad, but now she has salads several times a week.
9. (used to) I used to play basketball
10. (didn't use to) I didn't used to do my homework

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

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

Jason and trish didn't use to get lots of exercise but now they go swimming every day

2. There / be a movie theater on Smith Street / but now there isn't.

There is used to be a movie theater on smith street but now there isn't

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

No one use to worry about fatty foods but now most people do

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

English didn't use to be an international language but now everyone uses English to communicate around the world

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

Women in north America didn't use to wear pants, but now its every 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.

1. (doesn't agree with me): the milk doesn't agree with me
2. (on a diet): I can't eat bread, im on a diet
3. (trying to lose some weight): im gonna do 2 hours of exercise because im trying to lose some weight

4. (against my religion): I don't drink against my religion
5. (allergic to): im allergic to the shrimps
6. (avoiding):im avoiding candies
7. (don't care for): I don't care for pork

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: Isn't your husband been on a diet?

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

5. A: aren't asparagus disgusting?

B: Actually, I like it.

6. A: don't you like your pasta?

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

How Can It Be?

Americans gain weight... while the French stay thin.

Have you ever wondered why Americans struggle with watching their weight, while French, who consume all that rich food- the bread, the cheese, the wine, and the heavy sauces- continue to stay thin? Now a report from Cornell University suggests a possible answer. A study of almost 300 participants from France and the U.S. provides clues about how lifestyle and decisions about eating may affect weight. Researchers concluded that the French tend to stop eating when they feel full. However, Americans tend to stop when their plate is completely empty, or they have reached the end of their favorite TV show.

According to Dr. Joseph Mercola, who writes extensively about health issues, the French see eating as an important part of their lifestyle. They enjoy food and, therefore, spend a fairly long time at the table. In contrast, Americans see eating as something to do quickly as they squeeze meals between the other activities of the day. Mercola believes Americans have lost the ability to sense when they are actually full. So they keep eating long after the French would have stopped. In addition, he argues that, by tradition, the French tend to shop daily, walking to small shops and farmers' markets where they have a choice of fresh fruits, vegetables, and eggs as well as high-quality meats and cheeses for each meal. In contrast, Americans tend to drive their cars to huge supermarkets to buy canned and frozen foods for the whole week.

Despite all these differences, new reports show that recent lifestyle changes may be affecting French eating habits. Today, the rate of obesity- or extreme overweight- among adults is only 6%. However, as American fast-food restaurants gain acceptance, and the young turn their backs on older traditions, the obesity rate among French children has reached 17%- and is growing.



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 c. meals

GRAMMAR - GETTING ACQUAINTED

CUSTOMS AROUND THE WORLD

Greetings

People greet each other differently around the world.



Some people bow.



Some people kiss once.
Some kiss twice.



Some shake hands.



and some hug.

Exchanging Business Cards

People have different customs for exchanging business cards around the world.



Some customs are very formal. People always use two hands and look at the card carefully.



Other customs are informal. People accept a card with one hand and quickly put it in a pocket.

Getting Acquainted

What about small talk- the topics people talk about when they don't know each other well?



In some places, it's not polite to ask people about how much money they make or how old they are. But in other places, people think those topics are appropriate.

| base form | Simple past | past participle |
|-----------|----------------|------------------|
| be | was/were | been |
| become | became | become |
| begin | began | begun |
| bite | bit | bit/ bitten |
| bleed | bled | bled |
| break | broke | broken |
| bring | brought | brought |
| build | built | built |
| burn | burned/burnt | burned / burnt |
| buy | bought | bought |
| catch | caught | caught |
| choose | chose | chosen |
| come | came | come |
| cost | cost | cost |
| cut | cut | cut |
| do | did | done |
| draw | drew | drawn |
| dream | dreamed/dreamt | dreamed / dreamt |
| drink | drank | drunk |
| drive | drove | driven |
| eat | ate | eaten |
| fall | fell | fallen |
| feed | fed | fed |
| feel | felt | felt |
| fight | fought | fought |
| find | found | found |
| fit | fit | fit |
| flee | fled | fled |
| fly | flew | flown |
| forbid | forbade | forbidden |
| forget | forgot | forgotten |
| get | got | got / gotten |
| give | gave | given |
| go | went | gone |
| grow | grew | grown |
| have | had | had |
| hear | heard | heard |
| hit | hit | hit |
| hold | held | held |
| hurt | hurt | hurt |
| keep | kept | kept |
| know | knew | known |
| leave | left | left |

| base form | simple past | past participle |
|-------------|-------------|-----------------|
| lend | lent | lent |
| let | let | let |
| lose | lost | lost |
| make | made | made |
| mean | meant | meant |
| meet | met | met |
| pay | paid | paid |
| put | put | put |
| quit | quit | quit |
| read / rid/ | read / red/ | read / red/ |
| ride | rode | ridden |
| ring | rang | rung |
| rise | rose | risen |
| run | ran | run |
| say | said | said |
| see | saw | seen |
| sell | sold | sold |
| send | sent | sent |
| sew | sewed | sewn |
| shake | shook | shaken |
| sing | sang | sung |
| sit | sat | sat |
| sleep | slept | slept |
| speak | spoke | spoken |
| spend | spent | spent |
| spread | spread | spread |
| stand | stood | stood |
| steal | stole | stolen |
| stick | stuck | stuck |
| sting | stung | stung |
| strike | struck | struck |
| swim | swam | swum |
| take | took | taken |
| teach | taught | taught |
| tell | told | told |
| think | thought | thought |
| throw | threw | thrown |
| understand | understood | understood |
| wake | woke | woken |
| wear | wore | worn |
| win | won | won |
| write | wrote | written |