EUDDS Mi Universidad Unit Activity #1 - U2

Nombre del Alumno: Euridice Krissel Solorzano Vázquez Nombre del tema: Unit III Parcial: Third Nombre de la Materia: English V Nombre del profesor: Juan Manuel Jaime Díaz Nombre de la carrera: Bachillerato RECURSOS HUMANOS Cuatrimestre: 5th

Comitán de Domínguez Chiapas a 09 de Marzo de 2025.

EATING WELL

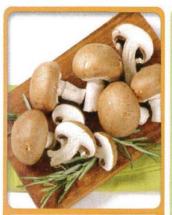
Read the conversation of people talking about food choices.



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. <u>I have no idea</u> _____
- 2. I should say no. _I 'd better pass ___
- 3. I couldn't stop myself. res_____i couldn't ist! ___
- 4. I'm trying not to get havier. __i couln't resist!__
- 5. I really wanted . . . _i'm watching my weight ____
- 6. I agree . . . I have to admit ____
- 7. Say no to . <u>turn down</u>
- 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 weekswith 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 CHAMPIÑONES.

PARA BAJAR DE PESO.

REEMPLACE EL ALMUERZO O CENA TODOS LOS DIAS, DURANTE DOS SEMANAS.

CON UN PLATO DE CHAMPIÑONES

LA DIETA VEGANA

PARA UNA MEJOR SALUD Y PREVENCION DE ENFERMEDADES.

EVITE TODOS LOS PRODUCTOS DE ORIGEN ANIMAL,INCLUIDOS LOS LACTEOS Y LOS HUEVOS.

COMO MUCHOS GRANOS, FRIJOLES, VERDURAS Y FRUTAS.

LA DIETA ALSKIN

PARA BAJAR DE PESO

COMA ALIMENTOS RICOS EN PROTEINAS COMO CARNES,HUEVOS Y QUESO.ALIMENTOS RICOS

CARBOHIDRATOS, COMO LAS PAPAS, EL PAN, LOS GRANOS Y AZUCAR.

EL JUGO RAPIDO PARA UNA MEJOR SALUD Y PREVENCION DE ENFERMEDADES

EL LUGAR DE COMIDA,BEBE DE CUATRO A SEIS VASOS DE VERDURAS FRESCAS Y JUGO DE FRUTAS DURANTE TRES DIAS 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: <u>Did you use to</u> 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: <u>What did you use to have for breakfast?</u> Eggs and sausage. But not anymore.

Example: <u>Why did you use to</u> 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 <u>used to</u> go out to eat a lot, but now he eats at home more often.
- 2. Nina <u>didn't</u> use eat a lot of pasta, but now she does.
- 3. Vinnie <u>didn't use</u> drink a lot of coffee, but now he's a coffee addict.
- 4. Anton <u>used to</u> eat a lot of vegetables, but now he doesn't.
- 5. Cate <u>_didn't use</u> hate seafood, but now she's crazy about fish.
- 6. Ted <u>used to</u> eat a lot of fatty foods, but now he avoids them.
- 7. Burt <u>_didn't use</u> _ drink a lot of water, but now he has several glasses a day.
- 8. May <u>didn't use</u> like salad, but now she has salads several times a week.
- 9. (used to) I _used to a lot of chocolate but now I don`t like it__
- 10. (didn't use to) I_I didn't use to whatch movie, but I love romantic movies ____

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 lost exercise but now they go swimming every day ____
- 2. There / be a movie theater on Smith Street / but now there isn't.
- _There used to be movie theater on smith street but now there isn't
- 3. No one / worry about fatty foods / but now most people do.

_No one used 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 used be an international language but now every use 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 used wear pants,but now it's 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.

1. (doesn't agree with me): _She doesn't agree with me in having a sleepover between friends

2. (on a diet): _We are on a diet with vegetables _

- 3. (trying to lose some weight): __Alexa trying to lose some weight__
- 4. (against my religion): _The day of the dread goes against my religion _
- 5. (allergic to): _i'm allergic to seafood_
- 6. (avoiding): _We will be avoiding going out_
- 7. (don't care for): _Don't care for running much _

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: _Are_ you allergic to tomatoes?

- B: Me? No. You're thinking of my brother.
- 2. A: _how was_ that lunch delicious yesterday ?
- B: It was fantastic!
- 3. A: _Did_ we already have steak this week?
- B: Yes, we did.
- 4. A: _Does__ your husband been on a diet?
- B: Yes. But it's driving him crazy.
- 5. A: _Are_ asparagus disgusting?

B: Actually, I like it.

- 6. A: <u>Are</u> 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.



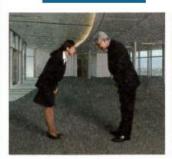
Exercise 7. Use the context of the article to help you choose the same meaning as each underlined word or phrase.

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 <u>rich food</u> ,						
a. fatty, high- calorie food	b. low-fat, low-calorie food	c. expensive food				
3 continue to <u>stay thin</u> ?						
a. worry about their weight	b. not become overweig	ht c. gain weight				
4. Researchers concluded that the French tend to stop eating when they feel full.						
a. like they can't eat any mo	b. worried about thei	r weight c. hungry				
5 the French see eating as an important part of their lifestyle.						
a. personal care and appear	rance 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.



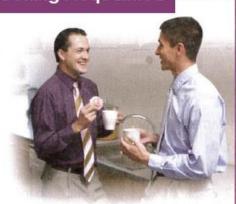
Some customs are very formal. People always use two hands and look at the card carefully.



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.

IRREGULAR VERBS

			I		
base form	Simple past	past participle	base form	simple past	past participle
be	was/were	been	lend	lent	lent
become	became	become	let	let	let
begin	began	begun	lose	lost	lost
bite	bit	bit/ bitten	make	made	made
bleed	bled	bled	mean	meant	meant
break	broke	broken	meet	met	met
bring	brought	brought	pay	paid	paid
build	built	built	put	put	put
burn	burned/burnt	burned / burnt	quit	quit	quit
buy	bought	bought	read / rid/	read / rɛd/	read / rɛd/
catch	caught	caught	ride	rode	ridden
choose	chose	chosen	ring	rang	rung
come	came	come	rise	rose	risen
cost	cost	cost	run	ran	run
cut	cut	cut	say	said	said
do	did	done	see	saw	seen
draw	drew	drawn	sell	sold	sold
dream	dreamed/dreamt	dreamed / dreamt	send	sent	sent
drink	drank	drunk	sew	sewed	sewn
drive	drove	driven	shake	shook	shaken
eat	ate	eaten	sing	sang	sung
fall	fell	fallen	sit	sat	sat
feed	fed	fed	sleep	slept	slept
feel	felt	felt	speak	spoke	spoken
fight	fought	fought	spend	spent	spent
find	found	found	spread	spread	spread
fit	fit	fit	stand	stood	stood
flee	fled	fled	steal	stole	stolen
fly	flew	flown	stick	stuck	stuck
forbid	forbade	forbidden	sting	stung	stung
forget	forgot	forgotten	strike	struck	struck
get	got	got / gotten	swim	swam	swum
give	gave	given	take	took	taken
go	went	gone	teach	taught	taught
grow	grew	grown	tell	told	told
have	had	had	think	thought	thought
hear	heard	heard	throw	threw	thown
hit	hit	hit	understand	understood	understood
hold	held	held	wake	woke	woken
hurt	hurt	hurt	wear	wore	worn
keep	kept	kept	win	won	won
know	knew	known	write	wrote	written
leave	left	left			
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