



**Mi Universidad**

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Nombre del tema:

Parcial: III

Nombre de la materia: Inglés

Nombre del Profesor: Jaime

Nombre de la licenciatura: Recursos Humanos

Cuatrimestre: IV

# EATING WELL


Read the conversation of people talking about food choices.

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c) Read and listen to 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.

\*carbs (informal) = carbohydrates

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

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**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**

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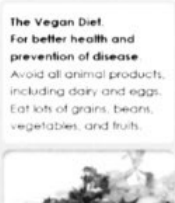
**SPEAKING**

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


"I don't believe in the Atkins Diet. A lot of meat, eggs, and cheese doesn't sound like the right balance of foods for good health."




**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.

**VOCABULARY**  
Food passions

f) Read and listen. Then listen again and repeat.

## Traducción:

### LA DIETA DE LOS CHAMPIÑONES PARA BAJAR DE PESO

REEMPLACE 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

## VOCABULARY- Food passions.

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**VOCABULARY**  
Food passions

f) Read and listen. Then listen again and repeat.

bread, grains, and sugar

I'm crazy about seafood.  
I'm a big meat eater.  
I'm a big coffee drinker.  
I'm a chocolate addict.  
I'm a pizza lover.

I can't stand fish.  
I'm not crazy about chocolate.  
I don't care for steak.  
I'm not much of a pizza eater.  
I'm not much of a coffee drinker.

**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 use 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 used to eat a lot of vegetables, but now he doesn't.
5. Cate didn't use to hate seafood, but now she's crazy about fish.
6. Ted used 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 paint, but now I don't
10. (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”.

1. 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

---

2. 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

---

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

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

---

4. 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 DE MEDICAID AROUND THE WORLD

5. 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 COMMAND 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):

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

2. (on a diet):

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

3. (trying to lose some weight):

I Have Been trading To Lose Some weight to feel healthier

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

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

6. I'm avoiding City, traffic Because It's Very stressful

(avoiding):

## 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.

31 / 69


# 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 care about
- c. don't

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