



**Mi Universidad**

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# EATING WELL

Read the conversation of people talking about food choices.

Read and listen to people talking about food choices.

**Man:** Can I see the menu you were looking at?

**Woman:** I can't find it. I had a craving for chocolate.

**Man:** Well, I have to admit it looks pretty good. How many calories are in that thing anyway?

**Woman:** I have no idea. Want to try some?

**Man:** Really, but I think I'd better pass. I'm watching my weight.

**Woman:** It's not that bad. You never used to turn down chocolate!

**Man:** I know, but I'm watching my weight now.

Source: [https://www.gettyimages.com](#)

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

**Exercise 1.** Find an underlined sentence or phrase in the photo story with the same meaning as each of the following.

- I I HAVE NO IDEA don't know.
- I I'D BETTER PASS should say no.
- I I COULD RESIST couldn't stop myself.
- I'm I'M WATCHING MY WEIGHT trying not to get heavier.
- I I HAVE A CRAVING FOR really wanted . . .
- I I HAVE TO ADMIT agree . . .
- Say TURN DOWN no to . . .
- I'll JUST A BITE try a little.

Read and listen to people talking about food choices.

**READING**

Read the text and underline the underlined phrases. Write the meaning of each phrase in your notebook.

**THE MARCHERS' DIET FOR WEIGHT LOSS**  
The marchers' diet is a low-carb, high-protein diet. It includes meat, eggs, and vegetables. It is a healthy diet that helps you lose weight.

**THE KETO DIET FOR WEIGHT LOSS**  
The keto diet is a low-carb, high-fat diet. It includes meat, eggs, and healthy fats. It is a healthy diet that helps you lose weight.

**THE MEDITERRANEAN DIET FOR WEIGHT LOSS**  
The Mediterranean diet is a healthy diet that includes olive oil, fish, and vegetables. It is a healthy diet that helps you lose weight.

**VOCABULARY**  
Food passions

Read the text and underline the underlined phrases. Write the meaning of each phrase in your notebook.

Traducción:

## LA DIETA DE LOS CHAMPIONES PARA BAJAR DE PESO

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

## LA DIETA VEGANA

Para una mejor salud y prevención de enfermedades. Evita todos los productos de origen animal, incluidos los lácteos y los huevos. Come muchos granos, legumbres, verduras y frutas.

## LA DIETA MEXICANA

Para bajar de peso. Asegúrate de comer proteínas como carne, pollo y pescado. Come los alimentos ricos en carbohidratos, como las papas, el pan, los granos y el arroz.

## LAS GRASAS DE JUGO

Para una mejor salud y prevención de enfermedades. El jugo de naranja, el jugo de uva o los vasos de verduras frescas y jugos de frutas de sabor dulce a base de semillas. Bebe agua simple y evita el azúcar durante el ayuno.

# VOCABULARY- Food passions.

**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 FATTY FOOD, 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.

WOMEN 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 eat beef because it is against my religion

- (allergic to): My sister is allergic to nuts, so we have to avoid them

- 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.

### 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