

12. You will live in Mexico City in 1985, _____?
13. Ann will see the dentist tomorrow, _____?
14. Susan and Jane will not go to Emily's wedding, _____?
15. She had known him for a long time, _____?

UNIT IV

12. You will see in Mexico City in 1928.
13. Ann will see the girls tomorrow.
14. Susan and Jane will not go to Mary's wedding.
15. She had known him for a long time.

UNIT IV

OBJETIVO: El alumno, de acuerdo con estructuras gramaticales aprendidas con anterioridad, comprenderá la información que presenta la lectura: "La Postura".

IV. 1. READING.

POSTURE.

materia

Good posture sits well with fitness. As a matter of fact, you can't really have one without the other.

You don't have to over-exerting yourself to get some benefits from proper posture. It avoids cramping of the internal organs, permits better circulation, prevents unnecessary tensing and lengthening of muscles. It assists in preventing double chins, protruding abdomens and saggings shoulders by strengthening the muscles in your upper body. It often eliminates back pain even if the pain was previously debilitating.

Proper posture permits effective movement in almost all situations and, therefore, lessens the possibility of injury to the joints. If your posture is good, you are less likely to ache or get charley-horses from a workout.

When envisioning good posture, think of a vertical line that connects the center of gravity of the head, shoulders, trunk, hips, legs and feet. If your posture is to be commended, a line could be drawn through your earlobe, the top of your shoulders, the middle of your hips, just back of the knee cap and in front of your outer ankle bone.

The most effective way to develop good posture is to increase your muscle tone, strength, endurance and flexibility by frequent muscular activity.

Good posture is a positive addiction. Get hooked on standing straight.

From the other

COMPREHENSION EXERCISES

IV.1.2. Briefly answer in Spanish the following questions according to the reading: 'Posture'.

1. What's the advisable thing to do for good health?

2. What does good posture avoid?

3. What does good posture permit and prevent?

4. What do you think of when envisioning good posture?

5. How can you envision good posture?

IV.1.3. Choose the corresponding letter to the correct answer and place it in the parenthesis.

1. What do we need to obtain better benefits by good posture? ()
 a) We have to exert ourselves too mucho to obtain benefits.
 b) We do not have to exert ourselves too mucho to obtain benefits.
 c) We do not receive any benefits.
2. Which can be prevent by good posture of the following corporal problems?..... ()
 a) Double chins and round shoulders.
 b) Cancer.
 c) The contagious diseases.
3. What else can be develop by having good posture? ()
 a) Our intelectual capacity.
 b) A good health.
 c) Our sense of hearing.
4. What benefit does our circulatory system receive from good posture? ()
 a) Does not benefit in nothing.
 b) Good posture avoids strokes.
 c) A good posture permits better circulation.
5. Will good posture help avoid muscular aches? ()
 a) It hardly never avoids them.
 b) It accelerates them.
 c) There is less tendency to them.

IV.1.4. Write TRUE (T) or FALSE (F) in the following sentences.

1. We cannot have good health without good posture. _____
2. With good posture we do not have double chin, or round shoulders. _____
3. The correct posture does not let us move easily. _____
4. We have more possibilities of injuring our joints with good posture. _____
5. We can develop a good posture if we increase our muscular constitution. _____

IV.1.5. Relate both columns inserting the number that corresponds.

- | | | |
|------------------|-----|---|
| 1. Fitness | () | To over-exercise one's energy or power. |
| 2. Posture | () | The soft hanging part of the ear. |
| 3. Over-exerting | () | In good physical condition. |
| 4. Muscles | () | Any harm, physical or moral. Any damage damage to. |
| 5. Injury | () | Organ of fibrous tissue capable of contracting and producing movements of the body. |
| 6. Head | () | |
| 7. Shoulders | () | |
| 8. Trunk | () | |
| 9. Hips | () | |
| 10. Legs | () | |
| 11. Earlobe | () | |
| 12. Feet | () | |

IV. 2. GRAMMATICAL SUMMARY.

A) LOS AUXILIARES: CAN, COULD, MAY, MIGHT, MUST, SHOULD, OUGHT TO.

- Estos auxiliares tal como los conocemos se presentan siempre; **no sufren cambios** y no necesitan de ningún otro auxiliar para formar negaciones e interrogaciones.
- **CAN significa PODER en tiempo presente** y generalmente nos dá la idea de **habilidad física**. Siempre lo encontraremos **seguido de un verbo en infinitivo simple** (sin partícula TO):

examples:

- | | |
|---|---|
| 1. Henry can reach it. | - Henry puede alcanzarlo . |
| 2. Sylvia can jump very high. | - Silvia puede saltar muy alto. |
| 3. Edward and Gerard can play baseball. | - Eduardo y Gerardo pueden jugar baseball. |
| 4. Betty and I can open the door easily. | - Betty y yo podemos abrir la puerta fácilmente. |

- **La forma negativa con CAN** la construimos juntando la partícula **NOT** con este auxiliar = **CANNOT**, o su contracción **CAN'T**.

examples:

- | | |
|--|--|
| 1. Henry cannot reach it. | - Henry no puede alcanzarlo. |
| 2. Sylvia can't jump very high. | - Silvia no puede saltar muy alto. |
| 3. Edward and Gerard can't play baseball. | - Eduardo y Gerardo no pueden jugar baseball. |
| 4. Betty and I cannot open the door. | - Betty y yo no podemos abrir la puerta. |

- **La forma interrogativa con CAN** la construimos cambiando a este auxiliar al principio de la oración.

examples:

- | | |
|---|---|
| 1. Can Henry reach it? | - ¿ Puede Henry alcanzarlo? |
| 2. Can Sylvia jump very high? | - ¿ Puede Silvia saltar muy alto? |
| 3. Can Edward and Gerard play baseball? | - ¿ Pueden Eduardo y Gerardo jugar baseball? |
| 4. Can Betty and I open the door easily? | - ¿ Podemos Betty y yo abrir la puerta fácilmente? |

- **COULD = PODER**, es el pasado y condicional de CAN y se usa de igual manera en estos tiempos (pude, -o, podría, ías, -íamos, etc.) seguido de un infinitivo simple.

examples:

- | | |
|--|--|
| 1. Elsa could draw very well. | - Elsa podía dibujar muy bien. |
| 2. I thought you could come, too. | - Yo pensé que tú podrías venir también. |
| 3. The children could shout very loud | - Los niños podían gritar muy fuerte. |
| 4. Evelyn could swim very well before the accident. | - Evelyn no podía nadar muy bien antes del accidente. |

- **La forma negativa de COULD** se construye de igual manera que con CAN pero a diferencia de éste la partícula **NOT** va separada del auxiliar = **COULD NOT** o **COULDN'T**.

examples:

- | | |
|---|--|
| 1. Elsa couldn't draw very well. | - Elsa no podía dibujar muy bien. |
| 2. I thought you couldn't come. | - Pensé que tú no podrías venir. |
| 3. The children couldn't shout very loud | - Los niños no podían gritar muy fuerte. |
| 4. Evelyn couldn't swim very well before the accident. | - Evelyn no podía nadar muy bien antes del accidente. |

- La forma interrogativa se construye de igual manera que con CAN:

examples:

- | | |
|---|--|
| 1. Could you count the stars? | - ¿ Podrías contar las estrellas? |
| 2. Could Elsa draw very well? | - ¿ Podía Elsa dibujar muy bien? |
| 3. Could the children shout very loud ? | - ¿ Podían los niños gritar muy fuerte? |
| 4. Could Evelyn swim very well before the accident ? | - ¿ Podía Evelyn nadar muy bien antes del accidente ? |

- **MAY = PODER se traduce en tiempo presente**. Expresa permiso o libertad para hacer una cosa. Por otra parte, **también expresa probabilidad** y siempre va seguido de un verbo en infinitivo simple.

examples:

- | | |
|--|---|
| 1. May I go to the circus? | - ¿ Puedo ir al circo? Sí, puedes . |
| 2. It may rain this evening. | - Puede llover esta tarde. |
| 3. Helen may eat some apples. | - Elena puede comer manzanas. |
| 4. Peter may go with you if you want. | - Pedro puede ir contigo si quieres. |