

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

UNIT IV READING

... 369 in the column of will/will not. If

... tomorrow dentist ed1 sea like sea. SI

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... about a week ago in your upper body. It often

... changes but still

... in almost all situations and therefore,

... If you posture upright, you are less likely

UNIT IV

1. Polar bears have thick fur to protect them from the cold. They also have a thick layer of blubber underneath their skin.
2. The process of communication doesn't happen only in man. Other animals communicate with each other too.
3. Whales don't breath through holes of their mouth but have nostrils (holes) on top of their head.
4. Many sharks can't hear frequencies of human voices but can any 100 Hz.
5. The moon does not give us light and heat. We are taught that the sun and the stars do.
6. The Valley of Death is the name given to a narrow valley in the desert of New Mexico.
7. There are fish which live both in water and air. These fish are called lungfish.
8. Sharks can breathe air as well as water and can catch their food in the air.
9. All flying planes need to be flying at a low altitude to land.
10. The first man to walk on the moon was Neil Armstrong.
11. The first American to fly around the world was Charles Lindbergh.
12. The average human heart beats about 72 times per minute.
13. The average heart rate of human adults is 72.8 bpm (beats per minute).
14. The first man to fly solo across the Atlantic Ocean was Charles Lindbergh.
15. Flying vehicles have wings to fly.
16. Flying vehicles have wings to fly.

12. You will live in Mexico City in 1965. *Don't you?*
13. Ann will see the dentist tomorrow. *I don't like* *it.*
14. Susan and Jane will not go to Emily's wedding. *Will they?*
15. She had known him for a long time. *Doesn't she?*

VITI MU

IV. 1. READING.

POSTURE.

Exhibit
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. Its avoids cramping of the internal organs, permits better circulation, prevents unnecessary tensing and lenghtening of muscles. It assists in preventing double chins, protruding abdomens and saggins 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 if 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.

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

VOCABULARY

NOUNS

1. abdomen - abdomen.
2. ankle - tobillo.
3. bone - hueso.
4. charley-horses - calambres.
5. double chin - papada.
6. earlobe - lóbulo del oído.
7. feet - pies.
8. head - cabeza.
9. hip - cadera.
10. injury - lesión.
11. joints - articulaciones.
12. knee cap - rótula.
13. legs - piernas.
14. lengthening - desgarramiento.
15. muscles - músculos.
16. shoulders - hombros.
17. trunk - tronco.

ADJECTIVES

1. proper - propio, adecuado, -a.
2. protruding - protuberante, abultado, -a.
3. strengthening - fortalecido.

VERBS

4. tensing - tensionado.
5. unnecessary - innecesario.
1. to ache - doler.
2. to assist - asistir.
3. to eliminate - eliminar.
4. to get - obtener.
5. to hook - colgar.
6. to permit - permitir.
7. to stand - ponerse de pie, levantarse.

OTHER WORDS

1. back pain - dolor de espalda.
2. better - mejor.
3. often - a menudo.
4. over exerting - sobre esforzarse, excederse.
5. therefore - por lo tanto.
6. upper body - parte superior del cuerpo.
7. work out - prueba, ensayo.

IV.1.1. Translate to Spanish the reading: "Posture".

La Postura

La buena postura para sentarse es buena fidelidad como podemos ver en realidad se puede obtener una o la otra. No tienes que exagerar tu misra para conseguir estos beneficios de una propia postura. Elimina la tensión de órganos internos, permite mayor circulación, provee tensiones innecesarias en los músculos. Ayuda en el abdomen y en los hombros relajando los músculos en la parte alta de tu cuerpo. Muy a menudo o muy seguido elimina dolores de espalda aunque el dolor haya sido previamente debilitado. Una postura correcta permite una ayuda en el movimiento para cualquier de tus ocupaciones. Cuando ambicias una buena postura piensa en linea vertical que contiene el centro de gravedad en la cabeza, en los hombros, en tus piernas y en tus pies. Si tu postura es muy combin, una linea puede ser trazada a través del área de la espalda, desde la parte alta de tus hombros y en el centro de tus caderas únicamente detrás de tus rodillas y enfrente de tu codo.

El mejor camino para desarrollar una buena postura es incrementando tus músculos, tu fuerza interior y hacer flexibles las frecuencias de tu actividad muscular. Una buena postura es un acto positivo. Se puede encargar con la fuerza de estar parado.

OBJETIVO:
El alumno, para demostrar el grado de comprensión alcanzado sobre la lectura "La Postura", será capaz de traducirla al español.

COMPREHENSION EXERCISES

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

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

una buena postura

- What does good posture avoid?

dolor calambres en los órganos internos

- What does good posture permit and prevent?

Mejor circulación impide tensión innecesaria y desg. de mus

- What do you think of when envisioning good posture?

Pleno en una linea vertical

- How can you envision good posture?

incrementa la fuerza de sus músculos

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

- What do we need to obtain better benefits by good posture?(a)

- 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.

- Which can be prevent by good posture of the following corporal problems?.....(a)

- a) Double chins and round shoulders.
- b) Cancer.
- c) The contagious diseases.

- What else can be develop by having good posture?(b)

- a) Our intelectual capacity.
- b) A good health.
- c) Our sense of hearing.

- What benefit does our circulatory system receive from good posture?(c)

- a) Does not benefit in nothing.
- b) Good posture avoids strokes.
- c) A good posture permits better circulation.

- Will good posture help avoid muscular aches?.....(c)

- 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.

- We cannot have good health without good posture. True

- With good posture we do not have double chin, or round shoulders. True

- The correct posture does not let us move easily. False

- We have more possibilities of injuring our joints with good posture. False

- We can develop a good posture if we increase our muscular constitution. True

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

- | | |
|------------------|------|
| 1. Fitness | (3) |
| 2. Posture | (11) |
| 3. Over-exerting | (1) |
| 4. Muscles | (5) |
| 5. Injury | (4) |
| 6. Head | |
| 7. Shoulders | |
| 8. Trunk | |
| 9. Hips | |
| 10. Legs | |
| 11. Earlobe | |
| 12. Feet | |

(3) To over-exercise one's energy or power.

(11) The soft hanging part of the ear.

(1) In good physical condition.

(5) Any harm, physical or moral. Any damage damage to.

(4) Organ of fibrous tissue capable of contracting and producing movements of the body.

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 da 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? Si, 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.