

**Task 2**

Let's suppose you have come to the conclusion that the text is about the "Benefits and Risks of Vitamins." Choose a partner and discuss this subject with her/him. Then complete the following task.

According to the text complete the following table.

| Vitamin  | Food Sources | Benefits | Risks |
|----------|--------------|----------|-------|
| A        | _____        | _____    | _____ |
| D        | _____        | _____    | _____ |
| B 6      | _____        | _____    | _____ |
| B 12     | _____        | _____    | _____ |
| C        | _____        | _____    | _____ |
| E        | _____        | _____    | _____ |
| Calcium  | _____        | _____    | _____ |
| Iron     | _____        | _____    | _____ |
| Selenium | _____        | _____    | _____ |
| Zinc     | _____        | _____    | _____ |

Do you think it is better to take vitamins or eat the food which contains them? Why?

Which food do you think you need to include in your daily meals?

**Skill: Skimming-Scanning**

**Skimming:** Get the general idea.

**Task 1**

Read the text "Inside the Pyramid" quickly and answer the following questions.

- 1 What are circles and triangles? \_\_\_\_\_
- 2 What are the three levels of activity mentioned? \_\_\_\_\_

**Scanning for details.**

**Task 2**

Now, read the text again and find the answers to these questions.

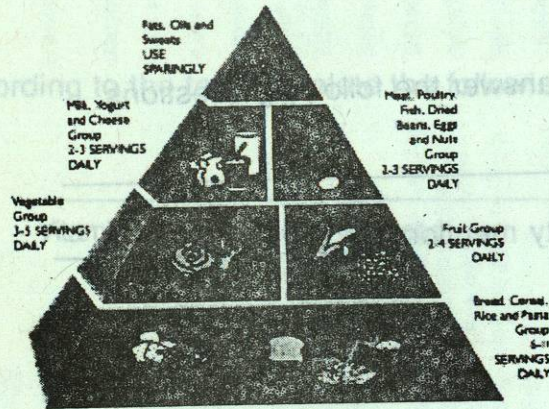
- 1 How much salt and sodium should you use? \_\_\_\_\_
- 2 How many calories does a very active person need? \_\_\_\_\_
- 3 What are 4 examples of rigorous activity? \_\_\_\_\_
- 4 Diets should be low in fat, saturated fat and...? \_\_\_\_\_
- 5 Nine servings of bread and grains are suggested for what kind of people? \_\_\_\_\_
- 6 If you want to gain weight, which range should you follow? \_\_\_\_\_

**Task 3**

Write the answers.

- 1 What is a couch potato? \_\_\_\_\_
- 2 What is your serving range? \_\_\_\_\_

# Inside the Pyramid



## Circles and Triangles

The small circles on the Food Guide Pyramid represent naturally occurring and/or added fat; triangles represent sugars. These symbols indicate that fat and added sugars come mostly from the fats, oils and sweets category at the tip of the pyramid but may also be part of or added to foods included in other categories.

## Find Your Serving Range

The pyramid model provides a range of caloric intake and servings based on activity level. If you're a couch potato or exercise fewer than three times weekly (not get moving) follow the lowest range. If you exercise at least three times weekly for 30 minutes, use the moderate range. If you engage regularly in rigorous sports (e.g., backpacking, cross-country skiing, mountain biking, long-distance cycling, in-line skating, running, triathlons), or are training for a marathon or trying to gain weight, follow the high range.

Alternate between ranges depending on your activity level.

|                         | Sedentary    | Active       | Very active  |
|-------------------------|--------------|--------------|--------------|
| Calories                | 1,600        | 2,200        | 2,800        |
| Servings of             |              |              |              |
| Breads and Grains       | 6            | 9            | 5            |
| Vegetables              | 3            | 4            | 5            |
| Fruits                  | 2            | 3            | 4            |
| Milk and Dairy Products | 2 to 3*      | 2 to 3*      | 2 to 3*      |
| Meats and Protein       | 2            | 2            | 3            |
|                         | (total 5 oz) | (total 6 oz) | (total 7 oz) |
| Total fat (g)           | 63           | 73           | 93           |
| Total added sugar (tsp) | 5            | 12           | 18           |

\* Pregnant women and nursing mothers should use the higher figure.

## Seven Dietary Guidelines

The Food Guide Pyramid is a diagram of the USDA's seven new dietary guidelines. They are:

1. Eat a variety of foods.
2. Maintain a healthy weight.
3. Choose a diet low in fat, saturated fat and cholesterol.
4. Choose a diet with plenty of vegetables, fruits and grain products.
5. Use sugars only in moderation.
6. Use salt and sodium only in moderation, especially if you have high blood pressure.
7. If you drink alcoholic beverages, do so in moderation.



## Clearing it up (part I)

Do you remember the auxiliaries "CAN" and "COULD"?

- 1 I **can** swim very well.
- 2 Most birds **can** fly.
- 3 **Can** I go to the movies, Mom?
- 4 **Can** I use your pen?
- 5 When I was 10, I **could** roller skate.
- 6 We **could** go to Laredo on the weekend.
- 7 What's for dinner?  
Well, we **could** have fish or chicken.

### Task 1

Which sentences have these meanings?

| FUNCTION | SUGGESTION | NATURAL ABILITY | POSSIBILITY | LEARNED ABILITY | REQUESTING PERMISSION |
|----------|------------|-----------------|-------------|-----------------|-----------------------|
| SENTENCE |            |                 |             |                 |                       |

### Task 2

Answer: YES NO

Does "can" always mean ability?  YES  NO

Does "could" always mean the past of "can"?  YES  NO

**Task 3**

Complete this table with ticks(✓) and crosses (X).

|  | Possibility | Learned ability | Natural ability | Requesting permission | Suggestion |
|--|-------------|-----------------|-----------------|-----------------------|------------|
| What do you want for lunch? we could prepare a sandwich.                         |             |                 |                 |                       |            |
| Martha can skate beautifully.  |             |                 |                 |                       |            |
| Shamú can swim very fast.  |             |                 |                 |                       |            |
| He tries to understand the song, but he can't.                                   |             |                 |                 |                       |            |
| What shall we do now? We could start studying.                                   |             |                 |                 |                       |            |
| They could take this course next year.   |             |                 |                 |                       |            |
| She can play the piano very well.  |             |                 |                 |                       |            |
| We could go to San Antonio next week.  |             |                 |                 |                       |            |
| Can I go in, sir?  |             |                 |                 |                       |            |
| Tell me about our activities for today. Well you could start typing this letter. |             |                 |                 |                       |            |
| Can I use your car, Dad?   |             |                 |                 |                       |            |
| When is Madonna coming to Monterrey? She could come next year                    |             |                 |                 |                       |            |

**Task 4**

Write in the square the number that matches.

1 ABILITY    2 SUGGESTION    3 POSSIBILITY    4 REQUEST

▲ – What can I do to get some money?

○ – Well, you could sell your car, or

you could help me with this work.

▲ – Yes, but I don't know how to use this computer, so, I can't help you.

○ – Oh ! Well, you could come over this evening to type some messages.

▲ – All right, but can I borrow some money now?

○ – Yes, sure Uhm... can you start at 6:00 o'clock this evening?

▲ – Yes, I'll be there.

**Clearing it up (part II)**

**Task 5**

Write the appropriate question word on the line.

**WHY      WHAT      WHERE      WHEN      WHO**

Interviewing Gloria Trevi

|  |  |
|--|--|
| _____ were you born?                     | April 17th, 1970.                          |
| _____ do you eat at restaurants?         | Vegetables.                                |
| _____ are you living now?                | In Mexico City.                            |
| _____ is your best friend?               | My cat!                                    |
| _____ type of car do you prefer?         | Ford.                                      |
| _____ do you always sing "Satisfaction"? | Because it's a good song to end the shows. |
| _____ did you start singing?             | In the shower, of course!                  |

**Task 6**

Match:

|                                |             |
|--------------------------------|-------------|
| <input type="checkbox"/> WHY   | 1.- QUIÉN   |
| <input type="checkbox"/> WHAT  | 2.- QUÉ     |
| <input type="checkbox"/> WHERE | 3.- POR QUÉ |
| <input type="checkbox"/> WHEN  | 4.- CUÁNDO  |
| <input type="checkbox"/> WHO   | 5.- DÓNDE   |

**Task 7**

Use the question words. Write questions to ask your classmates. Interview 5 of them

| Q U E S T I O N S |   |
|-------------------|---|
| 1)                | ? |
| 2)                | ? |
| 3)                | ? |
| 4)                | ? |
| 5)                | ? |

| N A M E S | A N S W E R S |   |   |   |   |
|-----------|---------------|---|---|---|---|
|           | 1             | 2 | 3 | 4 | 5 |
|           |               |   |   |   |   |
|           |               |   |   |   |   |
|           |               |   |   |   |   |
|           |               |   |   |   |   |
|           |               |   |   |   |   |
|           |               |   |   |   |   |
|           |               |   |   |   |   |

**Task 8**

Choose the answers of 2 classmates. Write a paragraph about each in your notebook.

**Task 9**

Entertainment quizz.

What was the name of the group Michael Jackson sang in as a child?

Where were "The Beatles" born? \_\_\_\_\_

Who was the Japanese lady who lived with John Lennon? \_\_\_\_\_

When did Paul Mc Cartney come to Mexico City for his first concert? \_\_\_\_\_

Where was Gloria Trevi born? \_\_\_\_\_

When was Gloria Trevi born? \_\_\_\_\_

**Words at work**

The prefixes **over** and **under** may be placed before many words to mean "more / less than normal desired."

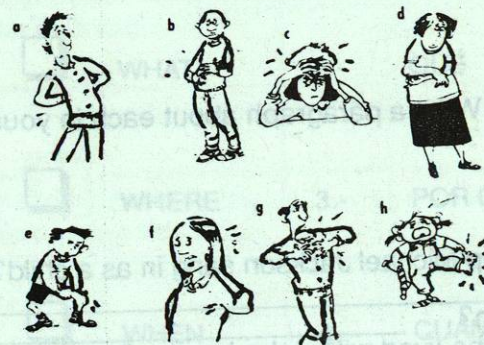
**Task 1**

Complete the sentences below. Fill in each blank with **over** or **under** plus the word in parenthesis.

- 1 I'm really \_\_\_\_\_ on my job (paid). If I don't get a better salary soon, I'm going to look for a new one.
- 2 My mother really \_\_\_\_\_ my younger brother (protects). She doesn't let him be responsible for his decisions.
- 3 One of the reasons for people being \_\_\_\_\_ (weight) is that they eat constantly. It isn't healthy to \_\_\_\_\_ (eat).
- 4 Sometimes teenagers are not self-confident because they \_\_\_\_\_ their own personal qualities (estimate).
- 5 The girl that just finished the interview is \_\_\_\_\_ for the post of secretary (qualified). She doesn't know how to use a word processor, and she doesn't even type very fast.

**Task 2**

What's wrong with the people in the pictures?



Combine the following words with "**\_ache**" and match with the drawings.

|         |       |      |      |
|---------|-------|------|------|
| stomach | tooth | head | back |
|---------|-------|------|------|

**Parts of the body**

**Task 3**

Write the numbers 1-20 next to the correct word. Ask other students or use your dictionary.

- hand \_\_\_\_\_
- chest \_\_\_\_\_
- chin \_\_\_\_\_
- leg \_\_\_\_\_
- hair \_\_\_\_\_
- toe \_\_\_\_\_
- eye \_\_\_\_\_
- finger \_\_\_\_\_
- knee \_\_\_\_\_
- forehead \_\_\_\_\_
- elbow \_\_\_\_\_
- ear \_\_\_\_\_
- mouth \_\_\_\_\_
- nose \_\_\_\_\_
- foot \_\_\_\_\_
- shoulder \_\_\_\_\_
- neck \_\_\_\_\_
- eyebrow \_\_\_\_\_
- arm \_\_\_\_\_
- back \_\_\_\_\_

