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 page 100 Days 100 D				
B 6				
B 12				
C	STATE OF THE PARTY	THE EAST NE	AP A DESERVE	MEAT
Calcium	90 H	oiaus senti boi boi	- In the second	1161
Iron	Here had a second and a second	polyment benefit and polyment	Country of the party of the par	
Selenium				
Zinc				

0	Do you think	it is	better to tal	ke vitamins	or eat	the	food	which	contains
	them? Why?		2 %	43				0	2

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?_____
- What are the three levels of activity mentioned?____

Scanning for details.

Task 3

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

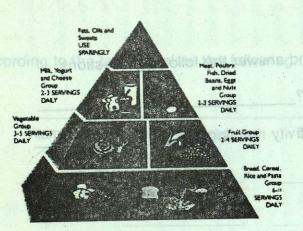
- 1 How much salt and sodium should you use?_
- 2 How many calories does a very active person need?
- 3 What are 4 examples of rigorous activity?
- 4 Diets should be low in fat, saturated fat and...?
- 5 Nine servings of bread and grains are suggested for what kind of people?___
- 6 If you want to gain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

Task 3

Write the answers.

- 1 What is a couch potato?
- What is your serving range?

Inside the Pyramid **Circles and Triangles**



Seven Dietary Childelines

I. Eat a variety of foods. 2. Maintain a healthy weight.

and cholesterol.

blood pressure.

in moderation.

The Food Guide Pyramid is a diagram of

the USDA's seven new dietary guidelines.

3. Choose a diet low in lat, saturated fat

vegetables, fruits and grain products. 5. Use sugars only in moderation. 6. Use salt and sodium only in

moderation, especially if you have high

7. If you drink alcoholic beverages, do so

4. Choose a diet with plenty of

4		

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 bu may also be part of or added to foods included in other categories.

The small circles on the Food

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 (ts/ 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 rigourous 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

Alternate between ranges depending on your activity level.

WANTED TOTAL	Sedentary	Active	Very active
Calories	1,600	2,200	2,800
Servings of	वा वा व	IAA	
Breads and	6	9	5
Grains	ts should	Fig Die	
Vegetables	3	4	5
Fruits	2	3 4 2	4
Milk and	2 to 3 *	2103"	2 10 3 *
Dairy			
Products	HIEW LIK	Year of	
Meats and	2	2	3
Protein			
	(lotal 5 oz)	(total (6 oz)	(lotal 7 oz)
Total fat (g)	63	73	93
Total added	8 8	12/205	18
sugar (tsp)			

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

BYAMAPAHE What is your serving range?

Tas

Do you r	ng it up (part I) emember the auxiliaries "CAN" and "COULD"
	1 I can swim very well.
2	Most birds can fly. (X) assess on one (V) short this elder sint eleigno
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.
Pask 1	Shamd can swim very fast.
Vhich se	ntences have these meanings?
FUNCTION	SUGGESTION NATURAL ABILITY POSSIBILITY LEARNED ABILITY REQUESTING PERMISSION
SENTENCE	O - On I Well, you could some over this

		- On I Well,b	ou could	on a ever this	peg year.
					She can play the piane.y
			ype seme	oide	We could go to San And next week.
k 2		- All right, but	can I bor	fow some money	Can I go in, sir?
		now?		Answer: Y E	S have bloom light
Does "	can" alw	ays mean abili	ty?	rou start at	Can I use your car, Ded'
Does "	could" al	ways mean the	past of "	can"?	When is tonns dor

Clearing it up (par II)

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.	the week	edo on	Höllar	5.045	BrafW om bim
Martha can skate beautifully.	chicken	e fish o	ner? Idhinav	ub 10) 150 0	Ward W Way
Shamú can swim very fast.			63(9)(2) (19)(2)(3)		Aree tin postera
He tries to understand the song, but he can't.		Eagni	reein s	light ov	off ago
What shall we do now? We could start studying.	MAN TALLY II	POSVE	CLOSED IN	· · · · · · · · · · · · · · · · · · ·	KOLLSSE KOLLSSE
They could take this course next year.			dapa	e ing en y	or activ
She can play the piano very well.			TORRA TORRA Torra		00
We could go to San Antonio next week.			Vege Feels		
Can I go in, sir?			Milk I Disk Pro	2 10	3 2
Tell me about our activities for to Well you could start typing this le	day. etter.		Pag Pag		E 627
Can I use your car, Dad?		Ş.Y.	Total Total till dis-sal	ays messa ays mes	r alw
When is Madonna coming to Monterrey? She could come next	year neo"	past of	e it ma	n level	All BIL

October the auxiliaries "CAN" and COULD"

Smot service of our services whom?

1 lean swim tel

SHIWLES SEND TRAINING

Task 4	ords: Write questions to ask your classinates, interview 5 of them	
Write in the squa	re the number that matches.	
1 ABILITY	CHW E WHHW SOSHW N TANK YOU	
3)	— What can I do to get some money?	
0	do vou eat at restaurants? Vegetables	
N A M	- Well, you could sell your car, or	
	you could help me with this work.	
And song to s.	Yes, but I don't know how to use wis upy ob	
of course !	this computer, so, I can't help you.	
0	- Oh! Well, you could come over this	
	evening to type some messages.	
hease the ans	— All right, but can I borrow some money in your notebook	
hak 9 Menanment quiz What was the	now? 300 ROR -8 3A3HW 2.	
Where were who was the	- Yes, sure Uhm can you start at	
	6:00 o'clock this evening?	
When was Gi	– Yes, I'll be there.	

Words at work

Complete the sentence

Clearing it up (part II)

Task 5 Write the appropriate question word on the line.

YHW	WHAT	WHER	E _E	WHEN	SUGGE	ино	ABILIT	1
(630)		Interviewin	g Gloria	a Trevi				
por escapione de la companya del companya del companya de la compa	were you b	orn?		ot ab I n	April 17	th, 197	0.	
	do you eat	at restaura	ants?		Vegeta	bles.		
What do you w	are you liv	ing now?	sell yo		In Mexi	co City.		
Mariha can ski	is your bes	st friend?			My cat	!		
Sha <u>mă can sw</u>	type of car	do you pr	efer?		Ford.			
	do you alw "Satisfacti	ays sing				se it's a e shows	good so	ng
			?so 1	1ter, so	In the	shower,	of cours	e!
Task 6 Match:	ce this course ei	rit ravo em		oo nov		riO –	0	
She can play t	ne pi WH	Y	1	QUIÉN				
We could go to next week.	U WH	TAI	2	QUÉ				
- Can I go in, si	e? ?wey	w some me			ight, bu	IIA —		
Tell me about Well you coul	with the state of	HERE	3	POR C	UÉ	WO!1		
Can I use you	we car d? we	te hata	an you	CUÁNI	J erua DO			
When is Mad Mosterwy? S	onna oming to the conditions	i pezi year []	oninev	e this e				
		10	5	DÓND				

Task 7

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

Q U	Е	S	T	l	0	N	S
1)				V. Carrie			?
(2) sbnu	Ver_ oi	o din	Yay (ji)	2010	SHEET I	HOW. FI	9.9
3)	24					70.0	9
4)							?
es a len l'no	sty i ti (F	noal e	an Vir	NAME OF THE OWNER, OWNE			0

NAMES	A 1	Ŋ	S	W 3	E R	W S
eys						LSGS*
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cause they	ident be	inpo di	ea ton	agers are	reet semit	Some
Hes (asimple).			TANK Y	hat		
ew to use a word	ie fil 't knawir	nteob	WHEN STREET STREET		irl that jus of secretan	
(Page 1)					ssor, and s	
• .			Char	toic out ni	elected ent	dilus popul

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 IWHY WHAT W WHERE WHEN I WHO 9

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.
- One of the reasons for people being (weight) is that they eat constantly. It isn't healthy to (eat).
- Sometimes teenagers are not self-confident because they______their own personal qualities (estimate).
- 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	or occupation with the correspon	
chest		
chin		
leg	1	
hair	10	
toe planist	VIF"	
eye chemist	NI	
finger office Worker	THE STATE OF THE S	
knee gook	16 The state of th	
forehead		
elbow	14-17	
ear Waiter	11. 14	
mouth saker	/5	
nose utcher	10	
foot fireman	111/4年 15	
shoulder	17	
neck	- LEGAN	
eyebrow		
arm Yoga teacher	P"H I"	
back bus driver		1
o) grocer	,-	1