

Trabajo de Ingles

Juan Mora (5B)

1) Read the text and answer the questions

a- Why is food important?

Food is an essential part of our lives. We all need food to survive as it provides us with energy and nutrients for healthy growth and development.

b- What do dairy products contain?

Dairy products contain calcium which is needed for strong bones.

c- According to The Dietary Guidelines for Americans, how is an ideal plate formed?

They recommend filling half your plate with fruits and vegetables, one-fourth of your plate with grains, and one-fourth with lean protein sources like fish or poultry.

d- What can cause obesity or malnutrition?

Too much of any one type of food can lead to health problems like obesity or malnutrition.

e- What is the consequence of eating a well-balanced diet?

Eating well-balanced meals can help us feel energized, stay strong, and keep our bodies functioning properly.

2)

- a) I prefer my vegetables fresh and crunchy for a healthy snack.
- b) The ice cream parlor offers a variety of sweet flavors, like vanilla and chocolate.
- c) My favourite dessert is a creamy chocolate mousse.
- d) On a hot summer day, nothing beats a frozen fruit popsicle.
- e) I love to grill barbecue chicken on weekends.
- f) When I want a crunchy snack, I eat potato chips.
- g) To make French fries, you need to cut the potatoes and then fry them.
- h) Boil some water before adding the pasta.
- i) She decided to bake an apple pie.
- j) Sometimes she eats a microwaved dinner.

3) How long / for / since

- a) How long has Rachel lived in London?
- b) She has lived in London since 10 months.
- c) How long have your grandparents been married?
- d) They have been married for 50 years.

- e) How long have you worked here?
- f) I have worked here for March.

4) Present Perfect or Simple Past

- 1) Susan went shopping yesterday.
- 2) They have cleaned the room.
- 3) Last summer we went to Berlin.
- 4) The children have finished their homework.
- 5) I have lost my car keys.
- 6) We ate snails on holiday.
- 7) She hasn't been abroad before.
- 8) I haven't done my homework.
- 9) I sent you an email two days ago.
- 10) He hasn't met me yet.