

Nombre:		Fecha Inicio:	
Nota:		Fecha Fin:	

Health and Nutrition

01.	Aclara las siguientes palabras, tradúcelas al español y haz 1 oración con cada una.																																																																																																																																																																																																																																		
	1. healthy 2. vitamins 3. unhealthhy 4. fiber 5. suffer																																																																																																																																																																																																																																		
	6. bread 7. food groups 8. cereal 9. vegetables 10. fruit																																																																																																																																																																																																																																		
	11. dairy 12. malnutrition 13. poultry 14. meat 15. fish																																																																																																																																																																																																																																		
	16. fat 17. sugar 18. unhealthy 19. overweight 20. diet																																																																																																																																																																																																																																		
02.	Haz el ejercicio 1 de la página 2 de tu libro. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
03.	Lee en equipo el texto de la página 2, y después escribe 3 alimentos de cada uno de los 5 grupos alimenticios en inglés y español. Escríbelos en tu cuaderno.																																																																																																																																																																																																																																		
04.	Haz la lectura de la página 3 del libro, traduce el texto en equipo con tu gemelo. Leer y traducir un enunciado cada uno alternándose.																																																																																																																																																																																																																																		
05.	Haz el ejercicio 1 de la página 4. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
06.	Haz el ejercicio 2 de la página 4. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
07.	Estudia cómo hacer preguntas de Yes y No con el verbo to be y el aux. to do en la pág. 5. Haz un esquema de cómo se hacen preguntas con cada uno en tu cuaderno.																																																																																																																																																																																																																																		
08.	Haz la actividad 3 de la página 5. Escribe las respuestas en tu cuaderno.																																																																																																																																																																																																																																		
09.	Haz la siguiente sopa de letras.	<table border="1"> <tr><td>N</td><td>Y</td><td>R</td><td>T</td><td>L</td><td>U</td><td>O</td><td>P</td><td>P</td><td>E</td><td>T</td><td>G</td><td>U</td><td>H</td><td>S</td></tr> <tr><td>Q</td><td>O</td><td>Z</td><td>E</td><td>G</td><td>O</td><td>P</td><td>U</td><td>L</td><td>Y</td><td>H</td><td>H</td><td>A</td><td>E</td><td>Y</td></tr> <tr><td>S</td><td>W</td><td>I</td><td>D</td><td>F</td><td>M</td><td>T</td><td>Y</td><td>U</td><td>Y</td><td>G</td><td>R</td><td>L</td><td>A</td><td>R</td></tr> <tr><td>B</td><td>N</td><td>Q</td><td>T</td><td>I</td><td>F</td><td>T</td><td>S</td><td>R</td><td>C</td><td>I</td><td>E</td><td>O</td><td>L</td><td>Q</td></tr> <tr><td>F</td><td>O</td><td>O</td><td>D</td><td>I</td><td>S</td><td>U</td><td>I</td><td>P</td><td>C</td><td>E</td><td>B</td><td>Q</td><td>T</td><td>G</td></tr> <tr><td>L</td><td>T</td><td>J</td><td>D</td><td>E</td><td>R</td><td>A</td><td>S</td><td>L</td><td>Z</td><td>W</td><td>I</td><td>E</td><td>H</td><td>F</td></tr> <tr><td>R</td><td>V</td><td>I</td><td>F</td><td>I</td><td>D</td><td>T</td><td>H</td><td>Q</td><td>J</td><td>R</td><td>F</td><td>U</td><td>Y</td><td>N</td></tr> <tr><td>K</td><td>X</td><td>I</td><td>Z</td><td>G</td><td>E</td><td>Y</td><td>U</td><td>Y</td><td>V</td><td>E</td><td>S</td><td>V</td><td>V</td><td>Z</td></tr> <tr><td>C</td><td>L</td><td>K</td><td>T</td><td>H</td><td>A</td><td>T</td><td>V</td><td>N</td><td>C</td><td>V</td><td>T</td><td>E</td><td>C</td><td>D</td></tr> <tr><td>U</td><td>N</td><td>H</td><td>E</td><td>A</td><td>L</td><td>T</td><td>H</td><td>Y</td><td>L</td><td>O</td><td>C</td><td>X</td><td>T</td><td>A</td></tr> <tr><td>K</td><td>K</td><td>D</td><td>I</td><td>M</td><td>M</td><td>Q</td><td>Q</td><td>S</td><td>V</td><td>A</td><td>F</td><td>E</td><td>G</td><td>X</td></tr> <tr><td>D</td><td>C</td><td>V</td><td>P</td><td>D</td><td>C</td><td>I</td><td>Z</td><td>V</td><td>T</td><td>T</td><td>M</td><td>X</td><td>O</td><td>H</td></tr> <tr><td>Z</td><td>S</td><td>A</td><td>N</td><td>V</td><td>Y</td><td>D</td><td>N</td><td>Y</td><td>R</td><td>J</td><td>E</td><td>Y</td><td>L</td><td>Z</td></tr> <tr><td>W</td><td>V</td><td>H</td><td>E</td><td>J</td><td>G</td><td>I</td><td>K</td><td>S</td><td>Y</td><td>V</td><td>T</td><td>X</td><td>O</td><td>B</td></tr> <tr><td>D</td><td>P</td><td>U</td><td>L</td><td>D</td><td>P</td><td>D</td><td>V</td><td>D</td><td>L</td><td>J</td><td>D</td><td>L</td><td>B</td><td>H</td></tr> </table>	N	Y	R	T	L	U	O	P	P	E	T	G	U	H	S	Q	O	Z	E	G	O	P	U	L	Y	H	H	A	E	Y	S	W	I	D	F	M	T	Y	U	Y	G	R	L	A	R	B	N	Q	T	I	F	T	S	R	C	I	E	O	L	Q	F	O	O	D	I	S	U	I	P	C	E	B	Q	T	G	L	T	J	D	E	R	A	S	L	Z	W	I	E	H	F	R	V	I	F	I	D	T	H	Q	J	R	F	U	Y	N	K	X	I	Z	G	E	Y	U	Y	V	E	S	V	V	Z	C	L	K	T	H	A	T	V	N	C	V	T	E	C	D	U	N	H	E	A	L	T	H	Y	L	O	C	X	T	A	K	K	D	I	M	M	Q	Q	S	V	A	F	E	G	X	D	C	V	P	D	C	I	Z	V	T	T	M	X	O	H	Z	S	A	N	V	Y	D	N	Y	R	J	E	Y	L	Z	W	V	H	E	J	G	I	K	S	Y	V	T	X	O	B	D	P	U	L	D	P	D	V	D	L	J	D	L	B	H
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lifestyle
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 diet
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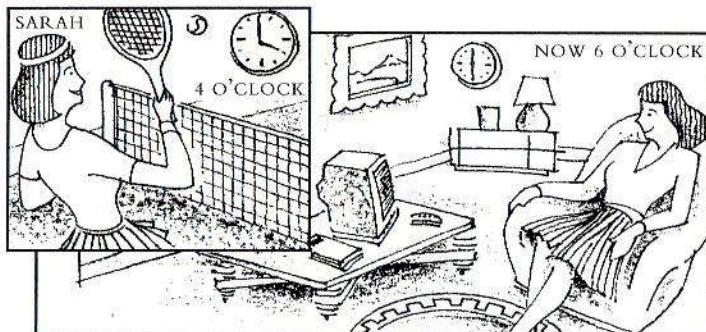
Continúa en la siguiente página.

Health and Nutrition

10.	Haz la actividad de la página 7 con tu gemelo. Escribe el proyecto en tu cuaderno.		
11.	Ve los siguientes videos. 1. https://www.youtube.com/watch?v=gHXQm8QCPeY 2. https://www.youtube.com/watch?v=EhfOZMOF9W4 3. https://www.youtube.com/watch?v=1V7U3EbUHf8		
12.	Usando el esquema de la página 5, contesta las siguientes preguntas.		
	1.	Are you fifteen?	
	2.	Is she a policewoman?	No,
	3.	Am I a student?	
	4.	Is it a rabbit?	Yes,
	5.	Are they from France?	Yes,
	6.	Is Aman your brother?	No,
	7.	Are your parents old?	No,
	8.	Is it cold?	No,
	9.	Is Susan a doctor?	Yes,
	10.	Are you both Spanish?	Yes,
	11.	Am I intelligent?	
	12.	Is it my car?	No,
	13.	Are they good singers?	Yes,
	14.	Are you happy?	Yes,
	15.	Is it a gorilla?	No,
13.	Contesta las siguientes preguntas de forma correcta.		
	1.	_____ you have a sister?	No, _____
	2.	_____ Ryan like basketball?	Yes, _____
	3.	_____ the children watch horror films?	No, _____
	4.	_____ Ellie work as a teacher?	Yes, _____
	5.	_____ Joe and Fred speak German?	Yes, _____
	6.	_____ it often snow in Barcelona?	No, _____
	7.	_____ your cat drink milk?	Yes, _____
	8.	_____ you grow corn in your garden?	Yes, _____
	9.	_____ he sleep eight hours per night?	Yes, _____
	10.	_____ your friend write you letters?	No, _____
14.	Estudia la teoría y haz los ejercicios de las lecciones adjuntas. (Lecciones 13 y 14).		
15.	Haz el examen de la lección.		

I was doing (past continuous)

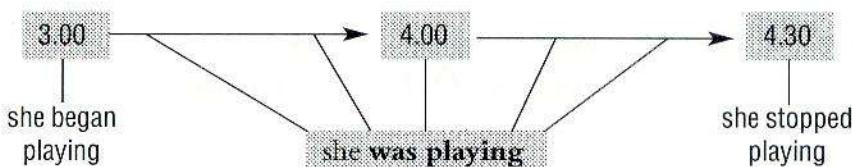
A



It is 6 o'clock now.
Sarah **is** at home.
She **is watching** television.

At 4 o'clock she **wasn't** at home.
She **was** at the sports club.

She **was** playing tennis.
She **wasn't** watching television.



B **was/were + -ing** is the *past continuous*:

positive

I he she it	was	doing watching playing running living etc.
we you they	were	

negative

I he she it	was not (wasn't)	doing watching playing running living etc.
we you they	were not (weren't)	

question

was	I he she it	doing? watching? playing? running? living? etc.
were	we you they	

- What **were** you **doing** at 11.30 yesterday? **Were** you **working**?
- 'What did he say?' 'I don't know. I **wasn't** **listening**.'
- It **was** **raining**, so we didn't go out.
- In 1985 we **were** **living** in Canada.
- Today she's wearing a skirt, but yesterday she **was** **wearing** trousers.
- I woke up early yesterday. It was a beautiful morning. The sun **was** **shining** and the birds **were** **singing**.

Spelling (live → living / run → running / lie → lying etc.) ⇒ Appendix 5

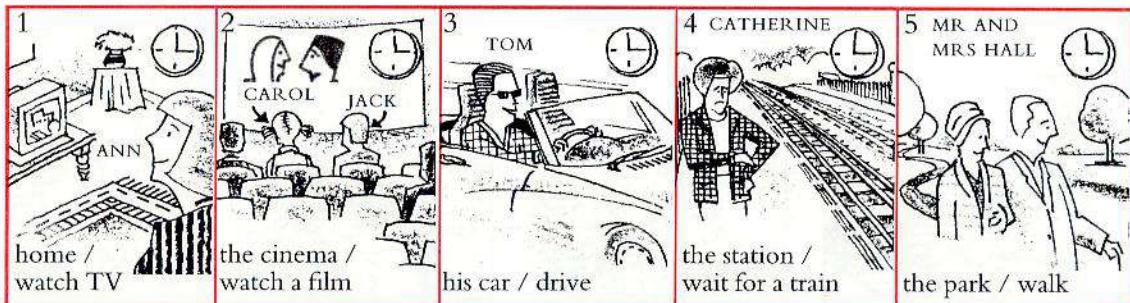
C

am/is/are + -ing (present) → **was/were + -ing (past)**:

- I'm **working** (now). I **was** **working** at 10.30 **last night**.
- It **isn't** **raining** (now). It **wasn't** **raining** when we went out.
- What **are** you **doing** (now)? What **were** you **doing** at three o'clock?

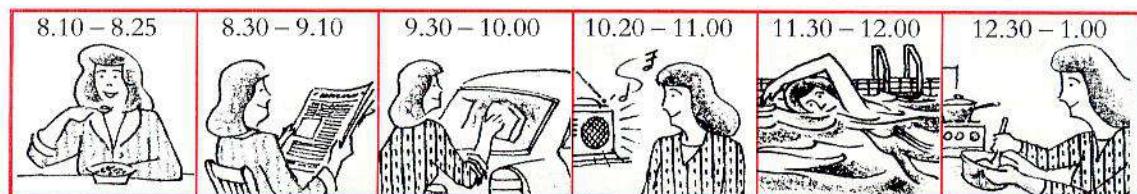
EXERCISES

- 13.1** Look at the pictures. Where were these people at 3 o'clock yesterday afternoon? And what were they doing? Write two sentences for each picture.



- 1 Ann was at home. She was watching TV.
 2 Carol and Jack They
 3 Tom
 4
 5
 6 And you? I

- 13.2** Sarah did a lot of things yesterday morning. Look at the pictures and complete the sentences.



- 1 At 9.45 she was washing her car.
 2 At 11.45 she
 3 At 9 o'clock
 4 At 12.50
 5 At 8.15
 6 At 10.30

- 13.3** Complete the questions. Use **was/were -ing**. Use **what/where/why** if necessary.

- 1 (you/live) Where were you living in 1990?
 2 (you/do) at 2 o'clock?
 3 (it/rain) when you got up?
 4 (Ann/drive) so fast?
 5 (Tim/wear) a suit yesterday?

In London.
 I was asleep.
 No, it was sunny.
 Because she was in a hurry.
 No, a T-shirt and jeans.

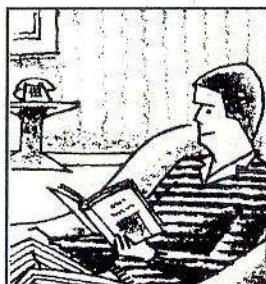
- 13.4** Look at the picture. You saw Joe in the street yesterday afternoon. What was he doing? Write positive or negative sentences.



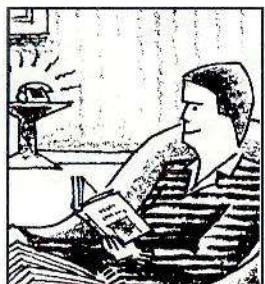
- 1 (wear / a jacket) He wasn't wearing a jacket.
 2 (carry / a bag)
 3 (go / to the dentist)
 4 (eat / an ice-cream)
 5 (carry / an umbrella)
 6 (go / home)
 7 (wear / a hat)
 8 (ride / a bicycle)

I was doing (past continuous) and I did (past simple)

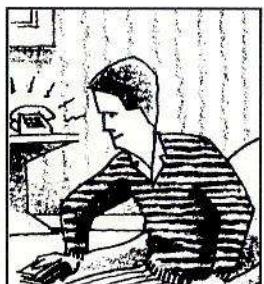
A



Jack was reading a book.



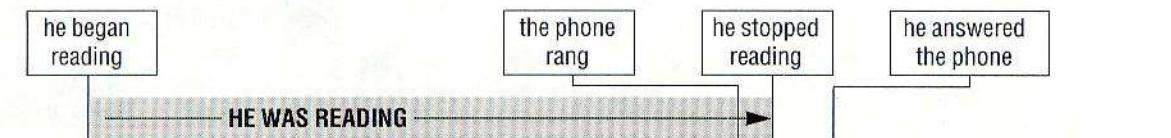
The phone rang.



He stopped reading.



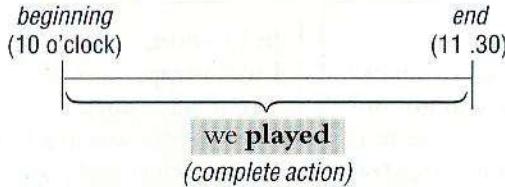
He answered the phone.

What **happened**? The phone **rang**. (*past simple*)What **was** Jack **doing** when the phone rang? } (*past continuous*)
He **was reading** a book.What **did** he **do** when the phone rang? } (*past simple*)
He **stopped** reading and **answered** the phone.Jack began reading *before* the phone rang.So: **When** the phone rang, he **was reading**.

B

past simple

- A: What **did** you **do** yesterday morning?
B: We **played** tennis. (from 10 to 11.30)



- Jack **read** a book yesterday. (= from beginning to end)
- Did you **watch** the film on television last night?
- It **didn't rain** while we were on holiday.

past continuous

- A: What **were** you **doing** at 10.30?
B: We **were playing** tennis.



- Jack **was reading** a book when the phone rang.
- Were you **watching** television when I phoned you?
- It **wasn't raining** when I got up.

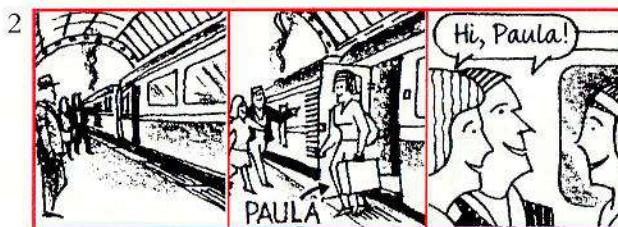
- I **started** work at 9 o'clock and **finished** at 4.30. At 2.30 I **was working**.
- It **was raining** when we **went** out. (= it started raining *before* we went out)
- I **saw** Lucy and Steve this morning. They **were waiting** at the bus stop.
- Jenny **fell asleep** while she **was reading**.

EXERCISES

14.1 Look at the pictures and put the verbs in the correct form, past continuous or past simple.



Carol **broke** (break) her arm last week. It (happen) when she (paint) her room. She (fall) off the ladder.



The train (arrive) at the station and Paula (get) off. Two friends of hers, John and Jenny, (wait) to meet her.



Yesterday Sue (walk) along the road when she (meet) Jim. He (go) to the station to catch a train and he (carry) a bag. They (stop) to talk for a few minutes.

14.2 Put the verb into the past continuous or past simple.

- 1 A: What **were you doing** (you/do) when the phone **rang** (ring)?
B: I **was watching** (watch) television.
- 2 A: Was Jane busy when you went to see her?
B: Yes, she (study).
- 3 A: What time (the post / arrive) this morning?
B: It (come) while I (have) breakfast.
- 4 A: Was Margaret at work today?
B: No, she (not/go) to work. She was ill.
- 5 A: How fast (you/drive) when the police (stop) you?
B: I don't know exactly but I (not/drive) very fast.
- 6 A: (your team / win) the football match yesterday?
B: No, the weather was very bad, so we (not/play).
- 7 A: How (you/break) the window?
B: We (play) football. I (kick) the ball and it (hit) the window.
- 8 A: (you/see) Jenny last night?
B: Yes, she (wear) a very nice jacket.
- 9 A: What (you/do) at 2 o'clock this morning?
B: I was asleep.
- 10 A: I (lose) my key last night.
B: How (you/get) into your room?
A: I (climb) in through a window.