Lesson 1: What’s the healthiest option?

Complete the following sentences using the words given below.

<table>
<thead>
<tr>
<th>fat-free</th>
<th>fiber</th>
<th>iron</th>
<th>lactose</th>
</tr>
</thead>
<tbody>
<tr>
<td>sugar</td>
<td>vitamin C</td>
<td>sodium</td>
<td>protein</td>
</tr>
</tbody>
</table>

1. When I went on a diet, I started buying _____________ yogurt to try to lose weight.
2. Oranges and other citrus fruits have lots of _____________.
3. If you don’t have enough _____________ in your diet, you could get anemia.
4. I don’t buy breakfast cereals because they have too much _____________.
5. Fruits, vegetables, and grains have lots of _____________.
6. My doctor says I have to consume _____________ salt.
7. I’ve _____________ intolerance so I have to eat non-dairy products.
8. My son have to increase the _____________ to achieve good and strong muscles.

Read the following conversation.

A: My doctor told me that I need to loose some weight. He said I need to exercise more and to be careful about what I eat.
B: Did he give you a special diet, Roger?
A: No, he just told me to eat lots of fruits and vegetables and not too much fatty foods. He said that the most important thing is that I start exercising. So now I go walking every morning before I go to work.
B: Good for you. Where do you go walking?
A: I’ve just been going around my neighborhood. I start walking around 5:45 in the morning. It feels good to exercise.
B: That’s a good time because there aren’t any cars on the road. Maybe I’ll go with you tomorrow.
A: You should. I will stop by your house in tomorrow morning to see if you can come.

Determine whether the following statements about the conversation above are true or false.

1. The doctor told Roger that he needs to loose some weight.  
   True/ False
2. The doctor gave Roger a special diet.  
   True/ False
3. Roger likes to go walking in the afternoon.  
   True/ False
4. Barney thinks that walking early in the morning is good because there aren’t many cars on the road.  
   True/ False
Look at the image of the nutrition facts label and answer the questions below.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (223g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>2</td>
</tr>
</tbody>
</table>

**Amount Per Serving**

- Calories: 250
- Calories from Fat: 110

- Total Fat: 12g (18% Daily Value* )
- Saturated Fat: 3g (15% Daily Value)
- Trans Fat: 1g
- Cholesterol: 30mg (10% Daily Value)
- Sodium: 470mg (20% Daily Value)
- Total Carbohydrate: 31g (10% Daily Value)
- Dietary Fiber: 0g
- Sugars: 5g
- Protein: 5g

**Vitamins and Minerals**

- Vitamin A: 4%
- Vitamin C: 2%
- Calcium: 20%
- Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 1g</td>
<td>Less than 1g</td>
</tr>
<tr>
<td>Fat Fat</td>
<td>Less than 4g</td>
<td>Less than 5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 200mg</td>
<td>Less than 200mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

1. How many grams of saturated fat are in one serving of this product?

2. What percentage of you daily value of cholesterol is in each serving?

3. Does this product contain sugar?

4. What percentage of your daily value of iron is in each serving?

5. How many grams total fat should someone on a 2,000 calorie diet consume per day?

6. What percentage of carbohydrate has this product?

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**Activity**

Match the letter for the description on the right that corresponds to the following words on the left.

<table>
<thead>
<tr>
<th>Words</th>
<th>Descriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 artifical sweeteners</td>
<td>A Lemons, limes, and oranges have lots of this.</td>
</tr>
<tr>
<td>2 protein</td>
<td>B Milk, cheese and butter are examples of this.</td>
</tr>
<tr>
<td>3 vitamin C</td>
<td>C This does not contain very much fat.</td>
</tr>
<tr>
<td>4 low-fat</td>
<td>D Crackers, bread, and pasta have lots of this.</td>
</tr>
<tr>
<td>5 carbohydrates</td>
<td>E Meat, beans and nuts have lots of this.</td>
</tr>
<tr>
<td>6 dairy</td>
<td>F Sweet foods that do not contain sugar may have one of these.</td>
</tr>
</tbody>
</table>
Lesson 2: What do you usually have for breakfast?

1. **Activity**
   You can change the order of a conditional sentence and the meaning remains the same. Rewrite the following sentences changing the order of the phrases. Remember that you may need to make minor changes such as adding or removing a comma.

   1. If I see Stanley, I will tell him to give you a call.
      __________________________________________________________________________

   2. Henry will take care of the store if you need to go see the doctor.
      __________________________________________________________________________

   3. I will pick you up after soccer practice if you need a ride.
      __________________________________________________________________________

   4. If Jane doesn’t start taking better care of herself, her diabetes will get worse.
      __________________________________________________________________________

   5. If you have time to go to the market, will you buy me some fruit?
      __________________________________________________________________________

   6. Francis will want to come with us if we go see granddad.
      __________________________________________________________________________

2. **Activity**
   The sentences below are incomplete. Complete each sentence using one of the phrases in the box below.

   | if you graduate |
   | I will be tired all day |
   | if we go visit my grandparents |
   | If there is room in her car |
   | we can eat out tonight |

   1. You will see my grandmother’s garden
      __________________________________________________________________________

   2. If I don’t get enough sleep,
      __________________________________________________________________________

   3. You will get your diploma
      __________________________________________________________________________

   4. Holly will give us a ride
      __________________________________________________________________________

   5. If you don’t want to cook dinner,
      __________________________________________________________________________
Lesson 3: How do you like your coffee?

1. **Activity**

The sentences in this activity express a desire for change. Rewrite the following sentences to include "wish" and "would" to express a desire for change. Begin each sentence with "I wish".

1. My sister has not visited us.
   ______________________________

2. It won’t stop raining.
   ______________________________

3. They never fix the holes in this road.
   ______________________________

4. Jim won’t take us fishing this weekend.
   ______________________________

5. My neighbor never cleans up his trash.
   ______________________________

6. I will have a manicure.
   ______________________________

7. She doesn’t smile.
   ______________________________

2. **Activity**

The sentences below describe a present situation. Respond to these situations by expressing discontent. Your answer should begin with "I wish" and include "could/was/were/have" or "had".

1. I can’t go swimming with you guys this afternoon.
   ______________________________

2. I have to study this week.
   ______________________________

3. It is dangerous to ride your bike on the highway.
   ______________________________

4. They are already waiting for us.
   ______________________________

5. The doctor has to see Henry before giving him medicine.
   ______________________________

6. We can’t find my cell phone.
   ______________________________

7. She can’t drive alone.
   ______________________________
Activity

Identify the cooking method in each image and fill in the blank in the corresponding sentence using one of the words in the box below.

1. For Easter, we like to paint hard ________ eggs.
2. My favorite way to cook shrimp is to ________ it in a little bit of olive oil.
3. We decided to ________ a cake instead of buying one.
4. In the summertime my family always has parties outside and my Dad cooks on the ________.

Activity

Complete the following sentences with the words given below.

<table>
<thead>
<tr>
<th>have</th>
<th>could</th>
</tr>
</thead>
<tbody>
<tr>
<td>would</td>
<td>were</td>
</tr>
</tbody>
</table>

1. I wish you did not ________ to stay here by yourself.
2. She wishes that her job ________ closer to her home.
3. Fred wishes that he ________ find a girl who paid attention to him.
4. I wish that more of my friends ________ be in my class.
Lesson 4: How do you prepare that?

1. Activity

Read the following conversation.

A: Hi, Barbara. Are you going to the gym this afternoon?
B: I hope so, Amanda. First, I have to go to the grocery store and then I have to pick up my daughter from school.
A: If you can’t go to the gym this afternoon, why don’t you and your family come to our house for dinner tonight?
B: That would be great. If I get home before 3:00, I’ll go to the gym. If not, I’ll call you after 5:00 to see what we can bring for dinner.

Answer the questions according to the previous conversation.

1. What is the first thing that Barbara has to do this afternoon.

2. When will Barbara pick up her daughter from school?

3. What will Barbara do if she get’s home before 3:00?

4. If Barbara can’t go to the gym, when will she call Amanda?

2. Activity

The following sentences contain food items and ingredients. Listen carefully to each sentence and fill in the blanks with the words you hear.

1. I like to put a little ____________ in my coffee.

2. My mom like to ____________ chicken in ____________.

3. The Mexican restaurant serves tortilla chips with hot ____________.

4. When there are a lot of little cucumbers, we make jars of pickles with ____________.

5. When we got the oven, the first thing we made were ____________.

6. I usually drink a glass of orange ____________ with breakfast.

7. George ____________ bread with whole grain ____________.

8. I like to put ____________ and ____________ juice on my salads.
Lesson 5: Where’s the cookbook?

1. Activity

Listen to the following sentences and fill in the blanks with the words you hear.

1. _______________ look like shrimp but are much larger.
2. Fisherman catch _______________ in deep water.
3. The _______________ is a strange animal that has eight arms, no bones and can change its color.
4. In El Salvador, there are _______________ that live in fresh water and in salt water.
5. _______________ can be dug out of the mud and are often served raw.
6. Tilapia is a common fresh water _______________.

2. Activity

Read the following conversation.

A: What do you want to have for lunch today, Daniel?
B: Let’s have fried fish. If you want, I could pick up some fish from the market on my way home from town.
A: That would be good. Also, buy some tomatoes, cucumbers and lettuce so that I can make a salad, too.
B: Ok, I’ll be home around 12:00.
A: I’ll see you then.

Answer the questions according to the previous conversation.

1. How does Daniel want to have his fish prepared?

2. Where will he buy the fish?

3. What vegetables will they use to make a salad?

4. What time will Daniel get home?

5. Where will they meet for lunch?
3 Activity

Complete the following sentences with the word "unusual" or "usually".

1. It is really ______________ for my grandparents to travel far from their house.
2. I ______________ see Martin in the cafeteria.
3. There are ______________ people selling the newspaper in the park.
4. The weather here is very hot. It is ______________ for anyone here to wear a sweater.
5. My cousins ______________ visit us during Christmas.
6. It is ______________ for me to have take a vacation, I almost never stop working.
7. We __________ go to the beach on vacations.
8. It’s __________ to see a tornado on december.

4 Activity

Fill in the blanks with the correct from of the words given below.

BUY  SLEEP  TURN OFF
EAR  GET UP  FEEL

1. My mom usually goes to the market to __________ vegetables.
2. I usually __________ at 5:00 am.
3. It’s unusual __________ the tv earlier.
4. Where I live it’s unusual to __________ sirens.
5. I usually __________ 16 hours a night.
6. It’s unusual for Yanci to __________ sick.