

## 8. Talk about eating habits

### Eating habits



have a snack



cook homemade meals



buy frozen dinners



drink sugary  
beverages



eat fast food



buy fresh fruits and vegetables



be on a diet



buy junk food



eat fatty foods



get takeout

“Soft drinks” = Non-alcoholic beverages

What is a “meal”?

“Meal” refers to every single eating occasion during a day.

Home delivery

Snitch

SAK - Swiss Army Knife

Blade

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**Listening:** Hear the podcast about having a healthy lifestyle

▶ **LISTEN FOR MAIN IDEA.** Circle the answer.

What is the topic of this podcast?

- a. the importance of taking breaks at work
- b. how to choose the best fast-food restaurants
- c. how to stay healthy with a busy schedule

Answer: "c"

▶ **LISTEN FOR DETAILS.** Circle the answers.

1. What meal does the speaker say is the most important?  
a. breakfast                      b. lunch                      c. dinner
2. What is the problem with food from vending machines?  
a. It's too expensive.      b. It's often unhealthy.      c. It's easy.
3. What is one way to prepare food in advance?  
a. Use a slow cooker.      b. Use a vending machine.      c. Buy food from restaurants.
4. What should you order instead of fries?  
a. onion rings                      b. chips                      c. soup or salad
5. What is a good way to stay hydrated at work?  
a. Take coffee breaks.      b. Take a water bottle.      c. Drink caffeinated beverages.

Prone?

1. a

2. b

3. a

4. c

5. b

# Superlatives

Superlatives				
It is	the	<b>cheapest</b>	item	on the menu.
	<b>the most</b>	<b>expensive</b>		
	<b>the least</b>	<b>healthy</b>		
	one of the	<b>best</b>	items	

Outshine

Be outstanding

Be distinctive

Be remarkable

Squid = calamar

Unbearable = insoportable

Grammar Watch
<ul style="list-style-type: none"> <li>• <i>Good, bad, and far</i> have irregular forms of the superlative: <i>good–best, bad–worst, far–farthest</i>.</li> <li>• We often use <i>one / some of the</i> with a superlative: <i>It is one of the healthiest options</i>.</li> <li>• For adjectives that end in <i>-y</i>, change the <i>y</i> to <i>i</i> and add <i>est</i>: <i>healthy–healthiest</i>.</li> </ul>

“/” = slash

“ \_ ” = underscore

“[” = bracket

“{” = Curly bracket (This symbol is one of the most difficult words in English)

### Superlative spelling rules

Add **-est** + *than* to most adjectives with one syllable. For example:

**cheap** → **cheapest**

For adjectives ending with **-y**, change the **-y** to **-ie** and add **-est**. For example:

**happy** → **happiest**

For adjectives ending with **-e**, add **-st**. For example:

**nice** → **nicest**

For adjectives that end in a consonant + a vowel + a consonant, double the consonant and add **-est**. For example:

**big** → **biggest**

For adjectives with more than two syllables, add *the most* before the adjective. For example:

**expensive** → **the most expensive**

Beautiful = **Beautifulest NEVER**

Wholesome

**Exercise:** Complete the conversation with the words in parentheses. Use the superlative form

**A:** I've made some bad mistakes, but eating fast food every day was one of the worst  
(one of / bad)  
mistakes I've ever made.

**B:** Why don't you change your diet? That is \_\_\_\_\_  
(good) way to lose weight.

**A:** I'm trying, but it's \_\_\_\_\_  
(one of / difficult) things for me to do right now.

**B:** Why is it so difficult?

**A:** I always eat fast food. It's the \_\_\_\_\_ and \_\_\_\_\_  
(cheap) (easy)  
option because I'm not good at cooking.

**B:** I can teach you how to cook. I'll show you \_\_\_\_\_  
(some of / simple and healthy) recipes I know.

**A:** That's great, but can you also show me \_\_\_\_\_  
(some of / delicious) recipes you know?

**Answers:** the best, one of the most difficult, cheapest and easiest, some of the simplest and healthiest, some of the most delicious

**Note:** NEVER pluralize the comparative or superlative forms

Oscar is one of the **bests** students in the class — **BLEEDING FROM THE EYES**

Javier is one of the most **participatories** students in the class

Prone = propenso

Likelihood = probabilidad

The last stand = La última batalla

### Verb + Gerund as an object

Subject	Verb	Gerund	
He	enjoys	buying	snacks from vending machines.
They	like	eating	lunch from a food truck.

A gerund is a verb that has been transformed into a noun (using “ing”) that appears next to a conjugated verb (other than the verb “to be”).

“Buy” = comprar (verb)

“Buying” (gerund) = comprar (noun)

Contrast with “present continuous”

I like buying candies

I am buying candies right now

#### Spelling rules for *-ing* verbs

For most verbs, add *-ing* to the base form of the verb. For example:

work → working  
do → doing

For verbs that end in *e*, drop the *e* and add *-ing*. For example:

change → changing  
leave → leaving  
make → making

If the base form of a one-syllable verb ends with consonant, vowel, consonant, double the final consonant and add *-ing*. For example:

shop → shopping  
run → running  
cut → cutting  
begin → beginning

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**COMPLETE.** Use the correct form of verbs in parentheses.

1. A: My children just want to sit around and watch TV.

B: Try taking  
(try / take) them to the park on weekends. They'll probably start  
(start / run) around and forget about TV.

2. A: My doctor told me to exercise, but I don't have time or extra money.

B: There are ways to exercise that don't take too much time and are free. walk  
(try / walk) around the mall.

3. A: My son can't stand  
(can't stand / eat) vegetables.

B: Give him raw carrots and peppers. Many children don't mind  
(don't mind / eat) them.

4. A: We eat a lot of canned soup.

B: We eat a lot of soup, too, but I prefer  
(prefer / make) my own soup. It has a lot less salt.

5. A: How can I get my family to eat more fruit?

B: Try making  
(try / make) smoothies. Most children love  
(love / drink) them. You just mix together fruit, yogurt, juice, and ice in a blender.

Melée

1B. Start running

2B. Try walking

3A. Can't stand eating

3B. Don't mind eating them

4B. Prefer making

5B. Try making, love drinking

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## Let's focus on Facts and Opinions



A hungry child can't learn well. That's why schools don't want their students to be hungry. Everyone agrees that schools should feed children. But what kinds of food should children eat at school? Over the years, that question has been answered in different ways.

In 1946, the U.S. government started the National School Lunch Program. It served free or low-cost lunches. Every school day, it fed more than 30 million children. The lunches were usually hot cooked meals. Some experts worried that the lunches were not nutritious. Schools often served foods such as pizza, French fries, and hamburgers. These foods are high in fat, sugar, salt, carbohydrates, and cholesterol. They can make children gain too much weight. Overweight children have a bigger risk for health problems.

In 2010, the government passed the Healthy Hunger-Free Kids Act. This act tried to make school lunches healthier. It made new rules for fat and sugar levels. Because of this act, many schools stopped serving pizza, French fries, and hamburgers. Instead, they began to serve more nutritious meals with fruits and vegetables. Many teachers, parents, and children welcomed these healthy new meals. Others complained. They said that the new rules were too strict. Students didn't want to eat the meals. Some officials also objected that the healthy meals cost too much.

It seems obvious that schools should serve nutritious, cheap meals. Kids should also actually want to eat these meals. Nowadays, some schools are finding their own ways to achieve these goals. Many schools have introduced salad bars. They also have "make your own meal" stations. These innovations are popular. They make cafeterias feel more like restaurants. They give students more choice. Some schools also have organic gardens. They grow fruits and vegetables for the school lunches. Students and their families help take care of the gardens. More and more schools are serving meals that are healthy, affordable, and delicious.

The breach between 1946 and 2010 is extremely big

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**IDENTIFY.** What is the main idea of the article?

- a. The National School Lunch Program serves free or low-cost lunches to more than 30 million children each school day.
- b. The Healthy Hunger-Free Kids Act made new rules for fat and sugar levels in foods and beverages.
- c. Schools should serve meals that are healthy, affordable, and delicious, and many schools are trying to do this.

Letter "c"

**CITE EVIDENCE.** Are these statements facts or opinions? Circle the answer. Then write the line number that supports your response.

- 1. In 1946, the U.S. government started a National School Lunch Program.
  - a. Fact
  - b. Opinion
- 2. In the past, National School Lunch Program meals were not nutritious.
  - a. Fact
  - b. Opinion
- 3. Pizza, French fries, and hamburgers are high in fat, sugar, and salt.
  - a. Fact
  - b. Opinion
- 4. It seems obvious that schools should serve healthy meals kids want to eat.
  - a. Fact
  - b. Opinion
- 5. Many schools have introduced salad bars as a lunch option.
  - a. Fact
  - b. Opinion

1. a
2. b
3. a
4. b
5. a

## Gerunds as subjects

Gerunds as subjects		
Going to the dentist regularly	is	important for good dental health.
Brushing and flossing your teeth	are	

Playing video games is addictive

Feeling

Filling

Bracers

### Grammar Watch

- Use a singular verb with one gerund.  
(*Brushing is important.*)
- Use a plural verb with two or more gerunds.  
(*Brushing and flossing are important.*)



**APPLY.** Rewrite each sentence. Start with a gerund.

1. It's bad for your teeth to eat candy and drink soda.

Eating candy and drinking soda are bad for your teeth.

2. It's important to brush your teeth after meals.

3. It's hard to get some kids to brush and floss.

4. It's a good idea to get a cleaning twice a year.

5. It's important to use toothpaste with fluoride.

2. Brushing your teeth after meals is important

3. Getting some kids to brush and floss is hard

4. Getting a cleaning twice a year is a good idea

5. Using toothpaste with fluoride is important

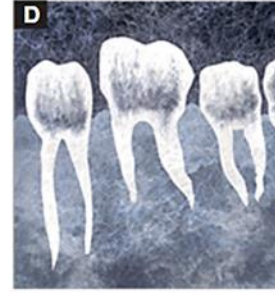
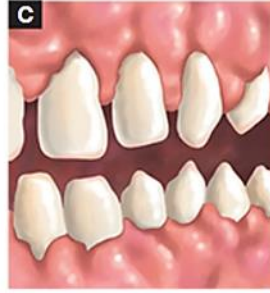
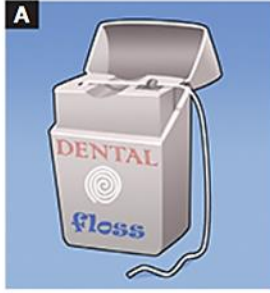
"to + base form of a verb" = infinitive verb

Fang = colmillo (alargado)

Canine

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**MATCH.** Look at the pictures. Write the correct letters.



- \_\_\_ 1. cavity
- \_\_\_ 2. X-ray
- \_\_\_ 3. floss
- \_\_\_ 4. gum disease

- 1. B
- 2. D
- 3. A
- 4. C

What is “gum”?

Soft and pinkish area where the teeth are fixed inside the mouth.

Is “floss” a verb or a noun?

It can be both.