



UNIVERSIDAD
La Gran Colombia

LAST WORKSHOP LEVEL 4

GRAN COLOMBIA UNIVERSITY

EXERCISE 1

For the questions 1 to 8, choose the correct option

1. Select what is the meaning of the next phrase “ Take away”

It is when you like to eat outside of your house

It is when you order your food by phone

It is when you don't eat in the restaurant but you take the food with you.

2. Select what is the meaning of the next phrase “ Let's Split the bill”

It is when you pay the whole bill

It is when you divide the bill with the other people

It is when give some money to the waiter or waitress

3. Select what food is not part of this category: “Fruits”

Apples

Watermelon

Celery

Guava

4. Select what food is not part of this category: “Sweets”

Candy

Bubble gums

Lollipops

Dates

5. Select what food is not part of this category: **"Grains"**

Rice

Beans

Pasta

Popcorn

6. Select what food is not part of this category: **"seafood"**

Lamb

Shrimps

Oyster

Caviar

7. Select what food is not part of this category: **"oils"**

Olive oil

Bread oil

Apple oil

Sesame oil

8. Select what food is not part of this category: **"vegetables"**

Peppers

Pickle

Radish

Plum

EXERCISE TWO

Based on the next reading select the best option (a, b or c) and answer the questions from 1 to 6.

HERE ARE SOME TIPS FOR HEALTHY EATING AT HOME, WORK, AND ELSEWHERE. TRY SOME OF THESE IDEAS.

- Start your day off right! Eat breakfast.
- Take a piece of fruit to munch on during your commute. It tastes great, is filling, and provides energy.
- Use "lite" dairy products, which are low fat and better for your health.
- If you like to eat meat, trim all visible fat.
- Fried foods? Snacks? Desserts? Sweets? They taste great but are not great for you. They are high in calories and can be high in fat, salt, and sugar.
- Pack your own snacks of raw veggies. Buy healthy snacks like pretzels.
- Cut down on portion size so you don't eat too much unhealthy food.
- Eat everything in moderation—not too much of any one thing.

1.

In the morning, it is important to eat breakfast

In the morning , it is important to eat fruit

In the morning, it is important to commute

2.

A good food to take on your commute is breakfast

A good food to take on your commute is milk

A good food to take on your commute is an apple

3.

High-fat dairy products are healthier than low-fat ones.

Some fried foods are very low in fat and calories

Low-fat dairy products are better than high-fat ones.

4.

Cut the fat off meat

Cut meat from the main course

Cut the calories off meat

5.

On healthy snack is raw vegetables

One healthy snack is sweet

One healthy snack is meat

6.

Eat small portions

Eat small breakfast

Eat very little food

EXERCISE THREE

Draw a line to match the picture with the meaning

FOOD	MEANING
	CELERY
	RED CABBAGE
	BLACK BEANS
	MUSHROOMS
	PLANTAIN
	WATERMELON
	BEEF

