


SEMANA 1

1. **SKIM** the following text and answer the questions below

## The secret to good health: cook more!

How much time do people spend cooking today compared to the past? The answer is: not much time at all. For example, the average American family today spends just 27 minutes a day preparing meals. In the 1960s, it was nearly an hour a day. And how many young people know how to cook? Well, there aren't many, according to a survey in the UK. 49% of 18-24 year olds don't know how many minutes it takes to boil an egg! But is this change in cooking habits a problem?



Jean-Michel Cohen, a French doctor, thinks we have quite a lot of health problems today because not many people cook enough. He says that when we buy ready-made meals or takeaway food, we don't really think about what we're eating. This means we often eat a lot of food – more than we need. But when we buy the ingredients, e.g. vegetables, meat, fish, and then fry, bake or boil them, we think more carefully about what we are eating. And when we think about the ingredients, we usually eat healthy meals and we eat well.

So, perhaps the answer to some of the health problems is not 'eat less' – it's 'cook more'!

Life & Style | Food

- a. ¿Cuál es la idea general del texto?  
Fast food - Cooking lessons - Health and food
- b. El texto menciona...  
Adolescents - Babies - Old people

2. **Now, SCAN** the text to answer the following questions

- a. ¿Cuántos minutos al día dedican las familias norteamericanas para cocinar?  
18 minutes – 27 minutes – 24 minutes
- b. El Dr. Cohen es originario de..  
America - France - The United Kingdom
- c. En 1960, la gente pasaba en promedio ..... cocinando  
2 hours - 5 hours - 1 hour
- d. ¿Qué porcentaje de personas no saben hervir un huevo en el Reino Unido?  
49% - 18% - 27%

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3. **SKIM** the following text and answer the questions below


## the healthy mayor

In 2002 New York City chose a new mayor, Michael Bloomberg. Bloomberg wanted the people of New York to be healthy. In his opinion, they did the wrong things: they ate the wrong food, they smoked, they drove everywhere, and they did little or no exercise.

So Bloomberg tried to change their habits. Before he was mayor, restaurant menus only gave the price of the food. But after 2007 restaurants wrote the number of calories in their food on the menu. He banned smoking in public places. He also tried to reduce the size of sweet drinks, like Coca Cola (but the Supreme Court stopped him).

Bloomberg had other messages for New Yorkers, too: do more exercise, leave your car at home, walk or ride a bicycle, and take the stairs when you can. He told them he always took the stairs, not the lift.

Some people thought Bloomberg was wrong. People's health is their business. But is it?



■ **banned** said something was not allowed    ■ **reduce** make something smaller

- a. What is the general idea of the text? \_\_\_\_\_
- b. Which **city** does the text mention? \_\_\_\_\_

4. **Now, SCAN** the text to answer the following questions

- a. When did Bloomberg become mayor?  
2004 – 2007 – 2002
- b. Bloomberg prohibited ..... in public spaces  
Drinking Coca Cola – Eating in restaurants – Smoking
- c. Bloomberg **couldn't** reduce....  
The size of Coca Cola – The calories in food – The number of restaurants
- d. Bloomberg wanted to change....  
The healthy habits of people – the food in restaurants - the bad habits of people