

I STOP CHATTING



1. GETTING STARTED



I STOP CHATTING, I DO NOT MEAN YOU
SHOULD STOP TO CHAT

a) LET'S CHECK ✓ THE CORRECT INFORMATION

- She stop smoking
- I stop working
- She stop chatting

b) LET'S MATCH 1 AND 2

- | 1 | 2 |
|-----------------------------|-------------------------|
| a) Doctors generally advise | helping me. |
| b) I appreciated you | doing exercise. |
| c) I began | learning Spanish. |
| d) We discussed | working at the company. |
| e) We enjoy | swimming. |
| f) He finished | doing his homework. |
| g) I hate | doing the ironing. |

c) LET'S COMPLETE WITH THE VERB IN PARENTHESES. USE ING FORM

1. I would like..... (Come) to the party with you.
2. He enjoys..... (Have) a bath in the evening.
3. We discussed (Go) to the cinema, but in the end we stayed at home.
4. She considered (Move) to New York.
5. He continued(Talk).
6. He finished (Do) his homework.
7. I forgot.....(Give) you my book.
8. I hate..... (Clean) the bathroom.
9. She likes..... (Listen) to music.
10. She misses..... (Live) near the beach.

 2 LET'S READ

READ THE FOLLOWING LETTER FROM CELIA TO KAREN

Dear Karen

How are you? I miss you a lot. I principally miss talking with my best friend. I remember going with you everywhere! Why did you stop writing me letters? I was alone now because Kim got a new job and moved to Potosí. I regret not calling you more often but I imagine being with you playing and laughing. I really spent nice time staying with you.

Kisses for you

Celia

a) LET'S CIRCLE T (TRUE) OR F (FALSE)

- 1) T F Celia misses Karen.
- 2) T F She doesn't miss talking with her friend.
- 3) T F she stop writing her letters.
- 4) T F Celia regrets not calling Karen.
- 5) T F they didn't spend nice time.

b) LET'S READ ABOUT "BAD HABITS AND THE BEST WAYS TO QUIT THEM »

It's not too late, stopping doing some bad habits and immediately start living a happier and a healthier life.

1. SPENDING TOO MUCH TIME ON THE COUCH WATCHING TV.

A large-scale study of over 9000 people found that those who watched more than two hours of TV a day ate more, drink more sugary soft drinks and high-fat, high-calorie, processed snack foods than those who watched less, and **why It's dangerous:** The more TV you watch, the less physical activity you're getting, increasing your odds of being overweight and developing type 2 diabetes.

STOPPING WATCHING TELEVISION and replace television by visiting friends, or exercising your mind, etc. it can also speed up memory loss. Start living better, you can burn more calories, become more fit, and reduce your odds for related health problems quickly



2. EATING TOO MUCH FAST FOOD.



Why It's Dangerous: A steady diet of double cheeseburgers and fries washed down with an oversize soda or milkshake often leads to a bigger waistline and other related health problems, like heart disease and diabetes. Trans fat, often found in fast food, raises 'bad' cholesterol and blood fats that contribute to hardening of the arteries,

Why You Should Stop: The health benefits of making the switch to healthy food will

be immediate and substantial. Making a permanent lifestyle change won't be easy at first. Fast food is super-convenient, surprisingly inexpensive, and thanks to all its fat, salt, and sugar, undeniably tasty. Healthy eating takes more time and thought, and in some cases, more money but you'll save money if you prepare your own meals instead of buying fast food.

Reverse the Habit: - **Cut back a little per week**, and buy a little less each time you go. - Switch to healthier menu options:

Replace soda with coffee or water, burgers with grilled chicken, and fries with a salad.

c) LET'S MATCH THE NUMBER WITH THE LETTER TO COMPLETE EACH SENTENCE.

1. It's not too late, stopping	a) eating healthy.
2. Stopping	b) living a happier and a healthier life.
3. Replace television	c) doing some bad habits.
4. Start	d) by visiting friends.
5. Avoid	e) watching television.
6. You immediately start	f) eating junk food.

c) LET'S WRITE THE COMPLETE SENTENCES.

1 It is not too late, stopping doing some bad habits

2

3

4

5

6



3. LET'S READ AND THINK

a) Women who consumed foods that ranked high on the glycemic index, including those rich in added sugar, were more likely to be depressed than women who ate fewer of this kind of food.



b) As explained in the recent New York Times Magazine piece, "The Extraordinary Science of Addictive Junk Food," there's no denying that junk food cravings are powerful, physiological reactions—and, apparently, carefully and strategically developed by food manufacturers. Many of our favorite supermarket snacks are made with the "perfect" amounts of added sugar, salt, fat, and other chemicals designed to make us want more.

c) What happen in your body when you stop eating sugar:

- you look younger
- you don't feel depressed
- you lose weight
- you don't have chronic inflammation in your teeth

a) GUESS THE MISSING LETTERS

WHO CONSUMED

F.....

HI..... ON THE

GLYC.....MI..... INDEX

b) ANSWER THE QUESTION WITH WORDS FROM THE PICTURE ABOVE

• WHAT HAPPEN IN YOUR BODY WHEN YOU STOP EATING SUGAR:

-
-
-



4. LET'S TALK

AMELIA : Doctor, can you give me some suggestions on how to stay healthy?

DOCTOR: Well, first of all, you need to make better food choices.

AMELIA: What food do you advise me to eat?

DOCTOR: I suggest emphasizing fresh fruits and vegetables, along with whole grains and protein.

AMELIA: What do I avoid?

DOCTOR: You need to avoid eating highly fatty and greasy foods. Please also avoid drinking too much sugar and caffeine.



AMELIA: What else is important to stay healthy?

DOCTOR: I recommend exercising every day and if you smoke, stop doing that.

AMELIA : OK. Doctor thanks a lot.

a) PAIR WORK. LET'S ANSWER THE FOLLOWING QUESTIONS

1. What food does the doctor advise Amelia to eat?

.....

2. What does Amelia need to avoid?

.....

3. What is important to stay healthy?

.....

4. Does the doctor recommend Amelia to exercise every day?

.....

5. What kind of food do you prefer to eat?

.....

b) LET'S UNSCRAMBLE THE SENTENCES FROM THE DIALOGUE ABOVE

1

on me can give to stay

Doctor, you some suggestions how healthy?

2

that I every day recommend If

exercising you, stop doing smoke, and

5. GROW YOUR VOCABULARY



KISSES



LAUGHING



SUGARY SOFT DRINKS



HIGH-FAT FOOD



HIGH-CALORIE FOOD



HEALTHIER LIFE.



BAD HABITS



OVERWEIGHT



OVERSIZE



TRANS FAT



GRILLED CHICKEN



JUNK FOOD



WAISTLINE



LOSE WEIGHT



FATTY AND GREASY FOODS



TASTY



GRAINS



PROTEIN



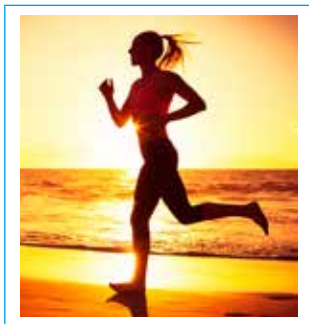
MIND



ARTERIES

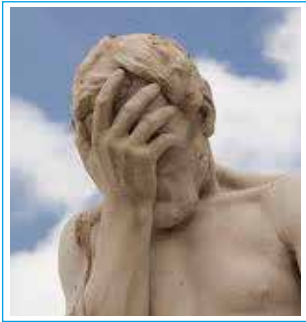


INCREASING



BURN CALORIES

VERBS



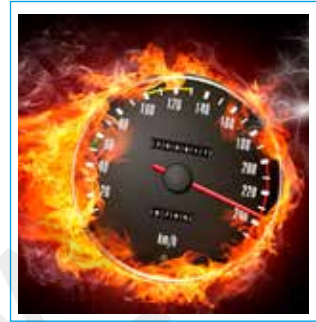
TO REGRET



TO CHAT



TO SWITCH



TO SPEED UP



6. LET'S STUDY

VERBS FOLLOWED BY AN INFINITIVE

EX : She agreed to speak before the game

agree	Consent	hesitate	offer	shoot
aim	continue	hope	ought	start
appear	dare	hurry	plan	stop
arrange	decide	intend	prefer	strive
ask	deserve	leap	prepare	swear
attempt	detest	leave	proceed	threaten
be able	dislike	like	promise	try
beg	expect	long	propose	use
care	fail	love	refuse	wait
choose	forget	mean	remember	want
condescend	get	neglect	say	wish
	happen			

Ex: I decide to go to the party

VERBS FOLLOWED BY A GERUND

EX : They enjoy working in the class.

admit	delay	finish	permit	resist
advise	deny	forbid	postpone	resume
appreciate	detest	get through	practice	risk
avoid	dislike	imagine	quit	spend (time)
can't help	enjoy	mind	recall	suggest
complete	escape	miss	report	tolerate
consider	excuse		resent	waste (time)

Ex: He finishes doing his home work

**VERBS FOLLOWED BY A GERUND OR INFINITIVE
(NO CHANGE IN MEANING ...
EX : It started to rain./ It started raining**

Continue	love
begin	prefer
hate	propose
like	start
	enjoy

VERBS FOLLOWED BY A GERUND OR INFINITIVE WITH A CHANGE IN MEANING	
FORGET	<p>I forgot to close the door (the door is still open; I failed to close it)</p> <p>I forgot closing the door (The door is closed. I closed it, but then I forgot that I did that.)</p>
STOP	<p>He stops to smoke (he interrupted smoke to do another action)</p> <p>He stops smoking (he stopped this activity perhaps for ever)</p>
REMEMBER	<p>She remembers to visit her grandmother (she didn't forget to visit her)</p> <p>She remembers visiting her grandmother (she has memories of this time)</p>



7. FULL PRACTICE - IT'S YOUR TURN

a) LET'S CHOOSE THE BEST OPTION TO COMPLETE THE SENTENCE

- | | |
|----------------------------|-----------------------------------|
| 1 He demanded..... | a) to speak to the manager. |
| 2 I offered..... | b)to help. |
| 3 I miss | c)going to the beach. |
| 4 I hate..... | d)to arrive too late. |
| 5 She admitted..... | e)stealing the money. |
| 6 I chose | f)to work here. |
| 7 I really appreciate..... | g)being on holiday. |

b) LET'S PUT THE VERB INTO THE GERUND OR THE INFINITIVE

- 1) It appears (Be) raining.
- 2) I pretended..... (Be) sick
- 3) I anticipate..... (Arrive) on Tuesday.
- 4) He denies (Steal) the money.
- 5) I expect..... (Be) there about seven.
- 6) I understand..... (Be) late once or twice,
- 7) She completed..... (Paint) her flat.
- 8) We arranged (Meet) at four

c) LET'S BUILD SENTENCES

1. up/I/hate/early./getting

.....

2. to/They/summer/Santa Cruz /suggested/next/going

.....

3. to/They/funny./be/keep/ trying

.....

4. avoids/her/mother/meeting/She

.....

5. to/They/funny./be/keep/ trying

.....

6. lying!/you/stop/won't

.....

7. to/I/enjoy/listening/music.

.....

8. her/He/mother./insisted/seeing/on

.....

d) MATCH A AND B TO WRITE COMPLETE SENTENCES

A

1. My teacher asks
2. Jenny offers others
3. Kelly intends
4. Mark's brother decided.
5. I always refuse
6. Allen expects
7. The baby starts
8. They want.

B

- a) to travel alone.
- b) to wash the dishes after dinner.
- c) to buy a new suitcase.
- d) to help his friend with his homework.
- e) to do my homework in class.
- f) to travel to La Paz next week.
- g) to cry during the meeting.
- h) to go home with you.

e) LET'S WRITE THE COMPLETE SENTENCES FROM EXERCISE d)

- 1
.....
- 2
.....
- 3
.....
- 4
.....
- 5
.....
- 6
.....
- 7
.....
- 8
.....

f) COMPLETE THE FOLLOWING DIALOGUE. USE THE INFINITIVE OF THE VERB IN PARENTHESES

- S.1 Do you want(Go) to the movies?
 S.2: No, I need (Buy) a new suit at the store.
 S.1: Oh, I forgot (Tell) you - I've already bought a new suit.
 S.2: You did? You promised (Save) money for our trip!

- S.1: I offered (Pay) for it before but you said no,
 S.2: That's nice of you, but I refuse..... (Accept) it.
 S.1: I hope..... (Get) my money back from the store when I return this.
 S.2: Yes, but you need..... (Save) money!

g) COMPLETE THE SENTENCES. USE THE WORDS FROM THE BASKET

1. I told him you really enjoy
2. Would you mind
3. It didn't stop yesterday.
4. Daisy recommends..... tiramisu.
5. She decided with Elliot.
6. I wanted Rome.
7. She promised..... there.
8. I planned



8. MY ENGLISH DIARY

Date...../...../.....

My dear diary, I learn in this unit

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
-
-