

**TAREA 1**

*MAKE CELEBRATIONS FUN, HEALTHY AND ACTIVE*

*ANSWER BOX*

<b>GUIDELINE</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>HEADING</b>	<b>G</b>	<b>F</b>	<b>I</b>	<b>J</b>	<b>E</b>	<b>H</b>	<b>L</b>	<b>D</b>	<b>K</b>	<b>A</b>

**TEXT** (*Make celebrations fun, healthy and active*)

Based on the Dietary guidelines for Americans (by the United States Department of Agriculture)

Eating healthy and being physically active can be a fun part of parties and events. It is very easy to get people to meet when tasty, healthy food from all the food groups are offered in a fun, active environment. Above all, focus on enjoying a wonderful time with friends and family.

**G. MAKE HEALTHY HABITS PART OF YOUR CELEBRATIONS**

**0.** Although food and beverages are a part of many events, obviously they don't have to be the centre of the occasion, as it unfortunately tends to happen. **Focus on activities that get people moving** and allow people to enjoy each other's company.

**F. MAKE FOODS LOOK FESTIVE**

**1.** Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs and spices to make the dish **look exciting**. Cut foods into interesting shapes so that they attract your guests' attention.

**I. OFFER THIRST QUENCHERS THAT PLEASE**

**2.** Make **fun ice-cubes** from 100% juice or add slices of fruit to make water **more exciting**. Prepare a variety of refreshing juices like watermelon, pineapple, passion fruit ... Your guests will **love them!**

**J. SAVOR THE FLAVOR**

**3.** **Take time to pay attention to the taste of each bite of food.** It is important to detect wrong options in advance. Make small, healthy changes to your recipes and try dishes from another culture to liven things up.

**E. LET MYPLATE BE YOUR GUIDE**

**4.** **Check our website for ideas** on how to include fibre, veggies and fruit in your menu. Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta and brown rice and veggies to make a savory, healthy salad.

**H. MAKE PHYSICAL ACTIVITY PART OF EVERY EVENT**

**5.** **Being physically active makes everyone feel good.** Dancing, moving, and playing games add fun to any gathering. Don't make your guests sit for hours round a table full of leftovers.

**L. TRY OUT SOME HEALTHIER RECIPES**

**6.** Don't be tempted to do things as usual. Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. **Have a go at some of the recipes** on [WhatsCooking.fns.usda.gov](https://www.whatscooking.fns.usda.gov).

**D. KEEP IT SIMPLE**

**7.** **Don't work too much on your own. Being a host should never be a burden,** so have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

**K. SHOP SMART TO EAT SMART.**

**8.** Buying the food for a celebratory event shouldn't take a toll on your monthly finances. Save money **by offering foods that fit your budget**. Buy in-season produce when it costs less and tastes better.

**A. BE A HEALTHY ROLE MODEL.**

**9.** It's never too early for **adults to set an example**. Keep in mind that children follow what the adults around them do – even at parties.

*(Retrieved from [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet20MakeCelebrations\\_0.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet20MakeCelebrations_0.pdf) - 10/2016, adapt. 448 words)*

**TAREA 2**

*IN FIRST CLASS, BUT TREATED OTHERWISE*

**ANSWER BOX**

<b>STATEMENT</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>ANSWER</b>	<b>A</b>	<b>B</b>	<b>A</b>	<b>C</b>	<b>C</b>	<b>B</b>	<b>C</b>	<b>B</b>	<b>B</b>	<b>C</b>

**TEXT** *(In first-class, but treated otherwise)*

*By Anjula Acharia-Bath*

I HATE flying. But I like to see different places. So I usually just try to make the best of the situation.

I'm an entrepreneur, so I do watch my travel budget and I generally fly coach or business class. Like a lot of people, I fantasize about travelling first class. Just the name alone – first class, conjures up a fantasy of perfection. I **am so incredibly naïve (0)**.

My husband and I had to go to Mumbai for business. Although we were flying into London, with a connection to Mumbai, we **thought we should take the opportunity to get to Dubai, too (1)**. We knew that some of the Hindi-language film people, or Bollywood types, were in Dubai so it would be smart for us to do the same thing.

When we landed in London, we were very out of sorts and very hungry. But we had to make arrangements to go to Dubai and then run to another terminal to catch our connection. As we were checking in, the agent overheard my husband and me talking about the meeting we had with the musical artist 50 Cent. He was a huge fan. I made a joke that I **would give him some 50 Cent gear that I had in my carry-on if he would upgrade our tickets (2)**. The next thing I knew, we had two first-class boarding passes.

When we got on the plane we were ushered into first class, and I was excited. But I **don't think the attendant was too thrilled. Our tickets stubs showed that we were "upgrades," not people who actually paid for the amenities (3)**.

The **attendants were paying a lot of attention to everyone (4)**, bringing extra pillows, fluffing blankets and doing everything in their power to make these other travelers comfortable. People were getting refills for their wine glasses. I couldn't get a glass of water.

My husband and I were starved. I'm not a picky eater, and I figured out I **couldn't go wrong with ordering risotto (5)** when it was time to get some food. Unfortunately, the risotto came smothered in cheese. I can't eat cheese; I get sick. I told the attendant, and she looked at me like I was crazy. I couldn't get another meal. So I asked for a snack, only to be told that snacks were served only in business coach class. **At this point, I really didn't know what to do (6)**. So I just sat there like a good little passenger.

Once we were set for landing, the attendant did come up to me to chat. I thought she was going to apologize. Instead, she said she wanted to know why the airline was trying to be so nice to us by upgrading our seating arrangements. Apparently, the airline never gives upgrades, so **it must have done something really horrible to us if it gave us an upgrade (7)**.

I was no longer to be the good little passenger. So I said the first thing that came into my head. I told her my best friend was married to the airline's chairman, and we always get upgraded. It was a complete lie, but it was worth **seeing the look of fright on the attendant's face (8)**. I thought she was going to faint. She scurried away to talk to another attendant, who was her boss.

**The next thing I know, my husband and I are surrounded by attendants offering us wine, food, fluffy pillows and blankets (9)**. It was almost comical, especially since the flight was set to land in about 10 minutes.

I still want to believe that first class is, well, first class. So I would take an upgrade again. Maybe next time, my first-class fantasy will come true.