

• Past simple vs Past continuous

5 ★ Circle the correct answer.

- They were watching TV when earthquake happened*
- 1 They watched / were watching TV when the earthquake happened / was happening.
 - 2 The tsunami hit / was hitting the coast yesterday morning.
 - 3 Mary was waking / woke up and was getting / got dressed.
 - 4 The children screamed / were screaming when the lightning bolt struck / was striking a tree in their garden.
 - 5 George was burning / burnt his hand while he was cooking / cooked lunch.
 - 6 The group was skiing / skied down the slope when an avalanche was occurring / occurred.

• Use 7 ★ Cho

- 1 Timur
A play
C was
- 2 It was
A sh
- 3 Paula
A w
C c
- 4 Inka
.....
A
C
- 5 TI
..
A
C

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web mar 17 2006 les fibres solubles son d'avoine orge légumineuses légumes freinent l'absorption des graisses et réduisent les taux de cholestérol de 5 à 10 en particulier celui du cholestérol ldl mauvais cholestérol et de triglycérides

combien de fibres manger par jour [lanutrition.fr](#) - Oct 29 2022

web jun 6 2023 les fibres insolubles incapables de se dissoudre dans l'eau la lignine la cellulose et l'hémicellulose présentes dans les enveloppes des végétaux comme dans la peau des amandes la peau des pommes ou les céréales complètes son ces fibres parcourent le tube digestif sans être modifiées

[fibres alimentaires société gastro intestinale](#) - Feb 01 2023

web par où commencer comme pour les fibres alimentaires il est important d'augmenter graduellement la dose et de boire abondamment de liquides suivez les recommandations sur l'étiquette du produit ou les instructions de votre médecin ou diététiste sur la façon d'utiliser un produit spécifique l'importance de l'eau