



## WORKSHEET

L-GEP-49

Vigente desde  
15/01/2020

TEACHER	July Marcela Sánchez González						
TERM	III	GRADE	Sixth	SUBJECT	English	DATE	
STUDENT					GROUP		No
TERM LEARNING OUTCOME							
To talk about current events and their implications in the future.							

### Worksheet N° 1

*Eat wisely*



**Learning outcomes:** by the end of this worksheet, students will be able to

- To reflect on alternative types of food that contribute to their appropriate growth.
- To evaluate the importance of different lifestyles and their effects in the society.
- To recognize the importance of respecting difference and know the implications of taking decisions in our lives getting familiar with key vocabulary about it.

**CLIL principle: Cognition**



## CHALLENGE ONE

Make few notes in the first two columns about what you know about healthy food, what you want to know and what you learned (**KWL chart**) chart below. **NOTE: fill the last column at the end of the worksheet.**

**READING STRATEGY:  
PREDICTING**

**VOCABULARY STRATEGY:  
NOTE TAKING**



What do you know?	What do you want to know?	What have you learned?



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### CHALLENGE TWO

Read the passage below and answer the questions related to the words in bold.

VOCABULARY LEARNING  
STRATEGY: MAKING  
ASSOCIATIONS  
READING STRATEGY:  
GUESSING MEANING  
FROM CONTEXT.

CLIL principle: Content



alternative  
protein  
sources

Proteins are an important element of a balanced diet and **fundamental** for growing and repairing cells. There is a needed daily intake and most people get that from red meat, this is rich in iron and vitamin B12 as well. However, there are other protein source for those who want to **cut down** on meat or eat a more plant-base diet. For that reason, there is a plenty list with options to eat other protein-rich alternatives:

**Quinoa** : grains are an excellent source of protein and a **reasonable** price. This contains all essential amino acids, making it more nutritious, it is an interesting side dish to curries and salads. It is called the sacred “**mother grain**” by Incas and it is gluten-free as well.

**Lentils**: these have one of the highest levels of protein, making them an excellent ingredient in everyday meals.

**Hazelnuts**: these have a great nutritional potential. In spite of having high calories percentages, they are balanced with nutrients and healthy fats. These contain vitamin B6, they could be also beneficial for heart health and protecting **against** cancer.

**Chickpeas**: They are usually used in veggie diets and believe or not also used to make burgers!

**Oats**: these are high in many vitamins and minerals, these can lower cholesterol and may prevent diabetes and boost your immune system, increasing the ability of your body to battle against bacteria, viruses, fungi, and parasites. It is gluten-free as well.

Choose the best answer:

1. **fundamental** means:

a. secondary

b. needless

c. essential

2. **cut down** means:

a. decrease

b. increase

c. expand



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3. **reasonable** means:

- a. unacceptable and irrational.
- b. moderate, not exceeding the limit.
- c. not in accordance with reality.

4. the expression “**mother grain**” implies:

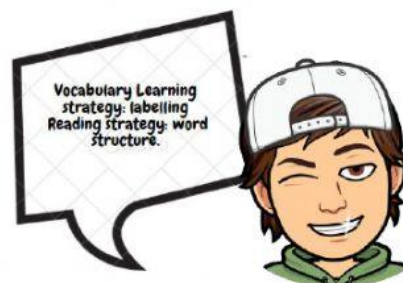
- a. something important and respected.
- b. something unholy.
- c. something irrelevant.

5. “**against**” means:

- a. in support of something
- b. to favour something
- c. in resistance to or defense from

## CHALLENGE THREE

Take five words from the word cloud, see what description suits better. take the vocabulary, fill the blank spaces to guess the word and draw it.



Images retrieved from: [www.wordart.com](http://www.wordart.com)



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Clue	Word	Drawing
It is a round green seed; it grows covered by an outer pod. It is a common ingredient in soups and creams.	___ E ___	
It is an oval nut with a hard shell, it is common to see it in biscuits and cakes.	___ L ___ _ _ _ _	
This is a plant with large dark green leaves. This was popular for being cartoon show "Popeye – the sailor man"	___ _ _ _ N _ _ _ _	
These are tiny black seeds. Its name is associated with the ancient Mayan word for "strength."	___ _ I _ _	
These are brown in colour and come with a hard, crunchy covering.	___ _ A _ _ ___ _ _ _ D _ _	

## CHALLENGE FOUR

CLIL principle: Culture



Watch the video about healthy recipes. Number them in the order they appear.



Vocabulary learning strategy:  
Using resources for receiving  
and sending messages

Reading strategy:  
Sequence understanding.



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After that, place the baking tray with the burgers into the fridge to set for 30 minutes. Then you fry them up in a little more of olive oil until perfectly browned!



Next, put in a food processor, some chickpeas, the fried onion, paprika, coriander powder, cumin, cilantro, flour and grind these ingredients.



Once, these ingredients turn into a batter, dust a baking tray with flour, dust your hands with flour too and form the chickpea burger batter into 4 balls.



First of all, put some olive oil on a pan, add some garlic and onion strips. Both have to be fried.



And then of course you know how to serve them! Some avocado, lettuce, tomato, ketchup, and mustard in a deliciously soft bun!