



## 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							
Talks about current events and their implications in the future.							

### Worksheet N° 1 Part two *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: Culture**



## CHALLENGE FIVE

Look at the transcript. Listen the recording and circle the correct word.

VOCABULARY LEARNING  
STRATEGY: REPRESENTING  
SOUNDS IN MEMORY,  
REPEATING  
READING STRATEGY:  
GETTING THE GIST.

## HEALTHY NO-BAKE BROWNIES (VEGAN AND GLUTEN FREE)





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First, put in a high-quality food processor, add one cup of nuts, and using a **1)** \_\_\_\_\_ of walnuts and almonds, any kind you like would work. Also, throw in six tablespoons of **2)** \_\_\_\_\_ cacao powder or if you do not have any, cocoa powder works fine, one tablespoon of Chia **3)** \_\_\_\_\_ which have a great health benefits, but if you can't get any, it's not require for this recipe. Also, throw in one teaspoon of salt.

You might also want to add some desiccated coconut, then put and blitz the ingredients together, until your result is a **4)** \_\_\_\_\_ dark chocolate sand. Now, toss in one cup of packed soft pitted dates. ... If you like dry dates make sure to **5)** \_\_\_\_\_ them in boiling hot water for about ten minutes. Now put these ingredients together until you left **6)** \_\_\_\_\_ a mass that **7)** \_\_\_\_\_ together in a ball. Pour the mixture onto a surface that has been lined parchment paper. Using your fingers, press the **8)** \_\_\_\_\_ to form a rectangle or squared shape. It shouldn't be too sticky, once you feel satisfied with that, I also like to press two or four tablespoons of roughly **9)** \_\_\_\_\_ almonds because I feel that they give these raw brownies a nice crunch, Now, you can leave these brownies **10)** \_\_\_\_\_ in the refrigerator and finish.

### CHALLENGE SIX

Read the following interview to Miss. Valeria Escobar, a vegetarian girl who narrates her story:

### Breaking stereotypes about vegetarian people.

**Teacher:** Good evening Miss. Valeria, How are you?

**Valeria:** Good evening July. I am fine, I am at my mother's home.

**Teacher:** Valeria, could you please tell me, why do you decide to become vegetarian?

**Valeria:** The first thing that motivated to me was to lose weight, however, I realized that is not the way to do that. After that, I started to have problems with milk derivates intake, and I had to start thinking about an appropriate way to replace them without stopping getting the benefits of these type of food. Furthermore, I am not agree with bullfights and any other practise that mistreat animals, so I thought I have to be consequence what I think and do.

**Teacher:** What age did you decide to stop consuming meat?

**Valeria:** I was seventeen and my mother got worried about that decision, so we decided to find information about it. In that process, my mother and I got a lot information and she

VOCABULARY  
LEARNING STRATEGY:  
SELECTIVE ATTENTION  
READING STRATEGY:  
SKIMMING





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support me. Becoming a vegetarian implies to be conscious enough to take appropriate decisions, by the way, you enjoy all the possibilities to make new and different food.

**Teacher:** some people said that vegetarian people get sick easily, Is it true?

**Valeria:** I think that food industry has a big responsibility in disapproving other ways to be and live, there are some mass media that have a considerable influence about kids and teenagers' food choices. In that sense, I started to document myself and know what other food resources provide me the needed nutrients, I consider that everything comes from land can truly contribute to have a healthy lifestyle and we need to be critical about what media reproduces.

**Teacher:** Do you miss some food?

**Valeria:** I think everything is a process, of course I miss some flavors, however, there are some smells I can't stand. In this process, I have learned to replace things, for instance, there are some spices that have the same taste of meats, so these help me to eat healthy and enjoy flavors.

**Teacher:** Valeria, one last thing, what advice can you give teenagers about eating healthy?

**Valeria:** I think the first thing is to ask to your parents for information and support, these types of decisions related to the health's welfare have to be taken consciously. After that, to get informed with people who know about the topic and finally, it is important not to go to the extremes.

**Teacher:** Thanks Valeria for your time, for your help and to share your experience

**Valeria:** You welcome!

- Read the statement and circle True or False according to the previous reading in challenge six, correct the false sentences just changing the wrong words.

	True	False
a. Valeria decided to become vegetarian because a friend of her advice it. _____		
b. She tell the truth to her mother about becoming vegetarian. _____		
c. She considers mass media contributes to take good decisions related to eating choices. _____		
d. She likes seasoning food with new spices. _____		
e. She advices to teenagers to lie to your parents about your food choices. _____		





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Read the interview again, and answer the following questions:

- What do you think about Valeria's lifestyle?

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- Do you consider parents need to know about sons' decisions?

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Read the following recommendations at the moment of making good decisions given by the school adviser.



**CLIL principle: Communication**

**CHALLENGE  
SEVEN**

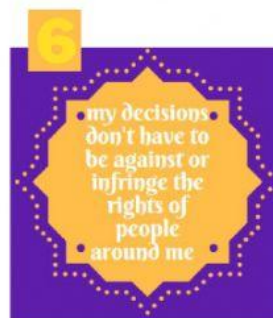
Read the following recommendations at the moment of making good decisions given by the school adviser.

## A DECISION MAKING CHECKLIST BY CAROLINA CONTRERAS

Vocabulary  
learning strategy:  
getting the idea  
Reading strategy:  
Scanning



Every single decision taken in the present time, impacts the future. In spite of the decisions seem small, these have implications in short and long term in my life. As human beings we are different and unique, in the same way, decisions work, the results a friend of mine gets after taking a decision, it is not going to have the same results on me, realities are different. The following tips when taking am decision are not lineal, however, these have to be considered and people have to go through these to take the best decisions.





*De la fe al*

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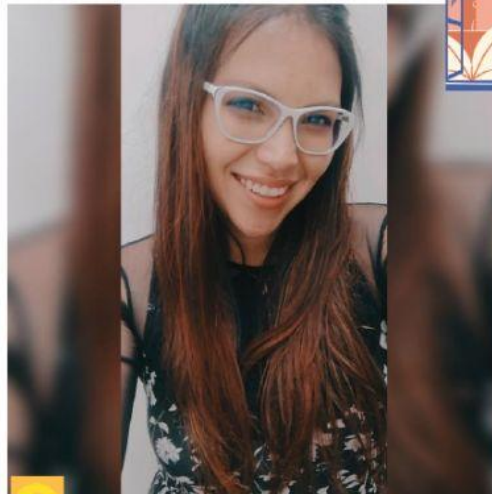
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7

Decisions don't  
have to put in risk  
my life or other  
people's life or  
integrity.

8

Self-awareness  
and  
self-acceptance



9

Set clear short  
and long term  
objectives.

10

Decisions have to  
associated with  
my principles and  
beliefs.

Read the tips again and match the following explanations to the appropriate tip:

*a*

Despite, being free  
of express my ideas,  
this freedom has to  
be assumed  
responsibly. Life  
prevails over  
anything.

*b*

People are  
different.  
Opportunities are  
sometimes limited  
or unlimited.

*c*

Decisions have to be  
associated what I  
want to be and my  
project of life.

*d*

Decisions have  
implications in my  
plans. Don't get  
carry away by your  
emotions or social  
pressure.

*e*

Decisions may lead  
you through  
different paths, it is  
important to see  
positive and  
negative aspects that  
could bring to take  
any decision.

*f*

Collecting  
information from  
trustworthy people  
allows us to have a  
wide view about the  
consequences of  
taking any decision.



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1	2	3
4	7	10

LEARNING STRATEGY:  
CONTEXTUALIZATION



Read the following scenarios and write about the best decision to make in these cases. Use some of the expressions in the chart.







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**Healthy eating:** In between doing your chores and going to swimming lessons, you decide to have a snack. You go to the kitchen and there is a bowl of fresh fruits in the fridge, but you do not want to chop anything, and you see there is some ice cream in the freezer and the last cherry pie piece. You are not very hungry, but you need energy to finish the day, so you have to decide between taking some ice cream and the cake or having the fruits. What decision do you need to make?



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**Pressure to start a diet:** Some of your friends are obsessed to have the perfect body, they dream to get a body like some models on magazines and runaway shows and tell you many times you are overweight. So, they plan to buy some miraculous pills to lose weight quickly and stop eating for some days. However, the pills have some age and use restrictions, and these could damage your body. What decision do you need to make?

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**Lunchtime at the school:** Your parents do not have too much time to cook at home, they have heavy schedules and get home later. For that reason, they trust on you and give you money to buy the ticket to have the lunch at the school restaurant. You are going to buy the ticket and your friends invite you to play a match instead going to queue and have the lunch. What decision do you need to make?







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