



De la calle

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° 2

A taste that kills



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

- To explain the effects of sugar in our bodies.
- To identify types of food and their implications in our health.
- To develop awareness of the importance of having a healthy diet through key vocabulary and language skills.

CLIL principle: Cognition



CHALLENGE ONE

Drag the food products from the box into their corresponding category



LEARNING STRATEGY: SEMANTIC MAPPING



CARROTS



MILKSHAKE



FRUIT JUICE



APPLE



PANCAKES



POTATOES



COOKIES



WHOLE GRAINS



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Added sugar food	

Natural sugar food	

**CHALLENGE
TWO**

Fill in the gaps in the following sentences by using the vocabulary from the previous exercise.

**LEARNING
STRATEGY:
PLACING WORDS
INTO A
NEW CONTEXT**

- _____ are full of calories and sugars.
Some have more than 37 spoons of sugar
(the equivalent of four cans of soft drinks)

- you can have some chopped _____ sticks and broccoli to make a delicious salad.

- flour, eggs, sugar and milk are the ingredients to make _____, it is recommended to make them with whole grains like whole-wheat flour.

- Use low-fat milk and garlic instead of butter or sour cream when making mashed _____.

- Researchers said that both soft drinks and _____ are associated to type 2 diabetes, high blood pressure and many other diseases.

- Some examples of _____ are: brown rice popcorn, quinoa, and couscous.

- an _____ is full of natural occurring fructose, it can be a satisfying and healthful snack.

- There are some sugar free chocolate chips _____ recipes. You can find many of them on internet.





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CHALLENGE THREE

Watch the trailer of the movie "*That Sugar Film Official*"



© 2013 Sugar Free Official Trailer | (2013) - Documentary HD
© 2013 Sugar Free Official Trailer | (2013) - Documentary HD

https://www.imdb.com/video/vi2776084249?playlistId=tt3892434&ref_=tt_ov_vi

Match the beginnings with endings:

1. Sugar is now found in 80% of the food we eat
 2. There must be hidden sugars
 3. People on this planet are growing sicker
 4. These calories did dramatically
 5. If I keep going for play these levels
 6. Any sugar, brown sugar, white sugar, fruit juice concentrate
 7. You got the size of a fatty liver
 8. Sugar is not evil
- a. would I be knocking on the door of a disease?
 - b. equal effect on your health.
 - c. this is the first time, I've seen that it can be developed
 - d. but life is so much better when you get rid of it
 - e. many scientists now believe, fructose has a role to
 - f. found in commonly perceived healthy foods and
 - g. different things in the human body.
 - i. but, there is a constant confusion over its effects on our health



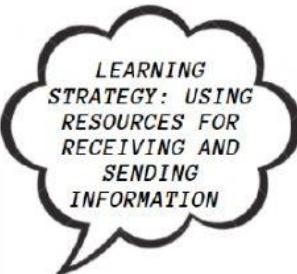
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CLIL principle: Content



CHALLENGE FOUR

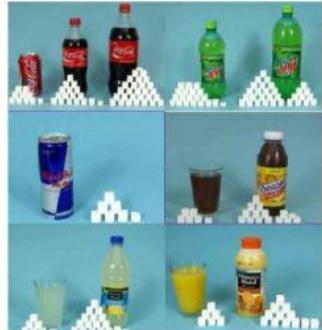
Read the text about types of sugar and write the questions in the correct space. (1-3). Read carefully, there is an extra heading.



NATURAL AND ADDED SUGARS: OTHER SIDE OF THE FENCE.

- a. What does happen in Colombia.
- b. What do my parents like to eat?
- c. What's health sector recommendations?
- d. Where do we get it from?

1. _____



Talking about sugar is not a topic that mass media or news want to discuss. However, this topic is becoming important and people are becoming aware about how much sugar they are consuming. According to the World Health Organization (OMS in Spanish) people should aim to get just 5% of their daily calories from the sweet stuff, it implies to get less than 10 teaspoons of sugar a day (in case of children, less than seven). However, according to some studies in international universities, Colombian people surpass this recommendation over a five percent more.

2. _____

Despite, calculating how much sugar we eat daily is complicated, adults have to think about the amount of sugar children are consuming, according to an article of "Semana" magazine, parents are exceeding the recommended daily intake by giving children sugary breakfast cereals, soft drinks, chocolate milks and packaged food. According to the website redpapaz.com, the World Health Organization warns that publicity of food and drinks addressed to children is mainly focused on fats and sugar and this way to advertise has a big impact about their food choices. Despite this warning was expressed eight years ago, Colombia has not formulate a policy or regulations to protect children from this dangerous publicity.



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L-GEP-49

Vigente desde
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3. _____

It is recommended to eat sugar that comes from fruits and vegetables, but sugars added to food, we need to be careful about them. Reading food labels is important because food industry has disguised the word "sugar" in expressions such as: "evaporate cane juice" or "organic palm sugar" "fructose" etc. This last one, fructose, could be found in fruits, but there is a huge difference when we eat it from fruits versus to it being a 'free sugar'. For that reason, doctors support the idea of consuming the sugar from fruits, instead taking products that remove sugar from its natural source to artificial food (juices, concentrates, syrups). Finally, it is important to reflect on what we eat, drink every day.



	Medium orange	16oz orange juice	16oz orange soda	Diet orange soda
Sugar	10-13 g	48 g	58 g	0 g
Fiber	++	+/-	-	-
Vitamins	++	++	-	-
Satiety	++	+/-	-	-
Effect on blood sugar	Slow, controlled rise in blood sugar	Rapid blood sugar spike and fall	Rapid blood sugar spike and fall	May alter how body reacts to sugar

Image retrieved from
<https://co.pinterest.com/pin/272890058641637029/>

Read the text again and say true (T) or false (F). In case of the statement is false, support your answers:

- The World Health Organization (OMS) said that parents can decide the amount of sugar children need to take.

LEARNING
STRATEGY:
SKIMMING
AND
SCANNING.

TRUE	FALSE



- There is a strict policy in Colombia to regulate publicity related to food choices for children.

TRUE	FALSE



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L-GEP-49

Vigente desde
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- It is better to take “fructose” from natural resources than artificial.

TRUE	FALSE

CHALLENGE FOUR

Read the experiment and the information:

LEARNING STRATEGY:
PRIOR KNOWLEDGE
RECALLING



Sugar in soft drinks

This experiment may help you to comprehend the effects of having soft drinks in our diets. First of all, you have to take four glass cups and label them with the following drinks' names: water, milk, lemonade, and coke, then put the drinks in each cup. After that, look for four dirty coins, put each one in front of every labeled cup. Now, put the coins in the drinks.



Next, we are going to wait twelve hours, and take the coins out to see what happened. First, the coin in the water, it still really dirty. What about the coin in the milk? It has not changed too much; it still dirty as well. Finally, on the one hand, the coin in the lemonade is definitely thin, it is shinier, on the other hand, the coin in the coke looks new, shiny, and clean.

Image retrieved from: www.pinterest.com

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This is one of the **effects** of soft drinks in our body, specially teeth: corrosion. Sodas contain various acids, these acids combine with sugar can erode the tooth enamel, thus damaging our teeth. **Furthermore**, phosphoric acid present in sodas is associated to the interruption of the process of absorption of calcium by bones, thus making them brittle. Lastly, it is important to about soda overconsumption and replace it by water since human beings need to take eight glasses of water per day.

Answer the questions:

1. Why do you think the experiment is purposed?

- a. to promote the intake of soft drinks
- b. to prevent the consumption of soft drinks
- c. to ban the selling of soft drinks

2. Why do coins in lemonade and coke change?

- a. The corrosive effect of sugar in soft drinks.
- b. These do not stay in these drinks the needed time.
- c. Soft drinks are made to fulfil many tasks in life

3. the word in bold **effects** in the last paragraph means:

- a. to evidentiate the beneficial reactions of them in our lives.
- b. to show there are not determined consequences of taking these beverages.
- c. to evidentiate the damaging consequences of drinking these products.

4. the word in bold **furthermore** in the last paragraph means:

- a. to add information to the first idea
- b. to reject the ideas before.
- c. to remove ideas for the coming paragraph.

5. the effect of drinking soda in bones is:

- a. to become bones stronger
- b. to become bones weaker
- c. to make bones more powerful.



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CLIL principle: Culture



CHALLENGE FIVE

Read the following interview to the pediatrician from Universidad del Bosque, Dr. Jessica Mora Blanco, talking about nutrition and healthy food choices:



Teacher: Good evening Dr. Mora. It is a great pleasure to hear from you again.

Dr. Mora: Good evening teacher, I feel happy to help you in this interview.

Teacher: Could you tell us please, what is the importance of having good eating choices?

Dr. Mora: Making appropriate food choices from early years have many benefits:

- To stimulate a proper growth and development
- To improve the brain functions and development
- To develop habits that are difficult to acquire when being adults.
- To prevent chronic diseases that reduce life's expectancy in adults.
- To prevent overweight and obesity
- To reduce behavioral issues

Teacher: what are the effects of including high amount of sugars in everyday meals?

Dr. Mora: when you have a high degree of sugar consumption in day-to-day life, you can be in risk of suffering the diseases I mentioned before and suffer tooth decay or in extreme cases cardiovascular risk.

Teacher: Children like eating sweets and desserts. How often is it advisable to take these types of foods?

Dr. Mora: According to the health eating pyramid, it is suggested to eat occasionally refined sugars.

Teacher: Dr. Mora. Could you tell me please what does a healthy lunch box have to be healthy?



Dr. Mora: Preschoolers and primary students have to eat two portions of fruit a day (chopped or whole fruits). These could be a small , a , an . Drink water, instead taking soft drinks. Avoid pastries, candies, and desserts, these are high in fats and sugars. It is better to try home-made oat flour pancakes and chopped fruit. Stop packaging potato chips these are high in sodium and trans fats. You can pack home-made popcorn with some diced cheese.





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A healthy lunch box must have: vegetables (try some carrot or winter squash muffins) diced fruits (not fruits juice) cereals (try potato or cassava chips made in an air fryer or oven) proteins and milk derives (eggs, chicken, cheese, yogurt, humus or roasted lentils). Finally, avocado is a versatile food, even in preparations such as desserts.



Teacher: what drinks do children have to include in lunchbox to replace soft drinks or juices?

Dr. Mora: Water is the ideal drink to enjoy with any type of food. Furthermore, Fruit juice is allowed in special intake measures.

Teacher: what recommendations would you like to give to Bernardinos?

Dr. Mora: it is advisable to do exercise every day and increase the intake of fruits and vegetables. In addition, when being in the dining room, avoid chatting or watching T.V, parents need to be an example of their children and develop appropriate habits to have healthy human beings in all the senses.



- Complete the summary with the ideas from the interview:

a. Dr. Mora warns about having a diet high in sugar could produce

_____ , _____
_____ among many other diseases.

b. Dr. Mora recommends to _____ have desserts and sweets.

c. When packing the lunchbox, Dr. Mora recommended to avoid _____
_____ these are high in fats and sugars.

d. Dr. Mora talks about the flexibility _____ has at the moment of preparing different recipes, for example _____

e. When sharing time in family, at the moment of eating together, stop _____
or _____.