



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° 3

The dark side of processed food



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

- To reflect about the effects of processed food in our bodies.
- To learn vocabulary about containers, phrasal verbs of food
- To develop critical thinking skills through vocabulary learning activities that strengthen language skills.

CLIL principle: Cognition



CHALLENGE ONE

Read the words in the box and organize them in the following mind map.



LEARNING STRATEGY:
PRIOR KNOWLEDGE
RECALLING

FRUITS - LEMONADE - LOLLIPOP - GRAINS
- PORK - DAIRY - AVOCADO - TEA -
CHOCOLATE - VEGETABLES - TURKEY -
BREAD - WATER - CHEESE - CELERY -
INFUSIONS - MUSHROOMS - YOGURT -
MEATS - BUTTER - BLACKBERRY - APRICOT
- RIBS - CONFECTIONS - CINNAMON ROLL -
EGGPLANT - CORN - RICE - COMMON FOOD
GROUPS



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CHALLENGE TWO

Based on the previous mind map, match the ideas by drawing lines from the food group to descriptions.

LEARNING STRATEGY:
RECOMBINING AND
CONTEXTUALIZING



Fruits such as

it is recommended

from milk

Lemonade, tea, and
infusions

celery, mushrooms and
eggplants

However, there are
other protein sources
to explore.

Some high protein sources
are:

are derived from

to eat desserts like:
cinnamon rolls, chocolates
or lollipops

Only,
once a week

avocado, blackberries
apricots

to make from
water

Vegetables as:

pork, turkey, and ribs.

are a good source of
vitamins and minerals

Cheese, yogurt, and
butter.

are possible healthy drinks

are recommended by doctors



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CLIL principle: Content



CHALLENGE THREE

Match up each of the following examples with the factors influencing food habits:



**LEARNING
STRATEGY:
GROUPING AND
CLASSIFYING**

- Social practices.
- Religious practices.
- Geographic location.
- Economic situation.
- Technological developments.
- Individual preferences
- Mass media

EXAMPLE	FACTOR
You have profound beliefs about animal rights and decide not to consume animal meat anymore.	
You wanted to make a fruit salad for dinner, but the winter frosts increase the prizes. You decide to take a coffee with bread.	
Your friends at school are trying the new chocolate milk and you wish to try it too.	
You see a commercial for a new natural fruit juice that is made to have a healthy diet.	
Your faith requires you eat fish during Holy Week.	
You wish to grow strawberries in your flat garden, but you live in a place where there is not sunlight.	
Both of your parents work a lot, and they give you money to decide what to eat at school.	
You live in Tunja and take a siesta after lunch in the middle of the day.	
You run out the time because you have a party, so you decide to buy everything through the internet.	
You earn the minimum wage, and you have to decide between buying fruits at very expensive prize or packaged food at a very high prize.	



CHALLENGE FOUR

Read the following text:

THE DARK SIDE OF FOOD PROCESSING

It has been proved that “processed food” is damaging to health and has to get rid of it. Despite this food has **garnered** some media, parents, and people’s criticism, there still is a lack of attention to this problematic situation.

The transformation made by food industry companies of raw plants and animals into products for consumption, that’s how processed food is defined. The materials used are grains, meats, and diaries, in this sense, most of the food we eat is processed anyway. Some examples of processed food are tinned or frozen vegetables, microwavable meals, or ready-made meals, savoury snacks, meat products, cakes, biscuits, and soft drinks.

There were some ancient cultures that conceive process food as a tradition in communities, nowadays everything happens at a plant or factory. On one hand, food processing is a **profitable** business for companies that have improved their incomings with every new product, on the other hand, this practise has **raised** worries about nutrition, food safety and the environment.

Although most of food is processed, it is important to establish distinctions among highly processed food (sugary drinks, ice cream, fast food, processed meats) and the ones that are minimally processed (sliced fruits and vegetables, roasted nuts). Some of the ingredients involved in processing practices are flours, oils, fats, sugars, and sweeteners, in this sense, these materials suffered a previous process (milled, refined, crushed, or exposed to chemicals). Despite the changes look like minimal in processing food, this tends to be poor in nutrients, high in calories, and a have little number of vitamins and minerals.

Match the questions with the corresponding answers:

- | | |
|---|--|
| 1. What are the raw materials used in food processing | () this tends to have a lack in nutrients, it is fattening. |
| 2. What are some examples of highly processed food? | () grains, meats, and diaries. |
| 3. What are the consequences of food processing? | () soft drinks, junk food, and cured meats. |





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Continue the reading:

To have a **long shelf life**, this is one of the main reasons of food processing. Preserving food was historically a way to reduce deaths by spoiled food and people can enjoy flavors for other parts of the world. In some degree, practices such as heating, refrigerating, freezing, fermenting, drying, radiation and adding salt or sugar can eliminate some pathogens (viruses, bacteria) and foodborne illness contributing to human being welfare, however we have to be careful about abusing the consumption of this type of food.

Some of the reasons people tend to see convenient the intake of processed food is associated to lack of time for preparing their own food due to their heavy schedules, in that sense, people are getting few calories from home and having fast-food from restaurants.



image retrieved from: <https://www.whatthehealthfilm.com/>

Although processed food is not directly associated to health diseases, its high amount of added sugar, sodium, saturated fats or trans fats **surpass** the amount of dietary fiber and the immediate solution to consume something due to the lack of time could imply unhealthy eating patterns as skipping meals and overconsuming calories. Processing food factories have become larger and produce high volume of products – due to their aggressive campaigns in media advertisements- and expand their distribution to broader world's areas (globalization).

The environmental impacts of food processing are associated to over packaging practices. Around the 66 % of total packaging waste come from food processing, most of the cases this is left in landfills increasing the pollution of the air and water. By the same token, It was proven the presence of Bisphenol (chemical compound) in metal cans and food storage containers, it could imply cardiovascular disease, diabetes, certain cancers and changes to immune function.



Image retrieved from: <https://www.cartoonstock.com/>

LEARNING
STRATEGY:
USING
IMAGERY

Match the word (numbers from 1 to 8) with the corresponding image:



1.



Meat products
()

2.



3.



Media
advertisement
()

4.



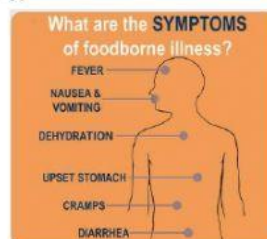
Spoiled food
()

5.



Roasted nuts
()

6.



Tinned vegetables
()

7.



Foodborne illness
()

8.



Incoming
()

Landfills
()



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- Complete the following cause and effect graphic organizer bearing in mind this:

LEARNING
STRATEGY:
GROUPING
AND
CLASSIFYING



A cause is an event or situation that make something positive or negative happens. An effect is something that happens as a result of a event or action.

<i>cause</i>	<i>effect</i>



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Go over the text again. Look at the words in bold and choose the best answer:

1. The word “**garnered**” could be replaced by:

- a. distribute
- b. accumulate
- c. spend

**LEARNING
STRATEGY: MAKING
ASSOCIATIONS**

2. **profitable** means:

- a. fruitless
- b. losts
- c. good financial gains



3. The opposite of **raised** is:

- a. increment
- b. advance
- c. fall

4. the expression “**long shelf live**” implies:

- a. something expected to have a long length of time.
- b. something perishable
- c. something temporal.

5. a synonym of “**surpass**” is:

- a. appropriate
- b. lose
- c. exceed