



Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. scanning and skimming for details b. making inferences based on the comprehension of the article 	
Warmer	<ol style="list-style-type: none"> 1. Teacher brings water kefir for students to taste (or teacher can bring any type of homemade drinks with health benefits, i.e. fruit juice, enzyme, overnight oats, etc.). 2. Teacher asks students whether they have tried such drinks and whether they know the health benefits of the drinks. Elicit for responses. 3. Teacher directs students to the article on page 7. Get students to look at the title and ask them what they think the article is going to be about. Elicit for responses. 	5 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher puts students into small groups and distributes Task 1. 2. Teacher gets students to discuss and group words according to their category. Tell students not to refer to the article when doing this activity. 	5 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher then asks students to skim and scan for the words or terms from the article to confirm their answers for Task 1. Teacher discusses and elicits for answers. 2. Next, teacher continues with Task 2. 3. Teacher gets students to read the statements in Task 2. 4. Students need to discuss in their groups to look for evidence from the article that supports or concludes each statement. 5. Teacher elicits and discusses answers. 	10 mins
Post-reading	<ol style="list-style-type: none"> 1. Teacher prepares ingredients to make water kefir and gets students to look at the steps on page 9. 2. With the ingredients, each group tries making water kefir in class. (<i>Note: Students will only be able to try step 1 to 3 and complete the remaining process after the four days</i>) 	13 mins
Wrap	<ol style="list-style-type: none"> 1. Teacher wraps up lesson after students finish making water kefir. 	2 mins

TASK 1

Look at the words in the box below and put them under the suitable category.

salmonella	boost immunity	anti-carcinogenic
biotin		
wheat	kefiran	millet
cancer	yeast	fight against cancer
psoriasis	immunomodulatory	antioxidant
E. Coli	rye	bacteria
folate	barley	eczema
		prevent allergic reactions

COMPOUNDS & NUTRIENTS	DISEASES	GRAINS	ROLES OF KEFIR WATER	BACTERIA
CONTENT IN KEFIR	BENEFIT OF WATER KEFIR			

TASK 2

Read the statements below and look for evidence from the article to support each statement.

1. The health benefits of water kefir may not be potent if it is consumed in a short term basis.

e.g. Drinking water kefir regularly is very beneficial.

2. We need certain bacteria to keep our body healthy.

3. Water kefir is a better cultured food than yogurt.

4. Water kefir can be consumed by people who have allergic reactions to wheat.

5. Water kefir should be kept away from heat and humidity.

6. Water kefir is a great drink to be cultured at home because it is inexpensive.

7. Water kefir which is cultured with sugar water may taste differently from one that is cultured with coconut water.

8. It is easy to make water kefir as the process is impressionistic.

ANSWERS

Task 1

COMPOUNDS & NUTRIENTS	DISEASES	GRAINS	ROLES OF KEFIR WATER	BACTERIA
<ul style="list-style-type: none"> • biotin • folate 	<ul style="list-style-type: none"> • cancer • psoriasis • eczema 	<ul style="list-style-type: none"> • barley • wheat • millet • rye 	<ul style="list-style-type: none"> • anti-carcinogenic • immunomodulatory • antioxidant 	<ul style="list-style-type: none"> • salmonella • E. Coli
CONTENT IN KEFIR	BENEFIT OF WATER KEFIR			
<ul style="list-style-type: none"> • bacteria • yeast • kefiran 	<ul style="list-style-type: none"> • boost immunity • fight against cancer • prevent allergic reactions 			

Task 2

**Students may use different statements from the article to support their answers.*

The following sample answers are statements taken from the article.

- Some scientists believe these allergic reactions are due to lack of good bacteria in the gut.
- In comparison, yogurt strains only reduced breast cancer cells by 14 percent.
- Since water kefir grains do not contain wheat, they also do not contain gluten.
- For Malaysian weather, you might want to put your culturing jar in a cool, shady place.
- If you take care of the kefir grains properly, they can have an unlimited life span.
- If you do cultivate water kefir yourself, keep this in mind: depending on the type of sugar you use, you might get something sweet, or something less sweet, or something with a stronger flavor.
- As long as it has a pleasant taste and smell, then you have succeeded!