



Stages	Procedure	Time
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To practice               <ol style="list-style-type: none"> <li>a. skimming, scanning &amp; inferential skills</li> <li>b. guessing meanings of words in context</li> </ol> </li> </ol>	
<b>Warmer</b>	<ol style="list-style-type: none"> <li>1. Teacher writes word 'sustain' on the board and elicits for meaning from class.</li> <li>2. Teacher asks for adjective form of the word &amp; writes students' response on the board.</li> <li>3. Teacher writes 'sustainable eating' and asks students to guess what it means.</li> </ol>	<b>5 mins</b>
<b>Pre-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher elicits for ways to eat sustainably – e/g. buy local, eat less meat and more vegetables, grow own vegetables, reduce intake of processed foods, etc.</li> </ol>	<b>5 mins</b>
<b>While-Reading</b>	<ol style="list-style-type: none"> <li>1. Teacher distributes <b>Task 1</b>.</li> <li>2. Students answer the questions individually, then check answers with a partner.</li> <li>3. Teacher checks the answers and provide feedback.</li> </ol>	<b>10 mins</b>
<b>Post-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher assigns <b>Task 2</b>.</li> <li>2. Students attempt questions individually.</li> <li>3. Teacher discusses the answers.</li> <li>4. Teacher assigns <b>Task 3</b>.</li> <li>5. Students complete in pairs.</li> <li>6. Teacher discusses answers.</li> </ol>	<b>12 mins</b>
<b>Wrap</b>	<ol style="list-style-type: none"> <li>1. Teacher does a concept check of the lesson</li> </ol>	<b>3 mins</b>

## TASK 1

Rearrange the sentences according to the order of the information as it appears in the article.

Statements	Paragraph
1. You can contribute to sustainable eating by eating locally grown food which are fresher and more flavourful.	
2. You can boost your health and help save earth at the same time by using locally produced ingredients in home cooking.	
3. We eat a lot of processed food today which are not healthy for us.	<b>1</b>
4. Buying local food also contributes to a cleaner environment as carbon emissions from trucks hauling food over long distances is reduced.	
5. To curb global warming, it is advisable to stop food wastage as methane is generated by rotting food.	
6. Sustainable eating is the answer to a healthy diet.	
7. Sustainable meat comes from animals raised without antibiotics or hormones.	
8. Sustainable eating is about choosing foods that are healthful to our bodies and our environment.	
9. Buying local food gives you the opportunity to meet local farmers from whom you can learn about farming methods, get cooking tips or even get a guided tour of the farm.	
10. Eating organically grown food – free of pesticides and fertilisers - is also a form of sustainable eating.	
11. Another form of sustainable eating is buying fish that is farmed or not endangered.	

## TASK 2

Find the word/s from the article to replace those in bold in the statements below.

Statements	Synonym
1. Eating more plant food and less meat are the most efficient responses to how to reduce <b>the total amount of greenhouse gases produced through human activity.</b>	
2. We should try <b>choosing foods that are healthful to our environment and our bodies.</b>	
3. Overfishing is a main cause of certain fish species being on the <b>verge of disappearing completely</b> from the face of this earth.	
4. Today we consume a lot of <b>food that has been changed from their natural state through methods such as canning, cooking, freezing, dehydration, or milling.</b>	
5. <b>Commercial fishing vessels with large nets being dragged along the sea bottom</b> contribute towards the endangerment of certain fish species because these fish inadvertently get trapped in the nets at the same time.	

### TASK 3

Answer T (true) or F (false) next to each statement.

Statements	T or F?
1. Sustainable eating means we should not eat imported foods.	
2. Growing your own vegetables contributes to sustainable eating.	
3. Local farmers do not harvest their crops early.	
4. Knowing where our fish comes from and how it is caught contributes to eating sustainable fish.	
5. Most of the fish we get in the market today are harvests from sustainable fishing.	
6. Methane gas is produced by animals and rotting food.	
7. Free range animals are safer to eat.	
8. Free range animals do not leave a carbon footprint.	

## ANSWERS

### Task 1

1. 4
2. 11
3. 1
4. 5
5. 10
6. 2
7. 9
8. 3
9. 6
10. 8
11. 7

### Task 2

1. carbon footprint
2. sustainable eating
3. brink of extinction
4. processed food
5. trawlers

### Task 3

1. F
2. T
3. F
4. T
5. F
6. T
7. T
8. F