



ALCALDÍA DE  
**BARRANQUILLA**

| Soy **BARRANQUILLA** |



Soy **Bilingüe**

# 21st Century **KIDS**



**A1 Secondary  
Student Materials**

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Sustainable Diets, Student Materials

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Hecho en Colombia

*Made in Colombia*





I'm Isa the Iguana, here to welcome you to **21st Century Kids!** With these materials, you will learn English in a way that will help you explore, understand, and participate in your local and global communities.

**Are you ready to start? Let's go!**



**¡Soy Isa la iguana** y te doy la bienvenida a **21st Century Kids!** Con estos materiales, aprenderás inglés de una manera que te permitirá explorar, entender y participar en tus comunidades locales y globales.

**¿Estás listo? ¡Vamos!**





## Sustainable Diets



**Learning Objective:** By the end of this lesson, I will be able to discuss sustainable diets and the importance of reducing greenhouse gases such as methane and carbon dioxide.







## Pre-task

### Activity 1

Look at the list of foods. Respond to the questions for each category.

#### 1. Dairy and Eggs



Do you like dairy and eggs? YES ☐ NO ☐

What's your favorite dairy item?

How often do you consume dairy?

- ☐ A) All the time ☐ B) Usually  
☐ C) Sometimes ☐ D) Never

#### 2. Legumes



Do you like legumes? YES ☐ NO ☐

What's your favorite legume?

How often do you consume legumes?

- ☐ A) All the time ☐ B) Usually  
☐ C) Sometimes ☐ D) Never

#### 3. Fruits



Do you like fruit? YES ☐ NO ☐

What's your favorite fruit?

How often do you consume fruit?

- ☐ A) All the time ☐ B) Usually  
☐ C) Sometimes ☐ D) Never





#### 4. Vegetables



Do you like vegetables?

YES ☐

NO ☐

What's your favorite vegetable?

How often do you consume vegetables?

☐ A) All the time

☐ B) Usually

☐ C) Sometimes

☐ D) Never

#### 5. Grains



Do you like grains?

YES ☐

NO ☐

What's your favorite grain?

How often do you consume grains?

☐ A) All the time

☐ B) Usually

☐ C) Sometimes

☐ D) Never

#### 6. Nuts and Seeds



Do you like nuts and seeds?

YES ☐

NO ☐

What's your favorite nut or seed?

How often do you consume nuts and seeds?

☐ A) All the time

☐ B) Usually

☐ C) Sometimes

☐ D) Never





### 7. Meat



Do you like meat?

YES ☐

NO ☐

What's your favorite meat?

How often do you consume meat?

☐ A) All the time

☐ B) Usually

☐ C) Sometimes

☐ D) Never

### 8. Seafood



Do you like seafood?

YES ☐

NO ☐

What's your favorite seafood?

How often do you consume seafood?

☐ A) All the time

☐ B) Usually

☐ C) Sometimes

☐ D) Never





## Activity 2

Read the definitions of key vocabulary below. Then, practice pronouncing each of the words with your teacher.



### Locavore

Someone who eats locally grown food whenever possible.



### Agriculture

Cultivating land and producing fruits and vegetables or raising cattle and other livestock.



### Deforestation

The process of cutting down trees in forests.



### Farmer

A person that cultivates the land and/or raises animals.



### Sustainable

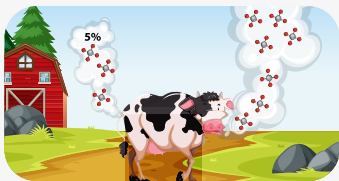
This word describes actions that help conserve the environment and the world's resources.



### Cattle

Animals such as cows, bulls and buffalo that are raised on a farm.





### Methane

An organic compound with the chemical formula  $\text{CH}_4$ . It is a greenhouse gas that heavily impacts the environment.



### Fossil Fuels

Organic materials found in the ground such as coal, oil, or natural gas that are used as fuel.



### Carbon Footprint

The amount of carbon dioxide emitted due to a person's actions and activities.



### Vegetarian

Someone that does not eat meat (including fish, mammals, seafood, and poultry).



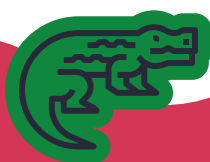
### Plant-based

Something that is made of plants. This can be a diet or the composition of a food.



### Vegan

Someone who does not eat or purchase any animal products such as meat, eggs, leather, or wool.







### Crossword Puzzle

Complete the crossword puzzle below using the vocabulary from the word bank and the definitions provided.

#### Word Bank

sustainable  
vegan  
plant-based  
agriculture  
locavore  
methane  
carbon footprint  
deforestation

#### Across:

1. An organic compound with the chemical formula CH<sub>4</sub>. It is a greenhouse gas that heavily impacts the environment.
7. The amount of carbon dioxide emitted due to a person's actions and activities.
8. This word describes actions that help conserve the environment and the world's resources.





**Down:**

2. Cultivating land and producing fruits and vegetables or raising cattle and other livestock.
3. Someone who eats locally grown food whenever possible.
4. Someone who does not eat or purchase any animal products such as meat, eggs, leather, or wool.
5. Something that is made of plants. This can be a diet or the composition of a food. For example, vegans eat \_\_\_\_\_ hamburgers.
6. The process of cutting down trees in forests.

## Task

### Activity 1

Read the text. As you read, **highlight** or circle the vocabulary words you see.

#### Sustainable Diets

Did you know that some diets are more sustainable than others? It's true! What we eat can strongly impact our world. This is because some of the foods we eat require a lot more water and land than others.

For example, did you know a hamburger needs about 3,000 liters of water to be produced? Why does a hamburger need all that water? Well, a cow drinks up to 136 liters of water a day--about 50,000 liters of water a year. Imagine how





much water farmers use for an entire cattle farm!



The problem isn't only the water use but also deforestation. Many trees are cut down to make space for cattle. This is especially true in places like the Amazon rainforest. According to WWF, the Amazons lost 30 soccer fields worth of trees every minute in 2019. Most of this was due to deforestation for agriculture such as cattle-ranching or the production of soybeans and palm oil. Soybeans are often used to feed cattle and palm oil is in many foods that we eat.

Another problem is the carbon footprint that the production and transportation of some foods has. This is because cattle produce a large amount of methane which goes into the atmosphere and is damaging to the environment. Similarly, transportation can also create pollution to the environment. When we buy imported food, it requires using a lot of fossil fuels to transport the products to Colombia. Burning fossil fuels such as gasoline produces a lot of greenhouse gasses like carbon dioxide which goes into the atmosphere and negatively affects the environment.



**Sources:**

<https://www.watercalculator.org/footprint/foods-big-water-footprint/>  
<https://www.worldwildlife.org/threats/deforestation-and-forest-degradation>  
<https://css.umich.edu/factsheets/carbon-footprint-factsheet>  
<https://sustainablefoodtrust.org/articles/dairy-cows-livestock-behind-growth-soya-south-america/>





### Comprehension Questions:

1. How many liters of water are used to produce a hamburger?

2. Why are the trees in the Amazon rainforest cut down?

3. What contributes to a high carbon footprint?

### Discussion Questions:

1. Does it surprise you to read about how much of the Amazon rainforest is lost each minute?

YES

☐

NO

☐

How does it make you feel to know this?

It makes me feel

because

2. What are three things we can do to live a more sustainable lifestyle?

Example: • We can eat locally grown food.

•

•

•





## Activity 2

### Carbon Footprint Test

Do you know what your diet's carbon footprint is? Respond to the questions below and add up your points to see how sustainable your diet is.

- ☐ 1. How often do you eat meat?

- ☐ a. Everyday  
☐ b. Sometimes  
☐ c. Rarely  
☐ d. Never



- ☐ 2. How often do you drink cow's milk?

- ☐ a. Everyday  
☐ b. Sometimes  
☐ c. Rarely  
☐ d. Never



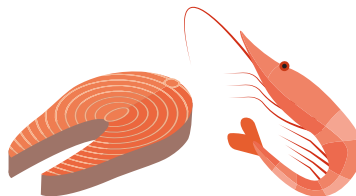
- ☐ 3. Do you eat food items with palm oil? (You can find palm oil in some foods such as peanut butter, cookies, ice cream, cereal, and bread.)

- ☐ a. Yes  
☐ b. I think so.  
☐ c. I'm not sure.  
☐ d. No, I avoid it.



- ☐ 4. How often do you eat shrimp and tuna?

- ☐ a. Everyday  
☐ b. Sometimes  
☐ c. Rarely  
☐ d. Never







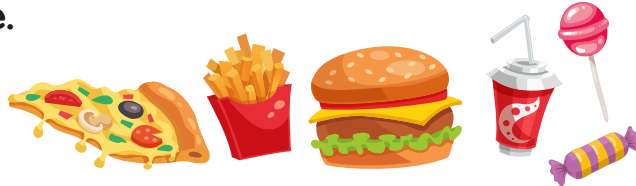
**5. Do you eat foods with the sweetener High Fructose Corn Syrup?** (You can find HFCS in some candy, sodas, and fast food.)

☐ a. Yes, all the time.

☐ b. Usually

☐ c. I'm not sure.

☐ d. No, I try to eat foods with natural sugar.



**6. Does your family buy locally grown fruits and vegetables?**

☐ a. No, we buy mostly imported fruits and vegetables.

☐ b. I'm not sure.

☐ c. Usually.

☐ d. Yes, all the time.



**7. Does your family buy imported food products?**

☐ a. Yes, we buy a lot of food products from other countries.

☐ b. We buy some imported food products and some Colombian brands.

☐ c. We usually eat Colombian food products.

☐ d. We eat Colombian foods all the time.

Now, add up how many points you have.

A = 3 points

B = 2 points

C = 1 point

D = 0 points

How many points do you have?  
The lower the number, the  
lower your carbon footprint  
from your diet!

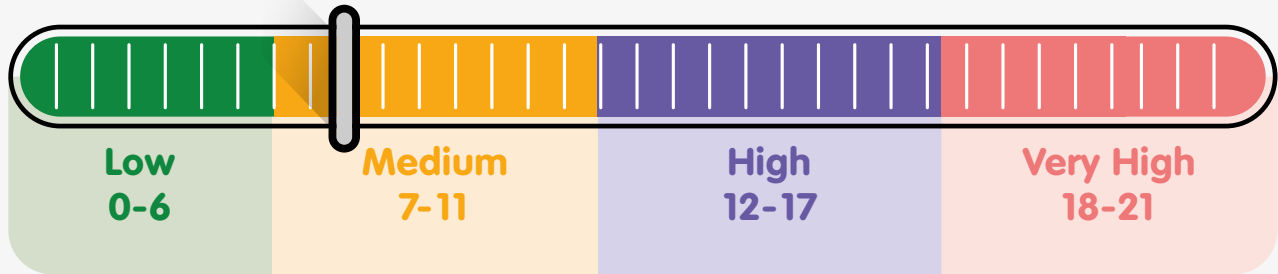
My carbon footprint  
from my diet:

points





How high is the impact of your diet's carbon footprint on the environment?



Compare your number with your classmates.

1. Are you surprised by your number?

YES ☐

NO ☐

• Did you expect it to be higher or lower?

Higher ☐

Lower ☐

2. Circle the categories where you received the most points.



meat



cow's milk



food with  
palm oil



shrimp  
and tuna



food with  
high fructose  
corn syrup



locally grown  
fruits and  
vegetables



imported food  
products





### Activity 3

One way that we can have more of a sustainable diet is to limit how many animal products we eat.

Many people adopt vegan, vegetarian, or plant-based diets to reduce their carbon footprint.

What do you know about these diets? Circle what food you think vegetarians and vegans eat in each category.

#### 1. Dairy and Eggs



Vegetarian? Y | N

Vegan? Y | N

#### 2. Legumes



Vegetarian? Y | N

Vegan? Y | N

#### 3. Fruits



Vegetarian? Y | N

Vegan? Y | N

#### 4. Vegetables



Vegetarian? Y | N

Vegan? Y | N

#### 5. Grains



Vegetarian? Y | N

Vegan? Y | N

#### 6. Nuts and Seeds



Vegetarian? Y | N

Vegan? Y | N





**7. Meat**



Vegetarian? ☐ Y ☐ N

Vegan? ☐ Y ☐ N

**8. Seafood**



Vegetarian? ☐ Y ☐ N

Vegan? ☐ Y ☐ N

**9. Honey**



Vegetarian? ☐ Y ☐ N

Vegan? ☐ Y ☐ N

**10. Gelatin**



Vegetarian? ☐ Y ☐ N

Vegan? ☐ Y ☐ N



Remember that  
vegans do not eat  
any animal products  
and vegetarians  
don't eat meat or  
seafood, but they do  
eat dairy, eggs and  
other animal  
products.

**Discussion Questions:**

Write your answer for each question.

**1. Do you know anyone that is vegetarian or vegan? If so, who?**





2. Do you think it is easy to have a vegan or vegetarian diet?

YES

☐

NO

☐

Why?

3. What are some reasons why someone would want to become vegan or vegetarian? Check the answers that you think apply.

☐

To reduce their carbon footprint.

☐

They don't know how to cook meat or seafood properly.

☐

For ethical reasons. They don't want to consume animals or animal products.

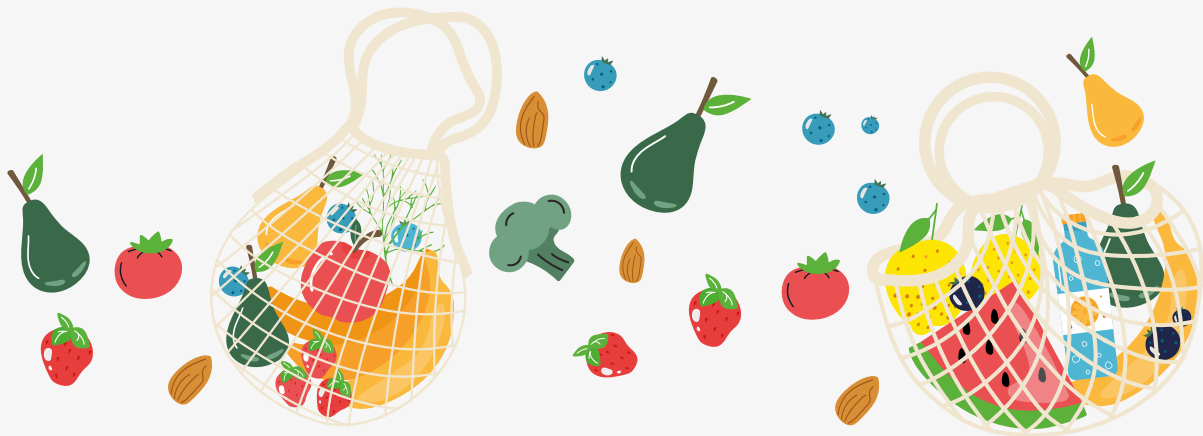
☐

It's popular. A lot of people are vegetarian or vegan now.

☐

To live a healthier lifestyle and reduce their cholesterol.

Other (add your own response):





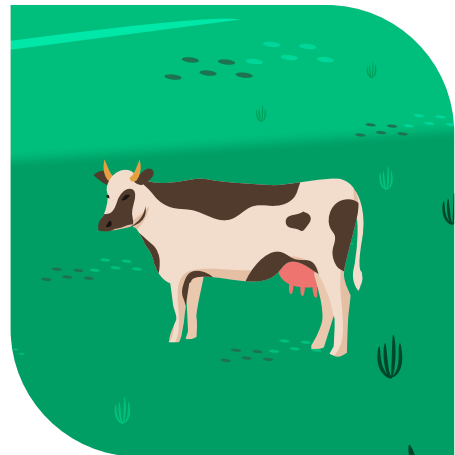


### Activity 4

Read the pamphlet below about sustainable diets.

## How can I adopt a more **sustainable diet?**

Did you know that one hamburger needs almost 3,000 liters of water to be produced? Isn't that crazy? That's a lot of water! In order to produce meat, farmers need lots of land, water, and food to give to their cattle.





On the other hand, plants (fruits, vegetables, grains, etc...) use much less water. For example, one cup of brown rice only requires 72 liters of water to be produced. Milk made from plants (oat, soy, almond, etc...) is another good example. It requires less resources than cow milk, and it is a better option for the environment, too!



Some food also causes harm to places like the Amazon rainforest. Many farmers cut down trees in the Amazon for their cows, for example. This creates deforestation and hurts the Amazon ecosystem and indigenous communities that live there.





The distance our food travels to get to our plate is also important. Food that travels on trucks for long distances requires a lot of fossil fuels. International food (imported food) has the biggest impact! Locally grown food is the most sustainable option and has a lower impact on the environment. You also support local farmers when you buy local food!



These are just some of the ways that our diet can affect the environment. There are many things we can do to eat more sustainably.

### Which ones will you choose to do?

#### What can I add to my diet?

- + More plants (fruits, vegetables, grains)
- + Locally grown foods
- + Plant milk

#### What can I reduce in my diet?

- Meat
- Imported foods

#### Sources:

<https://www.watereducation.org/post/food-facts-how-much-water-does-it-take-produce>

<https://www.bridgerphotonics.com/blog/how-does-methane-affect-environment>





Does the pamphlet above include the following information? Put a checkmark next to the things that you see are included in the pamphlet. Then, highlight the sentences from the text above where you found this information.

**Don't forget to include the following:**

- ☐ Water usage: How can we reduce the amount of water we use to produce food?
- ☐ Carbon footprint: How can we reduce greenhouse gas emissions?
- ☐ Things to add to your diet
- ☐ Things to reduce in your diet

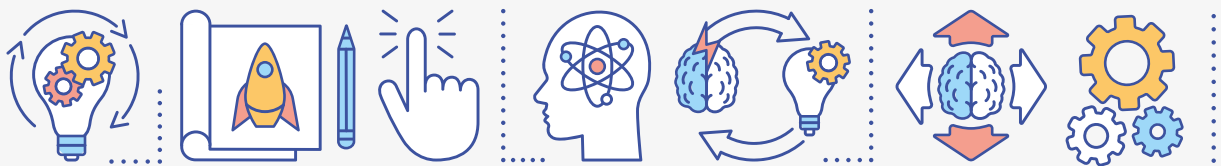


### Activity 5

In groups of 3 or 4, create a presentation about how we can adopt a more sustainable diet.

Your presentation needs a visual aid. This can be a poster, video, Power Point slides, pamphlet, or even a drawing.

Before you create your visual aid, use the graphic organizer below to brainstorm some ideas.





**Things to add  
to your diet**



Empty dashed box for notes.

Empty dashed box for notes.

Empty dashed box for notes.







**Things to  
reduce in your  
diet**





## Post-task

### Activity 1

Present your visual aids to the class.

As you watch your classmates' presentations, take notes.

Things to add to my diet...

Things to reduce in my diet...





## Activity 2

What are some things that your family consumes at home that are unsustainable?

- 
- 
- 
- 
- 
- 
- 
- 

What are some things your family can do to eat more sustainably?

*For example: We can limit our meat consumption.*

- 
- 
- 
- 
- 
- 
- 

