

**Eje:** • Instancias de reflexión. • Ámbitos de uso de la lengua adicional.

**Capacidades:** • Aprendizaje autónomo. • Cuidado de sí mismo. • Análisis y comprensión de la información.

**Objetivo:** Comprender textos escritos. Identificar y emplear recursos lingüísticos.

**Contenido curricular:** Lectura de textos descriptivos. Usar expresiones en la lengua adicional.

## Why are people changing their eating habits?

### Before you start, answer the following questions

#### What's your favourite food?

What kind of food and drinks do you associate with a healthy diet? Do you eat/drink any?

Are you, or anyone you know, a vegan or a vegetarian? Do you know what vegans can or cannot eat? Read the following words and phrases and choose the options you consider healthy. (Tick ✓ your answer/s)

pasta & veggies

steak

cupcakes

fruit salad



**Pista:** Recordá que al final de la ficha encontrarás la **clave de respuestas** de las actividades para revisar tu trabajo.

1. Read the following definitions taken from a healthy food wiki. Match them with these words or phrases: **vegan - beef - dairy products - vegetarian**

a. \_\_\_\_\_ : the meat from a cow.

b. \_\_\_\_\_ : a person who does not eat meat or fish but eats eggs and milk products.

c. \_\_\_\_\_ : foods that are made from milk, for example, butter and cheese.

d. \_\_\_\_\_ : a person who does not eat anything derived from animals, including eggs, milk and cheese.

**Pista:** Recordá que, antes de realizar una actividad de **comprensión lectora**, es útil que leas el texto completo para tener una **idea general**. Luego, te sugerimos que leas las oraciones propuestas con detenimiento y que indiques si la información que se menciona en ellas aparece o no aparece en el texto.

2. Read the following extract from an article about some new eating habits in BA. Then read sentences (a-f) and follow these instructions:

The information appears in the text → write a tick ✓

The information doesn't appear in the text → write a cross ✗

Underline the information in the text to justify your answers. Look at the example below.

Today, Buenos Aires has a lot of vegetarian and vegan restaurants, plus many more that offer plant-based options. **2.a** ✓

- a. There are many restaurants that offer healthy food options in BA. ✓
- b. Argentinians' favourite meat is beef.
- c. A lot of Argentinians have plant-based diets.
- d. The owner of a vegan restaurant is optimistic about the future of veganism in BA.
- e. Many tourists want to learn how to cook *asado*.
- f. The vegan movement is becoming popular all over the world.

Argentina is a traditional meat-consumer country, in particular beef, but the times are changing. Today, Buenos Aires has a lot of vegetarian and vegan restaurants, plus many more that offer plant-based options.

"The meat culture in Argentina is still really strong," says the owner of a vegan restaurant. "But veganism is growing. Each year more people are starting to see animals differently. It's slow progress but it's very exciting."

You can still see workers cooking *asado* on the streets, and eating a steak is on many tourists' priority list. But the recent vegan boom indicates that Buenos Aires is following global trends and starting to offer veggie options for people who don't like eating meat, or who want to reduce their meat consumption.

Adapted version from "[How Argentina's Meat-Loving Capital is Going Vegan](#)".

### Further practice

Go to the BBC website and read the recipe/s that you would like to try. Then copy the recipe/s and underline the vocabulary related to food, seasoning and dressing. Finally, search for pictures on the web to associate with the words. Look at the example below.



Food  
BBC.com  
<https://bbc.in/36nnhrZ>

Escaneá este código para acceder al contenido.



### Easy Greek salad

Transport yourself to Greece with an easy one-step Greek salad of fresh, crisp summer vegetables, salty olives and tangy feta cheese. By David Laris. From Saturday Kitchen

#### Ingredients

- 50g/2oz black Kalamata olives
- 100ml/3fl oz extra virgin olive oil
- 3 medium tomatoes, diced into 2cm/¾in cubes
- 150g/5oz feta cheese, diced
- 1 cucumber peeled, diced into 2cm/¾in cubes
- ½ red onion, sliced finely
- 1 generous sprig of oregano (or 2 tsp dried oregano)
- 1 red pepper, de-seeded, diced
- 1 small, firm cos lettuce, chopped into rough cubes lengthways
- 50ml/3 tbsp red wine vinegar

#### Method

- Mix all the ingredients in a bowl.

Adapted version from "[Easy Greek salad](#)"



**Pista:** Para buscar las palabras que no conozcas, podés usar el siguiente diccionario online: [www.wordreference.com](http://www.wordreference.com). Leé las opciones propuestas en el diccionario relacionadas con el contexto que estás trabajando, en este caso, comida.



Wordreference.com  
<https://bit.ly/36eXpi2>

Escaneá este código para acceder al contenido.



4. Match pictures (a-f) with some of the words from the previous recipe.



a. \_\_\_\_\_



b. \_\_\_\_\_



c. \_\_\_\_\_



d. \_\_\_\_\_



e. \_\_\_\_\_



f. \_\_\_\_\_

**Keys for correction 1)** a. beef; b. vegetarian; c. dairy products; d. vegan **2)** b. ✓; c. ✗; d. ✓; e. ✗; f. ✓ **4)** a. red onions b. cucumber c. black olive oils d. cheese e. red peppers f. olive oil