

# #ESTUDOEMCASA

AULA N.º 7

DISCIPLINA Inglês

ANO(s) 9.º

 ÁREA(S) DE CONHECIMENTO  
 APRENDIZAGENS ESSENCIAIS/PERFIL DOS ALUNOS

**Área temática/ situacional:** Hábitos e estilos de vida

**Compreensão escrita:** ler textos, de alguma complexidade, escritos em linguagem clara e corrente; compreender textos factuais sobre assuntos de interesse pessoal ou cultural; seguir o essencial em textos argumentativos breves sobre temas culturais e sociais.

**Produção oral:** (Re)produzir textos orais, previamente preparados, com pronúncia e entoação adequados; fazer pequenas apresentações sobre temas do seu interesse.

**Competência intercultural:** identificar e emitir opinião sobre transformações do modo de estar e de viver.

**Competência estratégica:** desenvolver a literacia em língua inglesa lendo textos diversificados; desenvolver o aprender a aprender em contexto.

## Título/Tema(s) da Aula

### *Healthy Food*

#### Tarefas/ Atividades/ Desafios

1. You have watched the video. Now read the text.

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### Is being vegan more environmentally friendly?

**Johnno:** Ruby, Happy World Vegan Day! I made you this cake.

**Ruby:** Thanks, Johnno. It's, um, definitely vegan.

Vegans can be hard to cook for. Like vegetarians, they don't eat meat. But they also rule out other animal products, like eggs, milk and sometimes even honey.

There are different reasons people choose to be vegan, like animal welfare or as a way to eat healthier.

But there's another reason that's been getting a lot of attention recently. Last month, a big study came out looking into the effect our food has on the environment. And it found that eating less meat is one of the most important things we can do to help the planet.

You see, a huge amount of the earth's resources go into raising livestock for meat. In some places, forests are cleared to make space for animals and to grow their food. They also use a lot of water. And these ones in particular create a lot of carbon emissions. Cow burps and farts account for about 16 percent of global greenhouse gas emissions. The study says, to prevent permanent damage to our planet, the average world citizen needs to eat 75 percent less beef, 90 percent less pork and 50 percent fewer eggs.

Of course, not everyone's going to go vegan or give up eating meat completely. But swapping your beef for beans or your chicken for chickpeas every so often might not be such a bad idea.

**Ruby:** All right, Johnno, try this.

**Johnno:** Mmm. This is vegan?

**Ruby:** Yeah. It's not all rabbit food.

2. Complete the sentences with the following words:

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forests      eggs      animal      products      animal  
welfare      beans      resources      beef      pork

1. Vegans rule out meat and other....., like milk or eggs.
2. Some people choose to be vegan because they are concerned about .....
3. A lot of the earth's..... are used to produce meat.
4. Sometimes..... are cleared to make space for animals to live.
5. The study says we should eat 75 per cent less....., 90 percent less ..... and 50 percent fewer .....
6. Swapping beef for..... sometimes may be a good idea.

3. Read the transcript aloud with the proper intonation.

9 ano(s)

<https://learnenglishteens.britishcouncil.org/study-break/video-zone/being-vegan-more-environmentally-friendly>