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| Reading Lesson Plan |

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| **Title – Say Kimchi! or Say Cheese!** |

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| Instructor:  Brian Heo | Level:  Intermediate | # of Students:  10 | Length:  30 minutes |

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| **Materials:**  -Pictures of food related to Kimchi and Cheese  - Articles of Kimchi and Cheese for two teams to read  - 10 pieces of paper for grouping  - board and markers  - Vocabulary Sheet for correction and check-up  - 10 Worksheet (Fill in the Blank) |

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| **Aims**  **- Main Aim:** Students will improve their reading skills by analyzing two articles and comparing them through the information given in the passages.  **- Secondary Aim:** Students will solve the worksheet by having discussions with partners and going over the articles before the worksheet is given.  **- Personal Aim:** I want to improve my ICQs and CCQs, raise STT and lower TTT, manage my time, be confident and energetic. |

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| **Language Skills:**  - Listening: Listening to teacher’s explanation and students’ ideas when working in groups  - Speaking: Discussing with groups about their topic (Kimchi or Cheese)  - Reading: Reading the given article and worksheet  - Writing: Filling in the blanks during the post-activity (Worksheet) |

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| **Language Systems:**  - Phonology: nothing to discuss  - Lexis: learning various vocabularies in the article and worksheet  - Grammar: nothing to discuss  - Function: how words are used in the context through reading the article |

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| **Assumptions:**  Students already:  - are intermediate level.  - know what is kimchi and cheese.  - have experience of solving “fill-in-the-blank” worksheet  - know how to work in pairs or groups to discuss about a certain topic.  - know how to answer ICQs and CCQs. |

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| **Anticipated Errors and Solutions:**  - If the students are have difficulties from the articles or worksheet  → Give explanation and repeat the steps to make sure  - If the class finishes earlier than expected  → Have the discussion session longer and interact with students  - If the class takes longer than expected  → Make the discussion session shorter and give worksheet for homework  - If students don’t understand the meaning of complex vocabularies  → Write them down and explain it to them after the readings |

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| **References:**  <http://en.wikipedia.org/wiki/Kimchi>  <http://www.health.com/health/article/0,,20410300,00.html>  <http://en.wikipedia.org/wiki/Cheese>  <http://www.buzzle.com/articles/is-cheese-good-for-you.html> |

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| **Lead-in** |
| Materials: |

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| Time  2 minutes | Set up  Whole class | **Procedure:**  **<Greeting>**  Hello class! How is everyone doing today? Did you guys have a nice dinner yesterday with family or friends? What did you eat?  I ate a really bowl of pasta yesterday but, it was too creamy and cheesy so I went to get some kimchi stew with my friends. Do you like cheesy food? Or do you prefer Korean food with all the spices?  (Ss answer) |

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| **Pre-activity** |
| Materials: Pictures of food related to Kimchi and Cheese |

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| Time  4 minutes | Set up  Whole class | **Procedure:**  **1. Guessing the topic**  **<Eliciting>**  (show Students pictures)  Questions:  - What do you see in the pictures?  (Ss will answer different types of food)  - Can you guess what today’s topic is?  (Ss will answer Kimchi and Cheese)  **2. Introducing the topic**  Today’s topic is about our traditional food, Kimchi, and America’s favorite, Cheese. Do you like both foods? Which food would you prefer if you had choose just one?  (Ss talk about their thoughts.) |

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| **Main activity** |
| Materials: Kimchi Articles, Cheese Articles, and Vocabulary List |

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| Time  6 minutes  1 minutes  10 minutes | Set up  2 groups of 5  5 Groups of 2 | **Procedure:**  **1. Article Reading Activity**  (Divide the class into 2 groups of 5)  Before we read the articles, your group must choose one topic by choosing 1 of the 2 following papers.  (If wine is chosen, the group must read the cheese article and if rice chosen, the group must read the kimchi article)  (Give them the articles)  Now, I will give you five minutes to read the article. Read it by yourself and we are going to discuss after.  **ICQs**: What are you going to do?  How many minutes do you have?  Are you reading by yourself?  **2. Vocabulary Check-up**  Did everyone finish reading the passages? Were there some words that you didn’t know or did not understand?  (If yes, give them the definitions)  **3. Discussion**  **<Preparing for the discussion>**  Now, please find your matching partner and make 5 groups of 2 to compare and contrast Kimchi and Cheese.  Give each other different information about Kimchi and Cheese (the nutrients, origin and types of food)  Also, discuss with your partner which food your group would choose and why your group made that choice.  **ICQs**: What are you doing?  How much time do you have?  Are we working with our partner?  Let’s have all the groups discuss which food they chose and why? (Give one reason) |

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| **Post-Activity** |
| Materials: Fill-in-the-blank Worksheet |

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| Time  7 minutes | Set-up  Whole class | **Procedure**  **<Worksheet>**  In today’s lesson, we have read and talked about kimchi and cheese. What do you prefer now? Kimchi or Cheese? Is there anybody who had a different choice after reading these articles and discussing in groups?  Class, I am going to handout a simple worksheet for you. This worksheet is for you to solve and fully understand today’s readings.  I will give you 5 minutes to solve and let’s check the answers after.  (Give positive feedbacks)  **ICQs**: What are we doing?  How much time do we have?  **<End of Class>**  I hope you guys love both of the food because they are all good for your health.  Well, have a nice day everyone, and see you next time! |

~Kimchi Article~

Kimchiis a traditional Korean vegetable side dish. Kimchi is known as a banchan,or side dish in Korea. It is common, in Korean cuisine, to have many banchan served alongside a meal. Main courses may be accompanied by up to a dozen such side dishes. Kimchi is made by fermenting seasoned cabbage and other vegetables. In addition to being served as a side dish, kimchi is also served with rice.

Because it has a very pleasing flavor and is also quite healthy, kimchi has recently gained popularity around the world. Kimchi has been a part of Asian culinary history for a very long time.

Kimchi is loaded with vitamins A, B, and C, but its biggest benefit may be in its “healthy bacteria” called lactobacilli, found in fermented foods like kimchi and yogurt. This good bacteria helps with digestion, plus it seems to help stop and even prevent yeast infections, according to a recent study. And more good news: Some studies show fermented cabbage has compounds that may prevent the growth of cancer.

Napa cabbage is generally the main ingredient in kimchi, and the dish is usually fermented in brine with garlic, scallions, and ground pepper. However, there are many variations including other vegetables and spices. Other forms of kimchi offer different kinds of flavors. As vegetables are a seasonal food, the many forms of kimchi were developed based on what was in season and on hand.

~Cheese Article~

It is a common understanding that cheese is unhealthy for overweight people as it consists a high amount of fat, but people often ignore the fact that cheese is also a rich source of protein and calcium, if consumed in proper amounts.

Have you ever heard that eating cheese at night will give you nightmares? In fact, cheese can actually help a good night’s rest – it contains tryptophan, an essential amino acid that has been shown to reduce stress and induce sleep.

Cheese can be made from a variety of milks, not only from cows, but goats, sheep, buffalos, and even horses and camels. It takes about 10 liters of milk to make one kilogram of Cheddar.

Cheese is one of the most concentrated sources of key nutrients, including calcium, protein, and vitamins A, B12 and D.

Cheese is purchased by more than 98% of British households. The average person eats about 30 grams of cheese per day, with the favorite being Cheddar. It accounts for more than 55% of the cheese market. The runner-up is Mozzarella. The French, Italians, Greeks and Germans eat almost twice as much cheese per day, mostly because they include it with breakfast.

FILL-IN-THE-BLANK WORKSHEET

Cheese is a generic term for a group of milk-based food products. Cheese is produced throughout the world in wide-ranging flavors, textures, and forms. Cheese of proteins and fat from milk, usually the milk of cows, buffalo, goats, or sheep. Some cheeses have molds on the rind or throughout. Most cheeses melt at cooking . Hundreds of types of cheese are . Their styles, textures and flavors depend on the of the milk (including the animal's diet), whether they have been pasteurized, the butterfat content, the bacteria and mold, the processing, and aging. Herbs, spices, or wood smoke may be used as agents.

Word Bank

produced consists diverse temperature flavoring origin

Koreans eat so much of this super-spicy condiment (40 pounds of it per person each year) that natives say “ ” instead of “ ” when getting their pictures taken. The reddish fermented cabbage (and sometimes radish) dish—made with a mix of garlic, salt, vinegar, chile peppers, and other spices—is served at every meal, either alone or mixed with rice or noodles. And it’s part of a high-fiber, low-fat diet that has kept obesity at bay in Korea. Kimchi also is used in everything from soups to pancakes, and as a topping on pizza and burgers.

Another great thing about kimchi is that it keeps for weeks in the , and still tastes fresh. The garlic and vinegar are natural that keep the raw vegetables and fruits tasting great, even though they are cut up into you can easily nibble on. If you have one of those "Keep Warm" rice pots in the kitchen, then a wholesome, energizing snack, or even a full meal, is just seconds away.

Kimchi is not only a food, it's a *convenience* food. What a deal!

Word Bank

Refrigerator Cheese preservatives health Kimchi pieces