

BGlobal

How to be Eco Friendly

(Pedagogical Guide)
Secondary and middle school



ALCALDÍA MAYOR
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SECRETARÍA DE
EDUCACIÓN


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INTRODUCTION

Some studies have recognized the potential of rural areas in the socio-economic development of Colombia. In this regard, this learning guide aims to explore some trends in the cosmetics industry due to the sudden interest in raw materials that may be used to produce natural and sustainable products.

- **Language Level:** B1
- **Aimed at:** Teachers or Students (for autonomous study)
- **Educational Level:** Secondary / Middle School
- **Duration:** 100 minutes

PRESENTATION OF THE GUIDE

This guide is made up of:

- 1. Five (5) activities** - Pre, During and Post *Task*
- 2. Formative assessment** - Check your Progress
- 3. Answers to the exercises**

Learning Objective		
By the end of this lesson, students will be able to understand factual texts vocabulary and reading comprehension strategies		
Time	Activity	Description
5 minutes	Pre – Task: What`s the word?	Ask your students to match the word that corresponds to the description
20 minutes	During Task: Let`s read the text and identify important information	Ask your students to read the text and identify 3 interesting facts about milk
10 minutes	Post – Task 1: Identify the word hidden in the maze following the numerical order.	Ask your students to identify the word hidden in the maze following the numerical order. Don`t forget to register your time!
60 minutes	Post – Task 2: Product Development Project	Ask your students to think of a product made of milk that can help people care their skin or hair. Have them share their products and choose the best option.
5 minutes	Assessment: Check your progress.	Ask your students to check their progress using the information described in the chart.

1. MATCH THE WORD

Did you know that cosmetics industry is looking for new ideas to create innovative eco-friendly products? In this exercise we will explore and learn some words about skincare and beauty products.

Select the word that corresponds to the description:

1	Colored substances used on your face to improve your appearance	a.	Skincare
2	Things that you do and use to keep your skin healthy and attractive	b.	Aesthetic
3	This word is related to expressions such as the beautiful and the ugly	c.	Tissue
4	A group of similar cells forming a structural part of a living thing	d.	Blackhead
5	A very small, dark spot on the skin caused by a blocked pore	e.	Makeup

2. LET'S READ THE TEXT

Drommond C. (2018) claims that **makeup** and **skincare** are practices that have been with human beings for so long. One of the first cases took place in Ancient Egypt, where people daily spent many hours for **aesthetic** purposes. They liked using raw materials such as milk and seeds to improve their appearance or protect the skin from the intense heat. In this regard, Cleopatra was well-known for taking baths in donkey milk to preserve the vitality and beauty of her skin.

Defino J. in her blog *How "Milky" Beauty Got So Big – & If It's Actually Good for The Skin* said that according to the historian, the Greeks also used donkey milk in baths and face masks; sometimes mixing it with mashed berries or honey as "anti-aging and antioxidant treatments" that help in the skin regeneration. "Donkey milk was such a commodity that nobles would use the milk, and then sell it to lower classes for them to use, either for bathing, cooking, or making cheese". (para. 3)

According to Kazimierska K, Kalinowska-Lis U. (2021), scientists have discovered more benefits that come from the milk and its derivatives in the use of dermatological treatments of chronic wounds, hastening **tissue** regeneration. Milk is also increasingly regarded as an active product that can improve the condition of the skin by reducing the number of acne lesions and **blackheads** (p. 1) Evidently, milk is much more than foodstuff and it can be a new gateway in the cosmetics industry that might revolutionize the way we see a cow. Hey hey hey!

3. IDENTIFY THE FACTS

Did you know that milk has relevant uses in the cosmetics industry? Complete the following chart to identify fun facts about this topic.

Read the previous text again and identify **3 interesting facts** about **milk**.

Reading Strategy 1: When reading a text, identify factual information that is related to *something that has evidence and proofs of its existence*.

Fact 0	<i>Donkey milk was such a commodity that nobles would use the milk, and then sell it to lower classes for them to use, either for bathing, cooking, or making cheese.</i>
Fact 1	
Fact 2	
Fact 3	

4. HIDDEN WORDS

This is time to have fun! Identify the word hidden in the maze:

Resources:

1. This learning guide printed
2. Pen or pencil
3. Mobile phone with its timer ready to count

You will have 2 opportunities to show your abilities (Hidden words 1 and 2). Follow these instructions:

1. Get your pencil or pen ready
2. Set up your mobile phone timer
3. Start with number 1, follow the line to the letter
4. Continue with number 2 and repeat the process with the rest of the numbers
5. Try to guess the hidden word as fast as you can

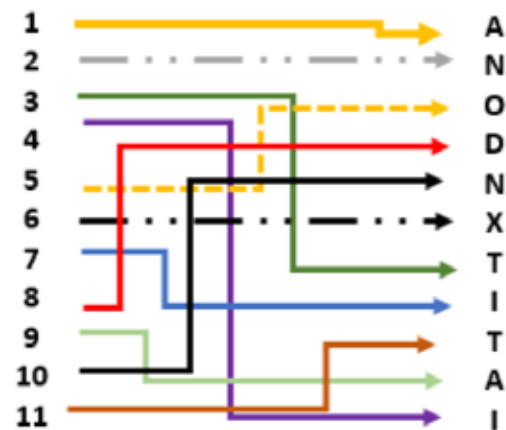
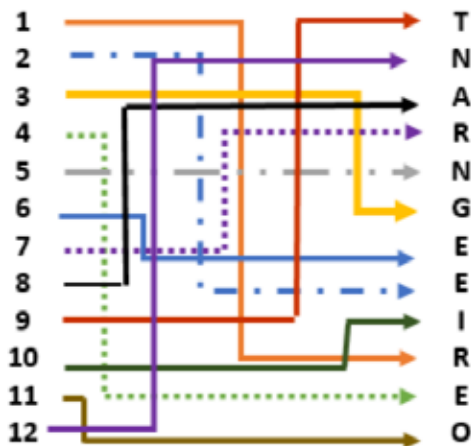
6. Once you guess the word, stop the timer, and register the time you spent doing it in the chart below
7. Repeat the process with the hidden word 2
8. The fastest of the classroom wins!

Hidden word 1:

Time: -----

Hidden word 2:

Time: -----



Reading Strategy 2: When reading a text, try to predict without reading the whole word, in that way you will improve your reading speed.

5. PRODUCT DEVELOPMENT PROJECT

Let's create a business idea!

In this section, you will create a **cosmetic product** and describe it in terms of its **ingredients, method, and benefits**.

To create your product, remember to answer the customer's question: Why would I want to buy it?

Take a look on the following example:

Cosmetic Product	Ingredients	Method	Benefits
The Milk Mask	<ul style="list-style-type: none"> • 1/4 cup powdered milk. • Water. • 1 tablespoon of honey. 	<ul style="list-style-type: none"> • Mix 1/4 cup powdered milk with enough water to form a thick paste. • Add 1 tablespoon of honey. • Coat your face with the mixture. • Let it dry completely. • Rinse with warm water. 	<ul style="list-style-type: none"> • Your face will feel fresh and rejuvenated • Your face will be moisturized • It is cheap • It is easy to use

Reading Strategy 3: When reading, make sure you understand the charts and their categories (titles). It will be easy to summarize the information given.

Your turn!

1. Think of a product made of milk that can help people care for their skin or hair and then fill the table out.
2. Watch the following videos, take notes of relevant information and benefits, and get some ideas. You can work in groups of 3 or 4 students.
 - **Video 1:** <https://www.youtube.com/watch?v=EEUeLGwoRWA>
 - **Video 2:** <https://wholeelise.com/blog/how-to-make-body-milk-lotion/>
 - **Video 3:** <https://tinyurl.com/2p87tvn9>

Reading Strategy 4: Take notes when reading or listening. Organize key information in complete ideas using bullet points.

3. Use the chart to create your innovative and eco-friendly product.

Cosmetic Product	Ingredients	Method	Benefits

4. Share your innovative and eco-friendly product!

Follow these instructions:

1. Choose a person in group to be the sales representative. This person will be in charge of selling the product to the rest of students.
2. In groups, students will sit in a circle.
3. Each sales representative will stay in the same place.
4. The rest of the members of the group will rotate.
5. Finally, each group will choose the best product to buy.

CHECK YOUR PROGRESS

Read the statements below and let us know how much you have learned.

Now I can...	Very well	Quite well	With difficulty
Read to identify factual information			
Understand cosmetic products vocabulary			
Use different information sources to identify relevant information			
Interact with classmates using factual information and specific vocabulary			

ANSWERS TO THE EXERCISES

1. WHAT IS THE WORD

1	e	Colored substances used on your face to improve your appearance	a.	Skincare
2	a	Things that you do and use to keep your skin healthy and attractive	b.	Aesthetic
3	b	This word is related to expressions such as the beautiful and the ugly	c.	Tissue
4	c	A group of similar cells forming a structural part of a living thing	d.	Blackhead
5	d	A very small, dark spot on the skin caused by a blocked pore	e.	Makeup

2. IDENTIFY THE FACTS- POSSIBLE ANSWERS

Fact 1	One of the first cases took place in Ancient Egypt, where people daily spent many hours for aesthetic purposes.
Fact 2	Defino J., in her blog How “Milky” Beauty Got So Big – & If It’s Actually Good for The Skin said that according to the historian, the Greeks also used donkey milk in baths and face masks; sometimes mixing it with mashed berries or honey as “anti-aging and antioxidant treatments” that help in the skin regeneration.
Fact 3	According to Kazimierska K, Kalinowska-Lis U. (2021), scientists have discovered more benefits from the milk and its derivatives in dermatological treatments for chronic wounds, hastening tissue regeneration.

3. HIDDEN WORDS

Regeneration

Antioxidant

REFERENCES

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que estamos construyendo

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