

What's happening, exactly?



First we need to clarify two concepts often mistaken: climate change and global warming. There is an important difference between them, however, given that it is global warming that causes climate change. As the planet's temperature rises more than it would naturally, the climate varies. The main cause of climate change is global warming, which has many negative consequences on physical, biological and human systems, as well as other effects. Global warming is caused by the greenhouse effect, a natural process by which the atmosphere retains some of the Sun's heat, allowing the Earth to maintain the necessary conditions to host life. Without the greenhouse effect, the average temperature of the planet would be -18°C .



Consequences and impacts of climate change:



- **Change in ecosystems and desertification** - Variations in life conditions in natural environments cause death, disease and massive migrations of species.
- **Melting of the poles and rising sea level** - Heat causes the melting of the ice at the poles, which increases the sea level and threatens to submerge coastal communities and small island states.
- **Acidification of the oceans** - The absorption of too much CO_2 causes death and disease among fish, algae, coral and other organisms in the sea.
- **Extreme weather phenomena** - Hurricanes, cyclones, typhoons, drought, floods, rain and snow, all increase in their degree of violence due to global warming.
- **Extinction of species** - Changes in ecosystems cause the death of between 10,000 and 50,000 species every year.

Feelings



Nobody **can help** having feelings, they are part of everyone. We feel different things all day long as different things happen to us. When we are feeling a strong emotion, it's because chemicals are released into our brains. These can make us feel happy, sad, angry etc. How do you deal with your feelings? Do you **take a deep breath** before taking any actions when things go wrong?

Vocabulary Builder



Noun

greediness _____
laziness _____
misery _____
frustration _____
loliness _____
impatience _____
proudness _____
surprising _____
embarrassing _____
overwhelming _____
silliness _____
foolishness _____

Adjective

greedy _____
lazy _____
miserable _____
frustrated _____
lonely _____
impatient _____
proud _____
surprised _____
embarrassed _____
overwhelmed _____
silly _____
fool _____



American Idioms

to go ballistic - _____

My father **went ballistic** when I told him I crashed his car.

can't help (doing something) - _____

I **can't help** eating chocolate after lunch. _____

Action



- to light - lit _____
- to heat up _____
- to pour _____
- to add _____
- to mix _____
- to beat _____



Vocabulary



- | | |
|--------------------|------------------------|
| recipe _____ | olive oil _____ |
| teaspoon _____ | balsamic vinegar _____ |
| tablespoon _____ | milkshake _____ |
| half cup _____ | smoothie _____ |
| oven _____ | scrambled eggs _____ |
| tomato sauce _____ | bacon _____ |
| | a tiny bit _____ |

The History of the Milkshake



A milkshake, or, a shake, is a sweet beverage made with milk, ice cream, strawberry, vanilla, chocolate or fruit syrup. The modern milkshake first began in America in the 1880's. When the term "milkshake" was first used in print in 1885 it was no kids treat! Milkshakes were an alcoholic whiskey drink described as a "creamy, healthful eggnog type of drink, used as a tonic as well as a treat". And it was not a family-friendly or child-friendly drink! The milkshakes we know and love today did not come into popularity until the invention of the modern electric blender in 1910. By the 1930's, milkshakes were a very popular drink. In the 1940's and 1950's milkshake machines could be found in stores and restaurants. They became a common part of youth popular culture and milkshakes became symbolic of the innocence of youth.

Notes



Action



to go camping _____

to go hiking _____

to gather _____

to pick up _____

to go jogging _____

to lie down - laid down _____

to take a nap _____

Let's Learn



campsite _____

quiet _____

hut _____

cabin _____

tent _____

rope _____

pocketknife _____

sleeping bag _____

backpack _____

hiker _____

hammock _____

campfire _____

woods _____

path _____

shortcut _____

sticks _____

firewood _____

marshmallow _____

barbecue _____

charcoal _____

spit _____

sunray _____

sunburn _____

sun block _____

suntan lotion _____

tanned _____

tan _____

beach chair _____

beach umbrella _____

shade _____

shell _____

starfish _____

sandcastle _____

barely _____

They Say



Which tent do you want, **the blue** or **the red one**?

These are **the ones** I need for my collection.

I can't understand her. She **barely** speaks English.



1- Translate the words.

- a- o sol, a lua e as estrelas - _____
- b- um céu nublado - _____
- c- natação e polo aquático - _____
- d- a medalha de prata - _____
- e- o vencedor e o perdedor - _____
- f- o melhor atleta - _____
- g- vencer e perder - _____

2- Translate the sentences.

a- O seu irmão está estudando sobre o meio ambiente?

b- Sim, ele tem um teste na quarta de manhã.

c- Você está ajudando ele a estudar?

d- Não, ele disse que não precisa de ajuda com esta matéria.

3- Translate the text.



O nosso planeta precisa de ajuda. Ele está muito poluído. Tudo está muito poluído! O ar, o mar, os rios e o espaço estão cheios de lixo. Nós estamos poluindo o nosso planeta todos os dias. Precisamos cuidar da nossa mãe natureza. Na minha cidade há dois rios, e ambos estão poluídos. Há muitas garrafas e latas nas praias também. Ajude a salvar o nosso planeta.



The food that we call sugar is a carbohydrate called sucrose. Sugar gives calories to our body, but has no nutrients. It is the only source of energy for the brain and red blood cells in the human body. There are many different types of sugar: glucose, fructose, galactose, lactose, sucrose and maltose.

Glucose:	Sugar made by the body. Our body transforms the food we eat into sugar.
Fructose:	Sugar found in plants, many fruit and honey.
Galactose:	It's sugar found in milk.
Lactose:	It's what forms when galactose combines with glucose in the body.
Sucrose:	It's the technical name for table sugar, cane sugar, or white sugar.
Maltose:	Sugar from malt and grains used to produce alcoholic beverages; wine, beer, whiskey...

Too much sugar causes high blood pressure, heart problems and it's also associated with obesity and tooth decay. An average American consumes around 22 teaspoons of sugar every day. According to the American Heart Association (AHA), this has to be the daily added sugar limit:



Man

No more than: 9 teaspoons
36 grams
150 calories



Woman

No more than: 6 teaspoons
25 grams
100 calories

Do you have a sweet tooth? Well, it's time to change some habits. Sugar is really bad for you. Look at the labels to see how much sugar there is in the food, drink or snack you're having. Beware of sugar.

OPEN FORUM

- a- When was the last time you ate candies?
- b- How often do you eat sweets?
- c- What kinds of candies do you usually buy?
- d- Do you know how to make any dessert? What you make?
- e- Does your mom or dad make desserts weekly?
- f- What kinds of desserts does your family usually eat at home?
- g- Do you always eat dessert when you go to restaurants?
- h- Do you have the habit to eat fruit for dessert too?

