

## Level II, Spanish

### Targeted Elements [Interpretive Mode]

- MLII.INT1A Identify main ideas and essential details when reading and listening
- MLII.INT1B Interpret culturally authentic materials and information
- MLII.INT1D Demonstrate Novice-Mid to Novice-High proficiency in listening, viewing and reading comprehension
- MLII.CCC2A Compare and contrast traditions, such as holidays, foods, and celebrations

### Description of Task

You are traveling to Oaxaca, Mexico to participate in a humanitarian mission and will be living there for the next three months. You have just checked your mail, and you have received orientation information about your trip. As you look through the packet, you are horrified, because you read that, in Mexico, beans are a primary source of protein, and that red meat is not eaten very often. Since it looks like you will be substituting your Big Macs® for a lot of beans, you are curious about a diet high in beans and its effects. Your research turns up an article and your questions are:

- Do beans meet the daily requirement of protein for an individual?
- What types of beans are eaten in the region surrounding Oaxaca?
- In what other areas of the world are beans a major source of protein? and;
- What type of information is there about each bean variety?

### Teacher Notes

As a follow-up activity, the teacher could bring a mixture of beans, e.g., a mixed bean soup, and let students identify the beans. Any unidentifiable beans could be identified using the Internet.

The article on the last page is used for this activity.

### Scoring Guide

See below.

### *Novice-Mid Interpretive Rubric*

	<i>Exceeds Expectations</i>	<i>Meets Expectations</i>	<i>Does Not Meet Expectations</i>
<p><b><i>Does the student understand what he reads?</i></b>  (Comprehension)</p>	The answers are relevant and accurate and show that the student understands what is read.	Most of the answers are relevant and accurate and show that, for the most part, the student understands what is read.	The answers are irrelevant and/or inaccurate and show that the student really doesn't understand what is read.
<p><b>What strategies does the student use to help in understanding what is read?</b>  (Communication Strategies)</p>	The student accurately identifies vocabulary words that have already been taught and can figure out new words based on the context of what is read.	The student accurately identifies most vocabulary words that have already been taught.	The student cannot accurately identify many vocabulary words that have already been taught.
<p><b>Can the student identify the main idea?</b></p>	The student can identify the main idea		The student cannot identify the main idea
<p><b>Can the student successfully match an image with what has been read?</b>  (Recognition)</p>	The student can successfully relate what is read and the image.	The student can somehow relate what is read and the image.	The student requires time to relate what is read and the image. Some of them are mistaken.

<http://www.youngwomenshealth.org/splegumes.html>

## *Las Legumbres*

### **¿Qué son las legumbres?**

Las legumbres, mayormente conocidas como frijoles o habichuelas, son buenas fuentes de proteína. Muchos frijoles se comen frescos, pero también puedes encontrarlos enlatados, congelados o secos. Muchos frijoles no tienen todas las proteínas que tu cuerpo necesita, por esa razón debes comer granos que sean fuente de proteína en combinación con una variedad de alimentos en tu dieta para obtener la proteína que tú necesitas.

### **Algunos tipos de legumbres comunes son:**

**Los frijoles negros:** son de tamaño mediano, color negro y de forma ovalada. Ellos tienen un sabor dulce. Los frijoles negros son usados mayormente en sopas, en arroz con frijoles, y en muchos platos Mejicanos, Caribeños y de Latino América.

**Los frijoles colorados:** también llamados los frijoles rojos mejicanos, son grandes y tienen forma de riñón. Estos frijoles tienen un sabor fuerte y una textura suave. Los frijoles colorados son usados mayormente en sopas, ensaladas, chili, platos criollos, y en el tradicional arroz con frijoles.

**Los garbanzos:** son frijoles redondos, de tamaño mediano, y de color crema. Los garbanzos tienen un sabor a nuez y tienen una textura firme. Los garbanzos son usados mayormente en sopas, ensaladas, platos mejicanos, y son el ingrediente principal en los platos populares del Medio Oriente como el humus y el falafel.

**Los frijoles blancos:** son pequeños, blancos y de forma ovalada. Estos frijoles tienen un sabor suave y una textura polvorosa. Los frijoles blancos son usados mayormente para hacer los frijoles asados (baked beans), sopas y guisos.

**Los frijoles pintos:** son de tamaño mediano, de forma ovalada, llenos de manchas cremas y de color marrón. Después de cocinar los frijoles pintos se cambian de manchas a color marrón. Los frijoles pintos son mayormente usados en frijoles refritos y en platos de frijoles Mejicanos.

**Los frijoles carita:** son de tamaño mediano y ovalado. Estos frijoles tienen un color crema con un punto negro. Tienen un sabor fuerte y una textura suave. Los frijoles son servidos usualmente como plato acompañante o con arroz.

**Las lentejas:** son frijoles en forma de lente, encontrados en las vainas de las frutas de una hierba que crece normalmente en el suroeste de Asia. Hay dos variedades comunes de lentejas, una que es pequeña y marrón, y la otra que es más grande y amarilla. Las lentejas son usadas como plato acompañante, sopas y guisos.