

Dairy-Free Queen Lesson Plan

Hsinju Lin
Shinhwa Senior High School

Introduction to the target students

I teach in a public comprehensive high school, and my students are mostly from the neighboring communities. My classes are all first graders. When they entered our school, their PR values were about 65~70, which means they are not high-achievers in English.

When they just began their first semester in the senior high, they were relative strangers to English. Their vocabulary was limited and their understanding of English sentence patterns was limited. They felt that English had suddenly become very difficult. However, after a few months' training, they gradually became able to meet the teachers' requirements.

Students in a class are divided into 7 groups, with 5~6 students in each group. Their daily English classes are conducted in groups; they often discuss the teacher's questions with their group and the groups that perform best in class can get extra rewards.

Introduction to the teaching goals

This article recounts the personal experience of an asthmatic. In this reading, we are shown how asthma can affect someone's life and how the narrator's determination helps her change her diet and lead a happier and healthier life thereafter.

The teaching goals for this article are:

First, enable students to get a general idea of the disease, asthma.

Second, help students review their knowledge of dairy nutrients.

Third, enable students to familiarize the vocabulary, idioms and sentence patterns in the article.

Fourth, lead students to think about the importance of making up one's mind. Through the writing practice, they try to reflect on their lives.

Reading: Dairy-Free Queen

By Johnna Stein

Tears drenched my cheeks as I traveled the short distance home from the allergist. The shocking news made all the sense in the world, but my mind refused to accept it. Me, an asthmatic at the age of thirty-two? The dentist, wary about my long list of drug allergies, had insisted I see an allergist before he dared administer Novocain.

That morning in the allergist's office, after answering pages of questionnaires, the nurses had pricked and prodded me. All for a Novocain problem? Then, the breathing tests. The nurse had shaken her head and urged me to try harder the second time. I managed just under 70 percent. She explained, "Your history of bronchitis and double pneumonia this past year was a red flag for asthma. Now we've confirmed it. The good news is that you have no allergy to Novocain."

Good news? Good grief!

The nurse armed me with antihistamines and inhalers for my mold, dust mite and cat allergies. The inhaler did relieve the tightness in my chest. For the first time in a year, I felt like I could take deep breaths. Amazing that I'd gotten used to a lack of oxygen in my blood. No wonder I wanted to collapse on the couch each evening after long days with my two preschoolers.

Questions bombarded my brain. Would I always have to take medicine? Would I continue to suffer from pneumonia and bronchitis? What about our health insurance? I envisioned myself carting around an oxygen tank on my back with plastic tubes running to my nose. Would I get better?

With medication and slight changes to my environment, my health improved dramatically in a few weeks. I adjusted to the idea of taking medicine and got on with my life. Advice poured in from well-meaning family and friends, but only one comment stuck. My friend Dana shared the recommendation from her naturopath who had recently treated her young children suffering from chronic ear infections and colds. He removed all dairy foods from their diet and within weeks, they all regained their health. Without dairy products, they remained perfectly healthy.

As a child, I had some food allergies but outgrew them. I never enjoyed drinking milk, but loved ice cream, yogurt and cheese. I parked the information Dana shared with me somewhere in

my memory, but didn't really give it much attention. Give up ice cream? That would be a bit drastic!

Within months, we found ourselves moving our worldly belongings across the ocean to live in The Netherlands, my husband's homeland. At the Dutch family doctor, I received ongoing treatment for my asthma, which seemed to be worsening in spite of our new mold and mildew-free living environment. About every three months, I came down with a new case of bronchitis. Instead of searching for the cause of my downward spiral, the doctor only increased the strength of my inhalers.

After a frustrating year, a nurse friend warned me, "Your lungs become damaged every time you have bronchitis and have to increase your medicine. You need to find what's causing the asthma to worsen." Once again, I pictured myself with an oxygen tank strapped to my back.

My fear turned into prayers. God, what is causing the asthma? Just tell me and I'll do whatever it takes. I don't want to end up with that tank on my back. Then, from the recesses of my mind came Dana's story about eliminating dairy.

Was that it? Did I need to eliminate all types of dairy from my diet? Impossible in Holland! This country is dairy land -- the best yogurt and cheeses in the world! That would mean no more ice cream! Christmas loomed just around the corner. How could I survive the holidays without dairy? I refused to listen to those crazy thoughts.

Just days after New Year's, the doctor prescribed yet another, stronger inhaler to help clear my lungs. That potent medicine was the final straw. I made up my mind and shared my difficult decision with my husband, "Babe, I'm going to try to go off of dairy for the next eight weeks to see if my asthma improves. Will you be willing to adapt your diet in the beginning to help me out?"

"Whatever it takes, I'll help." And he meant it. He and the kids could still eat their ice cream and cheese, but all those fabulous Dutch mashed potato dishes made with creamy butter and milk would need serious adaptations.

Within two weeks, I noticed a big difference in my breathing, and by the end of eight weeks, my lungs felt open again. My energy levels increased and I suspected I had found the answer. As a small trial, on Easter, I poured yogurt dressing on my salad and treated myself to a big piece of Mont Blanc whipped cream pie. The next day I was treated to an asthma attack and flu-like symptoms when all my glands swelled. The proof was in the pudding.

From that point on, I ate dairy-free. The first six months were the most challenging. I focused on all the foods I could no longer enjoy: ice cream, chocolate, melted cheese, pizza, etc.... Life felt so unfair! Finally, I realized how many amazing dairy-free foods I could have and chose to focus on all the healthy choices I was forced to make.

I became the dairy-free queen. It required being creative and adapting my favorite recipes to be dairy-free. I scrupulously read the labels on every package and discovered the code words for hidden dairy ingredients like casein and whey. I hunted down soy and dairy-free products in the grocery and health food stores.

After three months, I stopped using my daily inhalers. For the next five years I used them only sporadically when exposed to cats or molds. In the past three years, I am happy to report that although I keep a light dosage inhaler on hand, I haven't needed it.

Right from the start of my dairy-free endeavors, I tried to reintroduce slight amounts of dairy into my diet about every six months. I knew my life would be much easier if I developed a bit of tolerance. Finally, four years ago, I found I could ingest small amounts of butter or chocolate without any adverse reactions. Chocolate! Whipped cream, ice cream and cheese are still no-no's, but I don't mind. I can eat chocolate!

Giving up dairy meant regaining my health in more ways than one. I no longer suffer from asthma, my cholesterol (genetically high) stays in a healthy range, and I can manage my weight because of all the high calorie desserts that I politely decline.

When I first said I'd do whatever it took, I'm not sure I meant it. The price of a dairy-free lifestyle seemed too high to pay. But now, the rewards far outweigh any sacrifice I've had to make.

Lesson Plan

I. Create a Background

I.1 Building background knowledge about asthma.

Time Needed: 25 mins

Procedure:

1. The teacher first asks students the following questions:

- ◆ Are you familiar with Teresa Teng?
- ◆ Can you sing any of her famous songs?
- ◆ Do you know how she died?

2. The teacher plays the first video about the singer, Teresa Teng. (The web link:

<http://www.youtube.com/watch?v=HuCaH98J0x8>)



3. After watching the video, the teacher asks questions like:

- ◆ What is asthma? Do you have any friends or relatives who have asthma?
- ◆ Can asthma be cured? How is the person you know with this disease dealing with his/her asthma?

4. The teacher plays the second video about asthma.



5. After the video, the teacher can ask the following questions:

- ◆ Are you allergic to anything?
- ◆ Do you know any common allergens?
- ◆ If you were allergic to some kind of food which you really like, would you be willing to give it up for the sake of health?

I.2 Reviewing Ss' knowledge of dairy nutrients

Time Needed: 20 mins

Procedure:

1. The teacher shows pictures of several kinds of food on the ppt and asks students to check the dairy foods.

2. The teacher asks Ss to discuss the **advantages** of eating dairy foods. The teacher shows some possible answers on the ppt; Ss can compare their answers to the teacher's.
3. The teacher asks Ss to discuss the **disadvantages** of eating dairy food. The teacher shows some possible answers on the ppt; Ss can compare their answers to the teacher's.
 - The Dairy Food PPT
 - Attachment 1: The miniature of *The Dairy Food PPT*

II. Presenting the Text

II.1 Grabbing the gist of the text

Time Needed: 45mins

Procedures:

1. Ask the whole class to read the text silently for 10~15 minutes.
2. Divide the text into 7 parts. Each group is in charge of one part. The task of each group is to come up with 2 comprehension questions related to their own reading part.
3. After all the groups have finished their tasks, the teacher asks the whole class to read the text silently for the second time. This time, they have to finish reading in 7 minutes.
4. Each group takes turns to put their questions to other groups. Each group tries to answer questions from the other groups. The group which answers the most questions quickly and correctly is the winner.

II.2 From the text to the vocabulary and idioms

Time Needed: 30 mins

Procedure:

1. At the end of the last period, the teacher asks Ss to work in groups after class. They have to underline unfamiliar words and phrases which they think are important and which hinder their further understanding of the text.
2. In class, the teacher asks each group to report on their underlined words and phrases. After every group has finished their report, the teacher shows her version and Ss can compare theirs with the teacher's.
 - See Attachment 2: The Teacher's Vocabulary Version

II.3 Graphic Organizer

✍️Time Needed: 20 mins in class (If Ss can't finish this story map in class, they can do it as homework)

✍️Procedures:

1. The teacher presents each student with the story map for the reading.
 - See Attachment 3: Story Map of the Dairy-Free Queen
2. The students work in groups to find out the information needed for the story map.
3. Many students may find this task difficult; thus, the teacher will encourage the Ss to try their best and will provide her version after Ss' finish their own.

III. Presenting the Vocabulary and Sentence Patterns

III.1 Teaching Vocabulary

✍️Time Needed: 20 mins

✍️Procedure:

1. The teacher leads Ss to read the new words and idioms underlined by the teacher in the teaching procedure II.2.
2. The teacher explains the usages and collocations related to these pieces of vocabulary.

III.2 Teaching Sentence Patterns

✍️Time Needed: 30 mins

✍️Procedure:

1. The teacher passes out the worksheets of sentence patterns to Ss.
 - See Attachment 6: Worksheets of Sentence Patterns
2. The teacher explains how to use the sentence patterns.
3. The teacher leads Ss to do the practice on the worksheet.

IV. Application: Personal Mind Map

✍️Time Needed: 50 mins

✍️Procedure:

1. The teacher presents Ss with the handout and explains it.
 - See Attachment 4: Personal Mind Map Handout
2. The teacher passes out the Student Worksheet and explains how to do it.
 - See Attachment 5: Student Worksheet of My Own Mind Map
3. Ss have to hand in their worksheet next period.
4. Due to Ss' limited paragraph writing ability, the teacher need not further develop this activity into a paragraph writing task.

Attachment 1: The Miniature of *The Dairy Food PPT*

 <p>September 2010 Innovative Ideas for Dairy Processors</p>      	<h3>Dairy Food Test</h3> <ul style="list-style-type: none">• Check the food you think are dairy food     <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<h3>Dairy Food Test</h3>     <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<h3>Advantages & Disadvantages</h3> <ul style="list-style-type: none">• What are the advantages of eating dairy food? (Please discuss with your group members)• high calcium• high protein• good for health• tasty (like ice cream, cheese, or cakes)
<h3>Advantages & Disadvantages</h3> <ul style="list-style-type: none">• Can you come up with any disadvantages of eating dairy food?• high calorie• getting fat easily• cause allergy for some people	

Attachment 2: The Teacher's Vocabulary Version

- ◆ words that are italic and bold-faced and marked "P": Words for Production
- ◆ words that are italic and bold-faced and marked "R": Words for Recognition
- ◆ words that are marked in red are idioms

Part 1:

Tears drenched my cheeks as I traveled the short distance home from the allergist. The shocking news made all the sense in the world, but my mind refused to accept it. Me, an ***asthmatic***^{R1} at the age of thirty-two? The dentist, wary about my long list of drug allergies, had insisted I see an allergist before he dared administer Novocain.

That morning in the allergist's office, after answering pages of ***questionnaires***^{P1}, the nurses had pricked and prodded me. All for a Novocain problem? Then, the breathing tests. The nurse had shaken her head and urged me to try harder the second time. I ***managed***^{P2} just under 70 percent. She explained, "Your history of ***bronchitis***^{R2} and double ***pneumonia***^{R3} this past year was a red flag for ***asthma***^{R1}. Now we've ***confirmed***^{P2} it. The good news is that you have no allergy to Novocain."

Good news? Good ***grief***^{P3}!

Part 2:

The nurse armed me with antihistamines and ***inhalers***^{R4} for my mold, dust mite and cat allergies. The inhaler did ***relieve***^{P4} the tightness in my chest. For the first time in a year, I felt like I could take deep breaths. Amazing that I'd gotten used to a ***lack of***¹ ***oxygen***^{R5} in my blood. No wonder I wanted to ***collapse***^{P5} on the couch each evening after long days with my two preschoolers.

Questions ***bombarded***^{P6} my brain. Would I always have to take medicine? Would I continue to suffer from pneumonia and bronchitis? What about our health insurance? I ***envisioned***^{P7} myself carting around an ***oxygen tank***^{R6} on my back with plastic tubes running to my nose. Would I get better?

With medication and slight changes to my environment, my health improved dramatically in a few weeks. I ***adjusted***^{P8} to the idea of taking medicine and got on with my life.

Part 3:

Advice poured in from well-meaning family and friends, but only one comment stuck. My friend Dana shared the recommendation from her **naturopath**^{R7} who had recently treated her young children suffering from **chronic**^{P9} ear infections and colds. He removed all **dairy foods**^{R8} from their diet and within weeks, they all regained their health. Without dairy products, they remained perfectly healthy.

As a child, I had some food allergies but outgrew them. I never enjoyed drinking milk, but loved ice cream, yogurt and cheese. I parked the information Dana shared with me somewhere in my memory, but didn't really give it much attention. Give up ice cream? That would be a bit **drastic**^{P10}!

Within months, we found ourselves moving our worldly **belongings**^{P11} across the ocean to live in The Netherlands, my husband's homeland. At the Dutch family doctor, I received ongoing treatment for my asthma, which seemed to be worsening **in spite of**² our new mold and mildew-free living environment. About every three months, I **came down with**³ a new case of bronchitis. Instead of searching for the cause of my downward **spiral**^{P12}, the doctor only increased the strength of my inhalers.

Part 4:

After a frustrating year, a nurse friend warned me, "Your lungs become damaged every time you have bronchitis and have to increase your medicine. You need to find what's causing the asthma to worsen." Once again, I pictured myself with an oxygen tank strapped to my back.

My fear turned into prayers. God, what is causing the asthma? Just tell me and I'll do whatever it takes. I don't want to **end up with**⁴ that tank on my back. Then, from the **recesses**^{P13} of my mind came Dana's story about **eliminating**^{P14} dairy.

Was that it? Did I need to eliminate all types of dairy from my diet? Impossible in Holland! This country is dairy land -- the best yogurt and cheeses in the world! That would mean no more ice cream! Christmas loomed just around the corner. How could I **survive**^{P15} the holidays without dairy? I refused to listen to those crazy thoughts.

Part 5:

Just days after New Year's, the doctor **prescribed**^{P16} yet another, stronger inhaler to help clear my lungs. That potent medicine was the final straw. I made up my mind and shared my difficult decision with my husband, "Babe, I'm going to try to go off of dairy for the next eight weeks to see if my asthma improves. Will you be willing to **adapt**^{P17} your diet in the beginning to help me out?"

"Whatever it takes, I'll help." And he meant it. He and the kids could still eat their ice cream and cheese, but all those fabulous Dutch mashed potato dishes made with creamy butter and milk would need serious **adaptations**^{P17}.

Within two weeks, I noticed a big difference in my breathing, and by the end of eight weeks, my lungs felt open again. My energy levels increased and I suspected I had found the answer. As a small **trial**^{R9}, on Easter, I poured yogurt dressing on my salad and treated myself to a big piece of Mont Blanc whipped cream pie. The next day I was treated to an asthma attack and flu-like **symptoms**^{P18} when all my glands swelled. The proof was in the pudding.

Part 6:

From that point on, I ate dairy-free. The first six months were the most challenging. I focused on all the foods I could no longer enjoy: ice cream, chocolate, melted cheese, pizza, etc.... Life felt so unfair! Finally, I realized how many amazing dairy-free foods I could have and chose to focus on all the healthy choices I was forced to make.

I became the dairy-free queen. It required being creative and adapting my favorite recipes to be dairy-free. I scrupulously read the labels on every package and discovered the **code**^{P19} words for hidden dairy ingredients like casein and whey. I **hunted**^{P20} down soy and dairy-free products in the grocery and health food stores.

After three months, I stopped using my daily inhalers. For the next five years I used them only sporadically when exposed to cats or molds. In the past three years, I am happy to report that although I keep a light **dosage**^{P21} inhaler on hand, I haven't needed it.

Part 7:

Right from the start of my dairy-free endeavors, I tried to reintroduce slight amounts of dairy into my diet about every six months. I knew my life would be much easier if I developed a bit of **tolerance**^{P22}. Finally, four years ago, I found I could

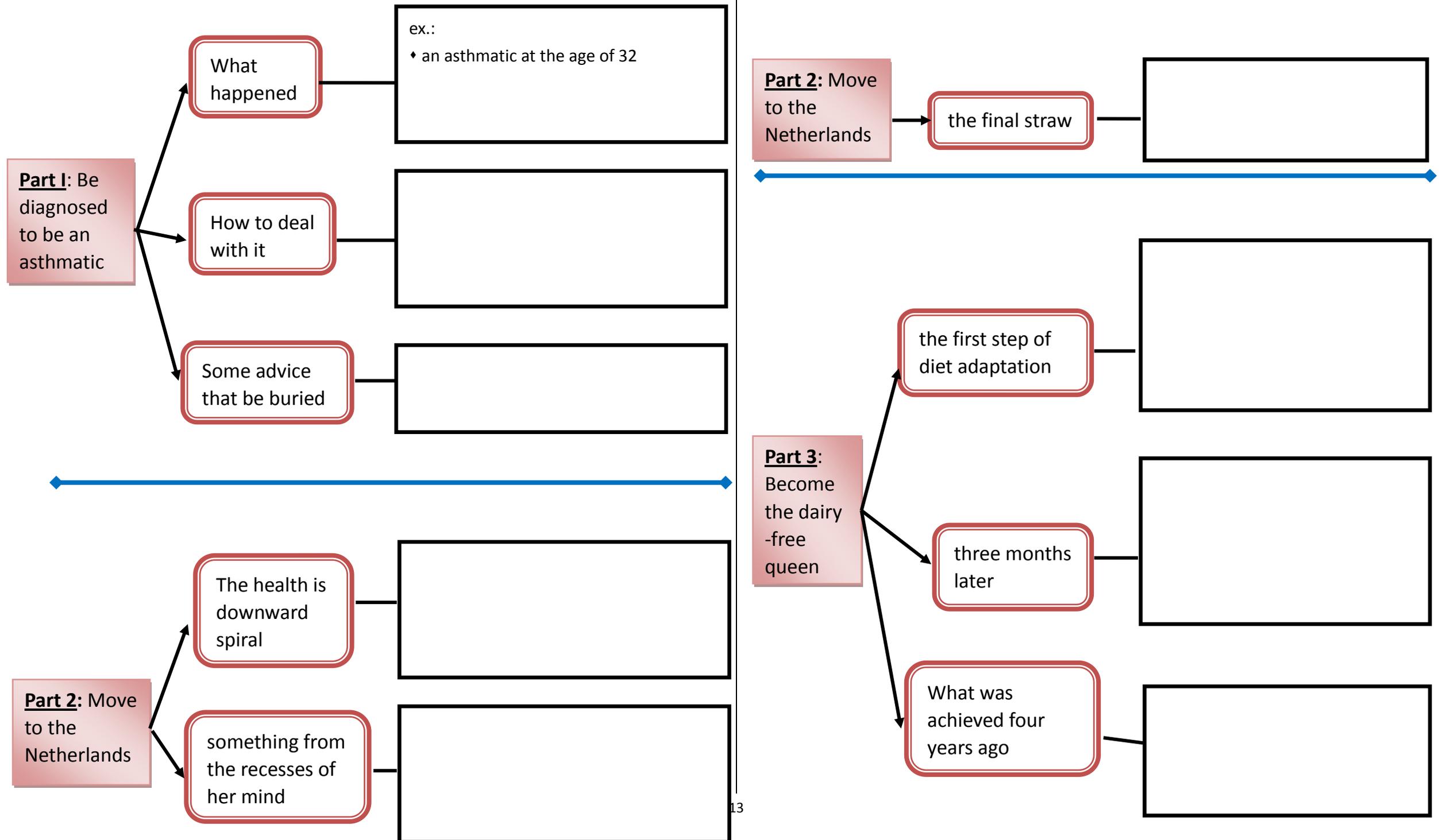
ingest^{P23} small amounts of butter or chocolate without any **adverse**^{P24} reactions. Chocolate! Whipped cream, ice cream and cheese are still no-no's, but I don't mind. I can eat chocolate!

Giving up dairy meant regaining my health in more ways than one. I no longer suffer from asthma, my **cholesterol**^{R11} (genetically high) stays in a healthy range, and I can manage my weight because of all the high calorie desserts that I politely **decline**^{P25}.

When I first said I'd do whatever it took, I'm not sure I meant it. The price of a dairy-free lifestyle seemed too high to pay. But now, the rewards far outweigh any sacrifice I've had to make.

Attachment 3: Story Map of the Dairy-Free Queen

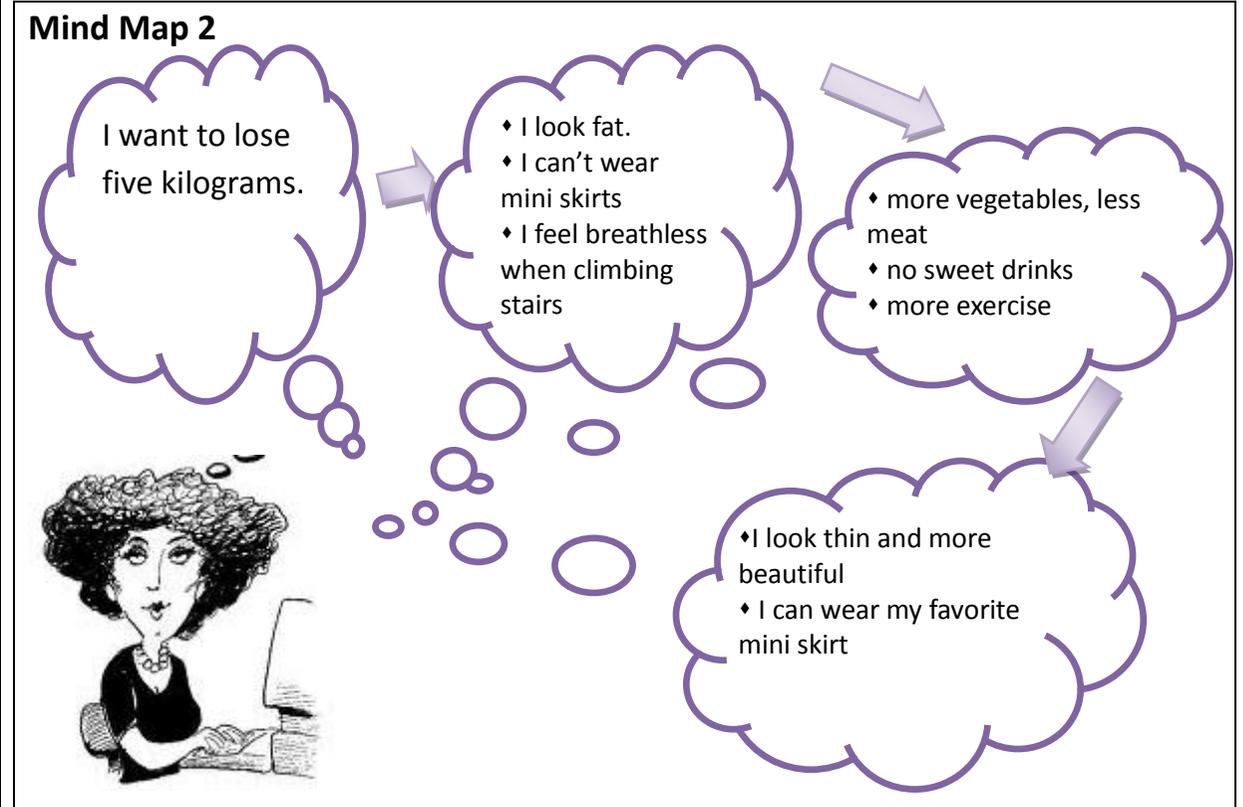
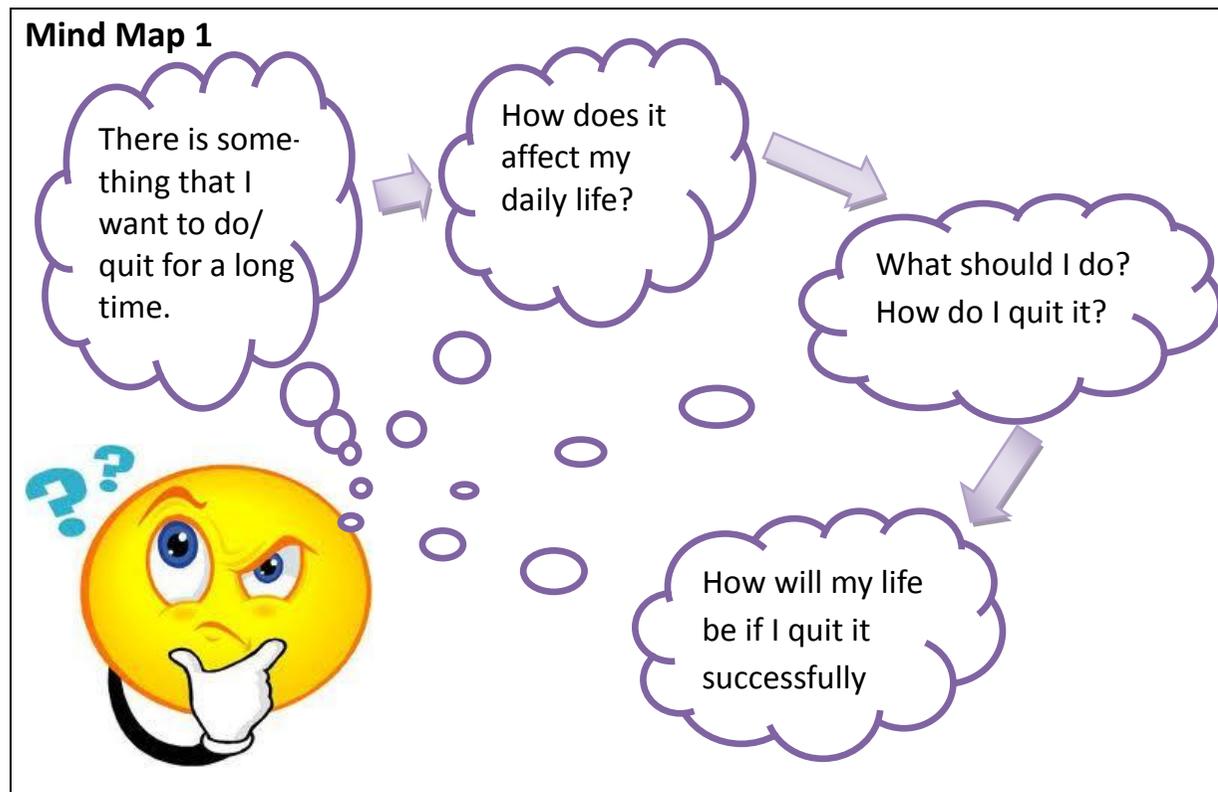
Instruction: Read the article in detail; write down related information in the blank frames.



Attachment 4: Personal Mind Map Handout

Directions: After reading *Dairy-Free Queen*, do you admire the heroine's resolution and her power of action? Do you have any bad habits that you have wanted to quit for a long time? The following are some mind maps.

In **Mind Map 1**, there are some questions in the clouds. Please read these questions carefully and think of your own situations.



The **Mind Map 2** is the teacher's example.

Attachment 5: Student Worksheet for My Own Mind Map

✍️ After reading the teacher's example, I believe you have already got some ideas in your mind.

Now, it's your turn to try! 😊

No. _____ Name _____

My Own Mind Map

The diagram shows a thinking emoji at the bottom left with two question marks above it. A series of purple thought bubbles leads from the emoji to a large central cloud. From this central cloud, three arrows point to three smaller clouds arranged in a horizontal line. From the rightmost of these three clouds, an arrow points down to a fourth cloud. All clouds are empty for student input.

Attachment 6: Worksheet of Sentence Patterns

Sentence Patter I:

After S + V..., S + V... . = After (S) V.ing ..., S + V

Examples:

1. That morning in the allergist's office, after answering pages of questionnaires, the nurses had pricked and prodded me.
2. After working for 5 hours continuously, Peter felt exhausted and hungry.

Practice:

Rewrite the following sentences by using the pattern above. Follow the example.

1. Cindy and Josh finally got married last month after they have dated for 10 more years.

Cindy and Josh finally got married last month after having dated for 10 more years.

2. I will give you a call after I get home this evening.
-

3. I believe Thomas will tell us the whole story after he figures out what happened there.
-

Sentence Patter II:

find/see/feel... + O. + V.ing

Examples:

1. Within months, we found ourselves moving our worldly belongings across the ocean to live in The Netherlands, my husband's homeland.
2. I found Peter waving us goodbye across the street.

Practice:

Complete the following sentences with the words given by using the pattern above.

1. I / find/ an attractive girl / wait for the bus at the stop / every morning.

I find an attractive girl waiting for the bus at the stop every morning.

2. My brother / find / a cat / steal the fish / on the kitchen table.

3. The teacher / find / a student / cheat / in the exam.
