

Cuy

Guía de trabajo

Objetivo: Identificar qué proteína nos beneficia más

Mochila de recursos: Debate

Tiempo: 20 minutos.

Instrucciones: Formar grupos de 4 personas en donde se discuta que tipo de carne creen que es mejor y porqué, todo con argumentos válidos. Entre (RES, CERDO, CUY, CONEJO, MAGRA)

Cada idea apuntada debe estar acompañada de una explicación con base científica.

Una vez terminada la investigación tendrá 4 minutos para debatir

Instrucciones para el docente: El siguiente material servirá para dar una guía a los estudiantes acerca de los aspectos más importantes relacionados con el concepto que se trabaja en esta guía.

La carne de cuy es un elemento importante en la alimentación saludable de los consumidores y contribuye de manera efectiva a combatir la anemia en la población infantil.

Al ser rica en grasas saludables como los ácidos grasos poliinsaturados omega 3 y omega 6, también es indicada para prevenir enfermedades cardiovasculares.

Dentro de la mejor carne para comer encontramos tanto el conejo como el pollo, el pavo o el cerdo. Ya que son carnes muy nutritivas y adecuadas para llevar un estilo de vida saludable. Sin embargo, algunas tienen más grasa y proteínas que otras

Según aseguran los especialistas en nutrición, mejor carne para comer es la carne magra. No solo es fuente de proteínas de calidad, sino que es una carne baja en grasa, de ahí que sea recomendable consumir entre 3 y 4 raciones a la semana.

Debes saber que la carne magra que existe es la de conejo, pollo y pavo, mientras que el magro de otras carnes (básicamente cerdo, cordero o vacuno) va a depender de la zona donde se encuentre y del tipo de corte.

De las carnes magras mencionadas, la que tiene más proteínas es la de conejo, mientras que la que contiene más grasa saturada es la de cerdo. Teniendo en cuenta este tipo de valores, todas las carnes blancas que hemos mencionado presentan niveles similares bastante bajos, así que podemos consumirlas sin ningún problema.

Ahora bien, la elección entre una carne u otra dependerá de nuestros objetivos:

- Si queremos desarrollar nuestros músculos, lo más acertado es consumirlas todas, e incluso incluir otras con mayor índice de grasa, como el pato o el cordero.

Extraído de: <https://welthy.es/magazine/cual-es-la-mejor-carne-para-comer/#:~:text=Dentro%20de%20la%20mejor%20carne,un%20estilo%20de%20vida%20saludable>.

Extraído de: <http://pgrlm.gob.pe/agraria/la-carne-de-cuy-ayuda-a-reforzar-el-sistema-inmunologico/#:~:text=Prevenci%C3%B3n%20COVID%2D19-,LA%20CARNE%20DE%20CUY%20AYUDA%20A%20REFORZAR%20EL%20SISTEMA%20INMUNOL%C3%93GICO,grasa%20y%20alto%20valor%20nutritivo>.

Guinea pig

Work guide

Objective: Identify which protein benefits us the most

Resource Backpack: Discussion

Time: 20 minutes.

Instructions: Form groups of 4 people to discuss what type of meat they think is better and why, all with valid arguments. Between (BEEF, PIG, GUINEA PIG, RABBIT, LEAN)

Each pointed idea must be accompanied by a scientifically based explanation.

Once the investigation is finished you will have 4 minutes to discuss

Instructions for the teacher: The following material will serve to guide students about the most important aspects related to the concept that is worked on in this guide.

Guinea pig meat is an important element in the healthy diet of consumers and contributes effectively to combat anemia in children.

Being rich in healthy fats such as omega 3 and omega 6 polyunsaturated fatty acids, it is also indicated to prevent cardiovascular diseases.

Within the best meat to eat we find both rabbit and chicken, turkey or pork. Since they are very nutritious meats and suitable for leading a healthy lifestyle. However, some have more fat and protein than others.

According to nutrition specialists, the best meat to eat is lean meat. Not only is it a source of quality protein, but it is a low-fat meat, which is why it is advisable to consume between 3 and 4 servings a week.

You should know that the lean meat that exists is rabbit, chicken and turkey, while the lean of other meats (basically pork, lamb or beef) will depend on the area where it is found and the type of cut.

Of the lean meats mentioned, the one with the most protein is rabbit, while the one with the most saturated fat is pork. Taking these types of values into account, all the white meats that we have mentioned have similar levels that are quite low, so we can consume them without any problem.

Now, the choice between one meat or another will depend on our objectives:

If we want to develop our muscles, the best thing to do is to consume them all, and even include others with a higher fat content, such as duck or lamb.

Extracted from: <https://welthy.es/magazine/cual-es-la-mejor-carne-para-comer/#:~:text=Dentro%20de%20la%20mejor%20carne,un%20estilo%20de%20vida%20healthy.>

Extracted from: <http://pgrlm.gob.pe/agraria/la-carne-de-cuy-ayuda-a-reforzar-el-sistema-inmunologico/#:~:text=Prevenci%C3%B3n%20COVID%2D19-,THE%20MEAT%20OF%20CUY%20HELP%20A%20REINFORCING%20THE%20SYSTEM%20IMMUNOL%3%93GICO,fat%20and%20high%20nutritious%20value.>

Black Locust

Work guide

Objective: To identify the meaning of invasive species and its effect on ecosystems.

Resource Backpack: Brainstorming

Time: 20 minutes.

Instructions: Get together with your core working group and collect everyone's ideas about what an invasive species is, and the effect it has on ecosystems.

Each idea noted must be accompanied by a scientifically based explanation.

Once the task is finished, present it to the class.

Instructions for the teacher: The following material will serve to guide students about the most important aspects related to the concept that is worked on in this guide.

Invasive species

Invasive species are animals, plants or other organisms that develop outside their natural distribution area, in habitats that are not their own or with unusual abundance, producing alterations in the richness and diversity of ecosystems. When they are transported and introduced by humans to places outside their natural distribution area, managing to settle and disperse in the new region, they are called invasive alien species, which are normally very harmful.

That an invasive species is harmful, means that it produces important changes in the composition, structure or processes of natural or semi-natural ecosystems, endangering native biological diversity (in species diversity, diversity within populations or diversity of ecosystems).

). Due to their impacts on the ecosystems where they have been introduced, such species are considered ecosystem engineers.

Natural or human-caused changes in ecosystems across the globe have accidentally or intentionally redistributed plant and animal species. As a consequence of these changes, certain species behave invasively in their natural or introduced location, with altered or degraded habitats being more susceptible. These invasions are associated with several problems:

- At an ecological level, the loss of native diversity and the degradation of invaded habitats stand out.
- Economically, the direct effects on agricultural activities and public health are important. Once the invasion is detected, its control and eradication are costly and not always possible. Identifying potential invaders and preventing their establishment is the best way to stop a problem that is increasing at the same rate as globalization.

(Extraído de: https://es.wikipedia.org/wiki/Especie_invasora)