

Forget your chops and your steaks: it's National Vegetarian Week



The Vegetarian Society of Great Britain runs the National Vegetarian Week to raise the profile of vegetarian issues. And in 2016 this is from 16 to 22 May.

Established in 1847, the Vegetarian Society of Great Britain is the oldest vegetarian society in the world. It was founded to promote and encourage a healthy vegetarian lifestyle, something that is increasingly popular today. The National Vegetarian Week is now in its 24th year and is an opportunity to celebrate all things veggie. You can expect to find pop-up restaurants, street food and special menus to bring vegetarianism to a wider audience.

There are three main reasons why a vegetarian diet can be a good decision: it's healthy, it's sustainable and it's compassionate. It's healthy because a balanced vegetarian diet is low in fat, high in complex carbohydrates and packed with fruit and veg (so you will definitely get your five-a-day). It's sustainable because the amount of energy used to produce grains and vegetables is significantly lower than that needed to produce meat. And it is compassionate because no animals are slaughtered.

Did you know that although cheese is a central part of a veggies's diet, some cheeses are a definite no-no? Parmesan, for example, is made from rennet (a substance, containing the enzyme rennin, prepared from the stomachs of calves), so it is definitely to be avoided – and not just during Vegetarian Week.

You don't have to stop with just the human members of your family: cats and dogs can also have a vegetarian diet. In the wild, cats are carnivores because they depend on some of the vitamins only available in meat, but as the essential nutrients are now available as synthetic compounds, pet owners now have the option of providing their feline friends with a non-carnivorous diet. And veggie dog food is readily available in many shops.

So why not give Vegetarian Week a go? It's kind to your health, the environment and to animals. And it's only for seven days, so on the eighth day you can have steak and chips again! (Though of course you may decide that a vegetarian diet is the thing for *every* week!)

If you would like to read more about the Vegetarian Society, then click [here](#).

And if you would like to use Vegetarian Week as a topic in your lesson, then we have provided you with three activities at A1 level. You'll find them in the following **Teacher's notes** and on the **Worksheet**.

Teacher's notes

Mixed dish (level A1 upwards, 15 mins)

- On the board write: *Do you eat meat? How often do you eat meat?*
- Ask students to work with a partner and ask him / her the questions. Have a short class feedback.
- On the board write: *doner kebab, fish and chips, omelette, pancake, pizza Margherita, steak sandwich, white sausages*. Check unknown vocabulary.
- Ask students to work again with a partner and decide which of these meals do not contain meat. Check together in class.
(Key: omelette, pancake, pizza Margherita)
- Ask students which of the meals they enjoy / do not enjoy eating. Ask them what their favourite meal is and find out the most common favourite meal in class.

A meat eater's crossword? (level A1 upwards, 10 mins)

- Make a copy of **A meat eater's crossword?** (see Worksheet on page 3), one page for each pair of students and then cut it in half for Student A and Student B.
- On the board write the word *vegetarian*.
- Ask students what a vegetarian eats.
- Tell them they are going to complete a crossword about food for people who do not eat meat.
- Give out a Student A sheet and a Student B sheet to each pair of students. Tell students they have a half-completed crossword and they are going to complete the crossword with the help of their partner.
- Tell students to read through the crossword and the clues and check for any unknown words.
- Tell Student A in each pair to start. He / She should read out the number (1) and the first clue. Student B should try and guess the missing word and then write it in his / her crossword.
- Then Student B reads his / her first clue and student A tries and guesses his / her first missing word (= number 2). Etc.
- Go around and help if needed.
- Finally ask students to read the word in the shaded column.

Vegetarian week (level A1 upwards, 10 mins)

- On the board write: *Vegetarian Week*.
- Explain that this runs from 16 to 22 May in the United Kingdom and is a chance to encourage people to enjoy vegetarian food for seven days.
- Ask students if they would like to take part. Why? / Why not?

If students are interested in vegetarian food, ask them to bring in a *simple* vegetarian recipe to the next lesson.

Worksheet

A meat eater's crossword?

Student A

Complete the crossword with the help of your partner. Your partner will read out the clues so that you can guess the words and complete the missing half of your crossword.

1	O	L	I	V	E	S	
2							
3			E	G	G	S	
4							
5		B	U	T	T	E	R
6							
7	C	A	R	R	O	T	
8							
9	B	A	N	A	N	A	
10							

- 1** They are black or green. They are small and taste salty. They can have a filling.
- 3** These come from hens.
- 5** You eat this on bread.
- 7** This is a long, orange vegetable.
- 9** This is a long, yellow fruit.

The word in the centre is _____ .



Student B

Complete the crossword with the help of your partner. Your partner will read out the clues so that you can guess the words and complete the missing half of your crossword.

1							
2		C	H	E	E	S	E
3							
4	R	I	C	E			
5							
6	P	O	T	A	T	O	
7							
8			M	I	L	K	
9							
10			O	N	I	O	N

- 2** Edam, Gouda and Cheddar are all types of _____ .
- 4** You eat this food with Chinese and Indian meals.
- 6** If you want to make chips, then you use a _____ .
- 8** This comes from cows and you can drink it.
- 10** This vegetable is round and has a brown, white or red skin. It makes you cry!

The word in the centre is _____ .