

Vegetarianism

1. Eating habits

Write a list of all the food you ate yesterday in the table below. Try not to forget anything.

| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|
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- Underline anything that you had more than once.
- Put a tick next to all the healthy food and a cross next to the unhealthy food.
- Compare your table with your partner's. What's similar and what's different?

2. Going veggie

To go veggie is a very informal way to say 'to become a vegetarian'. Discuss these questions in your group and be ready to share your answers with the whole class.

- What's the difference between a vegetarian and a vegan?
- Why do you think some people choose to become vegetarian?
- Are you a vegetarian? Would you ever consider going veggie?
- Is meat an important ingredient for some of your country's national dishes? Which ones?
- Would vegetarians have any problems eating out at restaurants in your country?

3. Reading

Your teacher will give you a section from an article. Read the text and work with your group to make notes of the main points:

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Your teacher will then put you with in a different group. Use your notes to tell your group about what you read.

Now discuss these questions:

- What was the most surprising thing you read or heard?
- What would be the most important factor for you if you decided to eat less meat, animal welfare, health, cost or the environmental impact?
- Have you changed your mind about eating meat? Why or why not?

4. Role play

A and B are friends. If you are A, you need to try to persuade your friend to become vegetarian. If you are B, you need to try to persuade your friend to become a meat-eater (or not become vegetarian). Remember that you are friends so stay friendly – you want to persuade them because you care about them and believe it will be better for them!

5. Recipes

Put this recipe for an aubergine and tomato curry in the correct order.

- a. When the onions are ready, stir in two crushed garlic cloves and some spices, for example, one teaspoon each of garam masala, turmeric and ground coriander.
- b. First, slice 600g of aubergines and put them in a roasting tin. Add two tablespoons of olive oil and roast for 20 minutes.
- c. Put a lid on the casserole dish and simmer for 20-25 minutes. Take the lid off for the last five minutes to thicken the sauce.
- d. Then slice two onions and put them in a casserole dish. Add a tablespoon of olive oil and cook them on the hob on a medium heat for five minutes.
- e. Stir in some chopped coriander and serve with rice. Enjoy!
- f. After adding the spices, add 400ml of canned chopped tomatoes, 400ml of coconut milk and the roasted aubergines.

adapted from: <https://www.bbcgoodfood.com/recipes/roasted-aubergine-tomato-curry>