

# Plant-based eating

<https://www.teachingenglish.org.uk/teaching-resources/teaching-secondary/lesson-plans/intermediate-b1/vegetarianism-0>

# 1. Lead-in

Discuss these questions with a partner.

- What's the difference between vegetarians, someone who eats plant-based, and vegans?
- Is plant-based eating popular in your country? Do you know countries where it's common?
- Why do people choose to become eat less meat? Think of at least three reasons.
- What is helping people eat less meat nowadays?



## 2. Plant-based eating - reading

a. Read only the paragraph that your teacher tells you (A, B, C or D). Make notes.

- .....  
.....
- .....  
.....
- .....  
.....

Student As: read  
paragraph A only

Student Bs: read  
paragraph B only

Student Cs: read  
paragraph C only

Student Ds: read  
paragraph D only

## 2. Plant-based eating - reading

### A. Who doesn't eat meat?

How popular is not eating meat? Well, it's hard to say. In some countries, like South Korea, only 3% of people do not eat meat. In the UK, around 7-10% are vegetarian, vegan or follow a plant-based diet, meaning they avoid meat, fish, eggs or dairy products. The vegans do not eat anything that comes from animals and do not use animal products, like leather or wool. A country where the numbers are much higher is India, where there are over 400 million vegetarians. India isn't completely meat-free, but plant-based eating is connected to the concept of Ahimsa, which means kindness towards all living things.

Wherever you may live, eating less meat is becoming more popular. Sometimes called 'flexitarian' or 'reducetarian', more and more people are choosing to eat fewer meals containing meat each week, or are giving up certain types of meat. Organisations such as the World Health Organisation and the United Nations recommend that we decrease our meat consumption.

## 2. Plant-based eating - reading

### **B. But why?**

When you first think about why people might not want to eat meat, you might think of animal welfare. This is true - often people do have real concerns about the treatment of the animals we eat. Farming practices mean some of these animals often live in distress, despite regulations.

But other factors also influence people's choices about eating meat. Health is a very common reason. This might be because studies have linked red or processed meat to increased health risks, or because of other food safety concerns. People have also said that saving money is another factor that influences them because a plant-based diet can be cheaper if it has a base of lentils, chickpeas and beans, for instance.

## 2. Plant-based eating - reading

### C. Environmental impact

However, perhaps the biggest reason for the rise in plant-based eating is the environmental impact - meat production is one of the most destructive human activities for our planet. Changing our diet would be a very effective way to be greener.

Meat and dairy uses around 80% of farmland, according to the Yale School of Forestry, and is the biggest cause of deforestation in every Amazon country. This causes huge environmental damage by releasing very large amounts of carbon dioxide (meat and dairy production account for 60% of agriculture's greenhouse gas emissions). In addition, it uses a lot of water. For example, it takes an average of 3140 litres of water to produce a hamburger. Plant-based burgers can use at least 75% less.

## 2. Plant-based eating- reading

### D. Want to try?

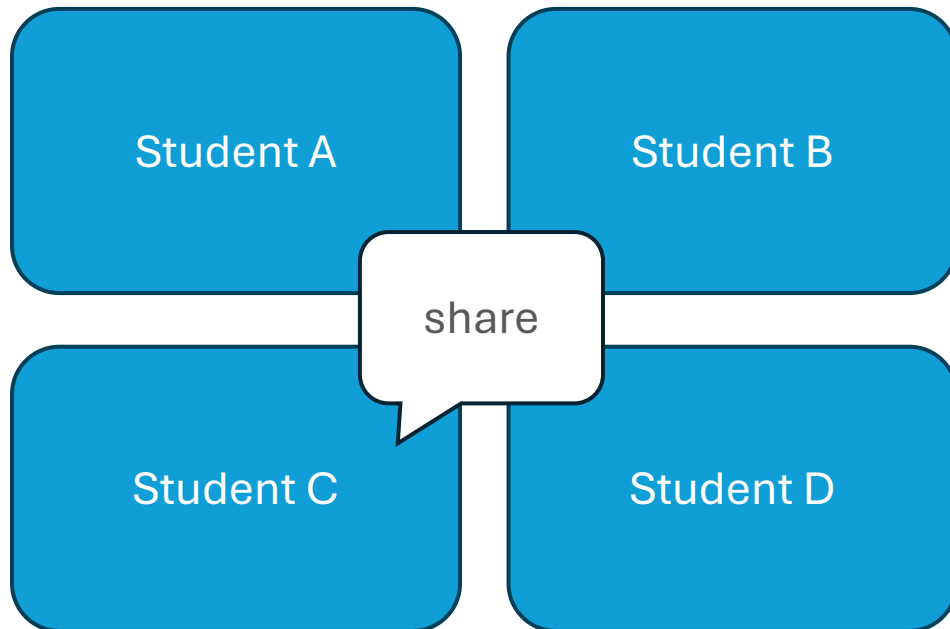
Many people find it difficult to imagine cutting out meat from their diet completely. This might be one reason why 'meat-free days', when you don't eat any meat on a particular day of the week, are becoming popular. Other campaigns and events include Veganuary (when you go vegan for January) and World Vegetarian Day on 1 October. And with the rise in people interested in reducing meat consumption has come an increase in vegetarian and vegan food options and recipes. Online searches for 'veggie recipes' or 'plant-based cooking' have risen a lot in recent years, and so have the amount of recipes!

Whether you try adding a plant-based recipe into your week, or you find that meat-free Mondays work for you, either are a positive step. Why not try it and see what happens!

## 2. Plant-based eating - reading

b. Work in groups of four.

Tell your group about what you read.



*I read paragraph A/B/C/D  
I found out that...  
One interesting fact was...  
It also said that...  
What did your paragraph say?*



## 2. Plant-based eating

c. Look at exercise 1 again. Can you answer all the questions now? Write the answers.

- What's the difference between vegetarians, someone who eats plant-based, and vegans?
- Is plant-based eating popular in your country? Do you know countries where it's common?
- Why do people choose to become eat less meat? Think of at least three reasons.
- What is helping people eat less meat nowadays?

## 2. Plant-based eating

d. Discuss these questions with a partner.

- What was the most surprising thing you read?
- For you, what would be the most important reason to eat less meat: animal welfare, health, cost or the environmental impact?

## 3. Eat less meat – role play

Work in pairs. Choose a role. Spend 3-4 minutes making notes to help you in your role play.

Student A: You are vegetarian. You have 2 minutes to persuade your friend to eat less meat.

Student B: You like eating a lot of meat. You're not sure why other people don't.

Useful language for persuading:

*Have you ever thought about...*

*You could... Why don't you...?*

*How about trying...?*

*One thing you can do is...*

*Maybe change...If you...,you*

*will... Would you like to...?*

Do the role play. When you finish, swap roles and change partners.

## 4. Plant-based meals

- a.** Put this recipe for an aubergine and tomato curry in the correct order.
- a. When the onions are ready, stir in two pieces of garlic 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 olive oil and cook in the oven for 20 minutes.
  - c. Put a lid on 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 dish. Add a little 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 chopped tomatoes, 400ml of coconut milk and the roasted aubergines.

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

## 4. Plant-based meals - answers

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

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

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## 4. Plant-based meals

**b.** Work in pairs. Discuss these questions.

- Would you like to try the recipe above? Why or why not?
- How many meals with animal products did you eat yesterday? Could you change any of those meals to be plant-based?
- Are there many traditional vegetarian or plant-based dishes from your country? Which do you like?
- Meat is an important ingredient in some country's national dishes. Think of one national dish with meat. How could you change it to be vegetarian or plant-based?

## 4. Plant-based meals

c. Write a recipe for a vegetarian or plant-based version of one of your country's national dishes. Use language from the recipe to help you.

**Useful language:**

First  
Then  
After adding  
When the...are ready...  
Serve with

**Useful language:**

- to add
- To chop/cut
- To cook for/in
- To slice
- To simmer
- To stir

d. Work in groups and share recipes. Which would you like to try?

## 5. Reflect

### Tell your partner:

Which of the activities about plant-based eating did you enjoy the most?

How did you improve your English?