

## Plant-based eating

### 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 - jigsaw reading

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

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

b. Work in groups of 4 (one A, one B, one C, one D). Tell your group about what you read.

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

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

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...?*

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.

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

#### 4. Plant-based meals – discuss and create

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>

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?

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

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

#### 5. Reflect

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

How did you improve your English?