Vegetarianism

Task 1 – You are what you eat!

Write a list of all the food you ate yesterday in the table below. Be honest and try not to forget any little snacks.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
</table>

Have a good look at your list

- Is there anything that appears several times on your list? If so, what is it?
- What do you understand by the saying ‘you are what you eat’?
- Put a tick next to all the healthy food on your list and a cross next to the unhealthy food.

Task 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 prepared to share the comments with the whole group.

- What is a vegetarian?
- What does a vegan eat?
- What do you understand by organic food?
- Do you know anyone who is vegetarian?
- Why do you think some people choose to become vegetarian?
- Is meat an important ingredient for some of your country’s national dishes?
- Would you ever consider going veggie?
- Would vegetarians have any problems eating out at bars and restaurants in your country?

Task 3 – Vegetarian UK? Reading task

Now you are going to work in groups of four. Each person will read one paragraph, and then tell the rest of your group what you read about.

When you have told each other about what you read, discuss these questions:

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• Are there any vegetarian restaurants in your town or city?
• Is organic food becoming popular in your country?
• Is it important to you to know how the food you eat has been produced?
• Do you think vegetarians are generally healthier than meat eaters? Why (not)?

**Task 4 – Vegetarian meets meat eater role play**

Use your imagination and work in pairs to discuss vegetarianism. Imagine you are one of these characters. Try to put yourself in their shoes for ten minutes. Take a few minutes before you start to make notes.

**A – You have been a vegetarian all your life. Your parents are vegetarians and you have never eaten meat. Your family all believe that it is wrong to kill animals for their meat. You believe that no one should eat meat and you actively encourage your friends to become vegetarians. You think it is barbaric to eat meat and you are convinced it is much healthier not to eat any meat products. You are part of an animal rights group and your idea Saturday is spent campaigning outside fast food restaurants.**

**B – You love eating meat and can’t imagine eating a meal without any meat in it. You think that you need to eat meat to get enough proteins and keep healthy. You believe that meat production is similar to producing any other food product and humans shouldn’t get sentimental about the animals. You think that some vegetarians believe that animals are more important than humans and think their time and energy would be better spent campaigning for human rights. For you, an idea day is spent fishing with a nice picnic of chicken sandwiches!**

**Task 5 – Fruit and veg trivia**

Match the fruit or vegetable on the right with the information on the left.

1) This fruit has 300 calories and is 22% fat.  
2) This fruit grows on a plant, which is in fact a giant herb.  
3) This vegetable is native to Afghanistan and was originally red, black, yellow, white or purple. The Dutch changed its colour to what it is today.  
4) The ancient Greeks believed this vegetable made you sleepy.  
5) One tree can produce 1,500 of this fruit and you pick them six times a year.  
6) This vegetable is native to Peru and is a relative of tobacco and tomato plants.

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<table>
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<tbody>
<tr>
<td>a) carrot</td>
<td></td>
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<tr>
<td>b) lettuce</td>
<td></td>
</tr>
<tr>
<td>c) potato</td>
<td></td>
</tr>
<tr>
<td>d) banana</td>
<td></td>
</tr>
<tr>
<td>e) Avocado</td>
<td></td>
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<tr>
<td>f) lemon</td>
<td></td>
</tr>
</tbody>
</table>
Task 6 – Fun fruity phrases

Read the sentences and choose a fruit or vegetable from the box below to complete the phrase.

peanuts    banana    potato    cucumber    lemon    onions    beetroot  
plum       nuts

a) “I’ve been waiting for you on my own for over an hour! I felt like a real ________!”
b) “He watches TV for three hours every day; he’s such a couch ________”
c) “That’s great news! Top ________!”
d) “I was so embarrassed; I turned as red as a ________.”
e) “That guy is ________; he’s driving way too fast through the town centre!”
f) “That lady has a very posh accent. It sounds like she’s got a ________ in her mouth.
g) “She didn’t panic at all. She was as cool as a ________.”
h) “He really knows his ________ when it comes to computers. He’s really knowledgeable”
i) “Do you like my new jacket? It was half price in the sales so it cost me ________.”

Work in pairs and write a short dialogue. You must use at least two of the idiomatic expressions above