

Vegetarianism and veganism

Pre-task:

Find a definition for “vegetarian” and “vegan” on the web. – Explain to one another: What is a vegetarian? What is a vegan?

There is also video about this: [Vegan vs. Vegetarian?](#)

Watch the video. Did you understand everything? Help one another to understand it.

To relinquish – to give up

To disapprove of something – to be against something

A flexible and part-time vegan – s/he is sometimes a vegan and sometimes not a vegan

The animal product – something made from animals or their produce

The ingredient – part of something, e.g. part of the diet

The nutritional need – an ingredient important for health

The variety – many different things

Plant based food – food from plants

The health risk – danger for health

The omnivore – someone who eats everything

Nutritional supplements – vitamin and mineral pills

The meat substitute – something instead of meat

The keeping of animals – how (farm) animals are treated

To take care of the environment – do what is good for the environment

Task 1:

Tell your partner: Do you know people, who are vegans or vegetarians? Do you eat meat yourself?

My friend / brother / ... / sister / mother / ... does not eat meat / fish / animal products.

He / she does not want to kill animals. He / she wants to live healthily.

I (don't) like meat and fish. I don't eat meat / fish / animal products, because I want to live more healthily / don't want to kill animals. / ...

Task 2:

Search the internet for a vegan or vegetarian recipe (e.g.: under [The Vegan Society - Recipes](#) or [BBC Good Food - Vegetarian](#)), and explain the recipe to your partner. Which ingredients does s/he need? What is important for the cooking method?

Follow-up activity:

Cook the recipes and take photos of the dishes. Send the photos to one another. Talk to one another: How does the food taste?

Do you like the recipe? Did the food taste nice?

This dish was (not) very tasty. I prefer more / less vegetables / meat / fish / spices / ...

It is very tasty. It tastes superb. I (don't) cook without meat / fish / animal products.

Sources

- Video 1 <https://www.youtube.com/watch?v=GGJqmL9YCAc&t=41s>
- Text 1 <https://www.vegansociety.com/resources/recipes>
- Text 2 <https://www.bbcgoodfood.com/recipes/category/vegetarian>