

Vegan living – what does it mean?

Pre-task:

You will probably know the term „vegetarian“. But what are vegans and what is the difference between vegetarians and vegans?

Check the internet, if you don't know the differences. An overview can be found under [Types of Vegetarianism](#).

Or look at this chart:

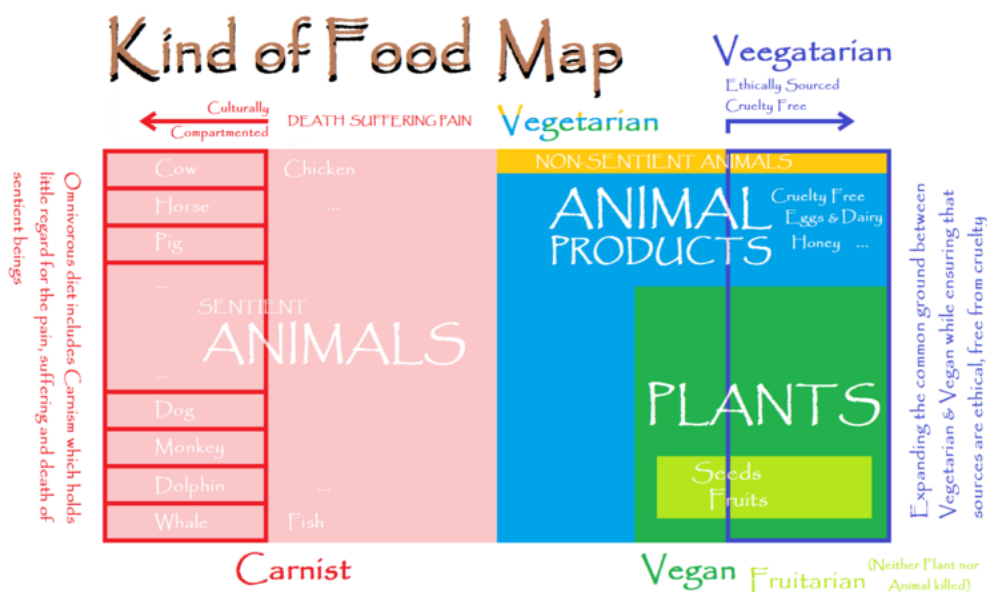


Image 1

On the chart you see ...

The red / (light) green / blue colour codes mean the person eats ... , (but not ...).

Vegetarians / vegans don't eat ... / exclude ...

The difference between vegan and vegetarian is ...

Vegetarians eat ... In contrast to this vegans don't eat these foods.

Task 1:

What can you still eat, if you are following a vegan diet? Look at the nutritional pyramid. Can you imagine being a vegetarian or vegan? What is your favourite food? Does it contain animal products?



Image 2

Task 2:

Veganism is not only about food but a lifestyle change. How does being a vegan and not consuming animal products impact on everyday life? When do you use items made with animal products?

You cannot wear ... any more. They are from ...

As a vegan you don't eat ... This food contains animal products.

You cannot use ... any more. But they are also available ... without animal products.

Follow-up activity:

Try to live as a vegan for one day. Talk to your partner about it. What was easy? What was difficult?

Animal product – product made in part or entirely from an animal or its produce

To refrain from – not do/use something, give something up

To use something – to employ something, do with something,

Food, foodstuff – what you eat

Entirely – totally, completely

The difference – aspects that are not the same

Sources

Text 1 <http://www.ivyroses.com/HumanBiology/Nutrition/types-of-vegetarians.php>

Image 1 https://commons.wikimedia.org/wiki/File:Kind_of_Food_Map.png

Image 2 https://de.wikipedia.org/wiki/Ern%C3%A4hrungspyramide#/media/File:Plakat_Ern%C3%A4hrungspyramide_7Stufen_ohne_Rand_cutted.png