

Do you want to go vegan? (a worksheet)

Activity 1

Discuss the questions with your partner.



1. Are you a vegan or a vegetarian?
2. If yes, why have you decided to be become one?
3. If not, have you ever thought of becoming one? Why/why not?

Activity 2

*Discuss and explain your opinions to your partner.
Does being vegan help to:*

- protect animals?
- battle climate change?
- save money?
- produce food for more people?
- lose weight?
- be healthier?
- be cool and trendy?



Activity 3

Read the article about veganism and match the headlines with the paragraphs.

- A. You'll have to find new protein sources
- B. You don't have to change dramatically
- C. You'll need nutritional supplements
- D. Your friends and family will ask a lot of questions
- E. Don't replace animal products with junk food

Once animal-free diet was popular only with peace-loving hippies. Now it's popular everywhere. However, before you become a vegan yourself, here are some things you should know.

1. _____

Some nutrients such as Vitamin B12 come only from animal foods. Deficiencies can lead to tiredness, weakness, constipation, loss of appetite, weight loss (the bad kind), nerve problems, and depression. So a vegan might need to take B-12 supplement.

2. _____

"People are very sensitive about their diets. The best way to minimize conflict is to explain that you are going vegan because it seems to work for you. Don't criticize anyone who eats meat about their choice.

3. _____

Every meal should contain protein, says vegan dietitian Valerie Rosser, RD. Proteins are the building blocks of life. The Institute of Medicine recommends that adults get at least 0.8 grams of protein daily for every kilogram of body. The best sources of vegan protein include natural soy, lentils, beans, quinoa, and seitan, Rosser says.

4. _____

It's not a good idea to stop eating animal products which contain protein, vitamins, and minerals, and eat processed foods like white bread or pasta instead. The only thing these foods will give you are extra calories.

5. _____

You won't just wake up one morning magically vegan. It takes work, so it should also take time, Henderson says. "Start by adding more plant-based foods to your diet, while at the same time eating less animal products, especially those that are non-organic. Keep monitoring how you feel.

Adapted from "5 Things You Need to Know Before Going Vegan" by K. Aleisha Fetters

Now answer the questions:

- 1. Why do many vegans need to take a B-12 supplement?
- 2. Why shouldn't vegans criticize meat-eaters?
- 3. What are the best sources of vegan protein?
- 4. What is a typical mistake some vegans make?
- 5. How should people become vegans?

Activity 4

Here are some things people typically say to vegans. Match the sentences and the myths they represent.

Statements		Myths
1. But humans have been eating meat since the beginning of time...		A. Veganism is just a fashionable trend.
2. Can you date only vegans?		B. Vegans don't cook non-vegan food.
3. Do your kids and your whole family have to be vegan?		C. It's traditional for us to eat meat.
4. Vegans only eat that way so that they can tell everyone they are vegan.		D. If you are in a situation where meat is the only food, will you eat it?
5. I was going to invite you to my BBQ party but there will be meat there.		E. Vegan food isn't tasty.
6. I could never go vegan. I tried tofu once and hated it.		F. Maybe vegans shouldn't eat plants either?
7. How does anyone actually afford to be vegan? Isn't it crazy expensive?		G. Vegans only have relationships with other vegans.
8. What if you were stranded on an island somewhere and your only choice was to eat an animal?		H. You need a lot of money to be a vegan.
9. Don't you feel sorry for plants? Those are technically living things and you eat those?		I. Vegans don't go to events where there is meat.



Activity 5

How should a vegan reply? Discuss with your partner and fill in the chart.

	Your reply	Natalie Portman's reply
1. But humans have been eating meat since the beginning of time...		
2. Can you date only vegans?		
3. Do your kids and your whole family have to be vegan?		
4. Vegans only eat that way so that they can tell everyone they are vegan.		
5. I was going to invite you to my BBQ party but there will be meat there.		
6. I could never go vegan. I tried tofu once and hated it.		
7. How does anyone actually afford to be vegan? Isn't it crazy expensive?		
8. What if you were stranded on an island somewhere and your only choice was to eat an animal?		
9. Don't you feel sorry for plants? Those are technically living things and you eat those?		

Watch a [video](#) with Natalie Portman. Complete the chart and compare her answers with yours.



Activity 6

Is it better to be a vegan/ vegetarian or a meat-eater? Debate with your partner.

