**WORLD VEGETARIAN DAY LESSON PLAN**

READING

World Vegetarian Day is held every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have similar celebrations held on different days. They all celebrate the benefits of eating a plant-based diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and life-enhancing possibilities of vegetarianism." It hoped to raise awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number of people turning to vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st sees many of them celebrate their food and eat lots of it.

Vegetarianism is when you follow a diet that excludes meat, fish, shellfish, and other animal products. There are several different types of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or anything else from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are called lacto-ovo vegetarians. ‘Lacto’ is the Latin word for milk and ‘ovo’ means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious reasons. Scientists say we must all be vegetarian to help save the Earth. There is not enough land for us all to be carnivores, or meat-eaters.

*Sources: http://www.wikipedia.org/ and assorted sites.*

PHRASE MATCH

**Paragraph 1**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | held every year on | *a.* | plant-based diet |
| 2 | Many countries have similar | *b.* | lifestyle |
| 3. | the benefits of eating a | *c.* | of vegetarianism |
| 4. | life-enhancing possibilities | *d.* | October the 1st |
| 5. | a vegetarian | *e.* | to vegetarianism |
| 6. | people turning | *f.* | celebrations |

**Paragraph 2**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | follow a diet that | *a.* | products |
| 2 | different types | *b.* | be carnivores |
| 3. | eat and drink dairy | *c.* | the Earth |
| 4. | ‘Lacto’ is the Latin word | *d.* | excludes meat |
| 5. | help save | *e.* | of vegetarian |
| 6. | enough land for us all to | *f.* | for milk |

LISTENING GAP FILL

World Vegetarian Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have similar celebrations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They all celebrate the benefits of eating a plant-based diet. In 1977, the NAVS said it wanted to "\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, compassion and life-enhancing possibilities of vegetarianism." It hoped to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st sees many of them celebrate their food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Vegetarianism is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diet that excludes meat, fish, shellfish, and other animal products. There are several different types of vegetarian. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eat meat, poultry, fish, dairy products, eggs, honey \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are called lacto-ovo vegetarians. ‘Lacto’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ milk and ‘ovo’ means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ religious reasons. Scientists say we must all be vegetarian to help save the Earth. There is not enough \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be carnivores, or meat-eaters.

WHILE READING/ LISTENING GAP FILL

**Put the words into the gaps in the text.**

|  |  |  |
| --- | --- | --- |
| World Vegetarian Day is **\_\_\_\_\_\_\_\_\_\_\_\_** every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have **\_\_\_\_\_\_\_\_\_\_\_\_** celebrations held on different days. They all celebrate the benefits of eating a plant-**\_\_\_\_\_\_\_\_\_\_\_\_** diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and **\_\_\_\_\_\_\_\_\_\_\_\_** -enhancing possibilities of vegetarianism." It hoped to**\_\_\_\_\_\_\_\_\_\_\_\_** awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian **\_\_\_\_\_\_\_\_\_\_\_\_**. The number of people**\_\_\_\_\_\_\_\_\_\_\_\_** to vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st**\_\_\_\_\_\_\_\_\_\_\_\_** many of them celebrate their food and eat lots of it.  |   | *lifeturningheldraisebasedseessimilarlifestyle* |
| Vegetarianism is when you **\_\_\_\_\_\_\_\_\_\_\_\_** a diet that excludes meat, fish, shellfish, and other animal products. There are several different**\_\_\_\_\_\_\_\_\_\_\_\_** of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or anything **\_\_\_\_\_\_\_\_\_\_\_\_** from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are **\_\_\_\_\_\_\_\_\_\_\_\_** lacto-ovo vegetarians. ‘Lacto’ is the Latin word**\_\_\_\_\_\_\_\_\_\_\_\_** milk and ‘ovo’ means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious **\_\_\_\_\_\_\_\_\_\_\_\_**. Scientists say we must all be vegetarian to help **\_\_\_\_\_\_\_\_\_\_\_\_** the Earth. There is not **\_\_\_\_\_\_\_\_\_\_\_\_** land for us all to be carnivores, or meat-eaters. |   | *types reasonscalledenoughelsefollowsavefor* |

CHOOSE THE CORRECT WORD

**Delete the wrong word in each of the pairs of *italics*.**

World Vegetarian Day is *held / holding* every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have *similarity / similar*celebrations held on different days. They all celebrate the benefits *of / for* eating a plant-based diet. In 1977, the NAVS said it wanted to "promote the *joyful / joy*, compassion and life-enhancing possibilities of vegetarianism." It hoped to *rise / raise* awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number of people*turning / spinning* to vegetarianism is increasing every year. There are about one million *new / newly* vegetarians in the United States every year. October 1st sees many of them celebrate their food and eat lots of *them / it*.

Vegetarianism is when you *following / follow* a diet that excludes meat, fish, shellfish, and other animal products. There are several different *type / types* of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or *anything / nothing* else from or made by animals. Most vegetarians eat and drink *diary / dairy* products and eat eggs. These are called lacto-ovo vegetarians. ‘Lacto’ is the Latin word for milk and ‘ovo’ *means / meaning* egg. Other people say they *are / be*vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious *reason / reasons*. Scientists say we must all be vegetarian to help save the Earth. There is not enough *land / lands* for us all to be carnivores, or meat-eaters.

THE WORLD VEGETARIAN DAY SURVEY

**Write five questions about World Vegetarian Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.**

**Without your partner, interview other students. Write down their answers.**

|  |  |  |  |
| --- | --- | --- | --- |
|   | STUDENT 1\_\_\_\_\_\_\_\_\_\_\_\_\_ | STUDENT 2\_\_\_\_\_\_\_\_\_\_\_\_\_ | STUDENT 3\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Q.1.  |   |   |   |
| Q.2.  |   |   |   |
| Q.3.  |   |   |   |
| Q.4.  |   |   |   |
| Q.5.  |   |   |   |

**Return to your original partner(s) and share and talk about what you found out.  Make mini-presentations to other groups on your findings.**