

# Dietary Requirements Veganism



# Learning Objective

- To understand what a vegan is, be able to explain what vegans do and do not eat and reflect on why someone chooses to be vegan.

# Success Criteria

- To understand the meaning of the word vegan.
- To reflect on what food items vegans do and do not eat.
- To evaluate whether veganism is a positive dietary choice.

# Starter Task

Work with a partner to come up with a definition of veganism. Look at the images below to help you.

**Hint:** These images may be images of things vegans **can** or **cannot** eat.



## Check your answer: Were you right?

Veganism is a way of living which seeks to exclude (as far as is possible and practical) all forms, exploitation and cruelty to animals for food, clothing, or any other purpose. Vegans follow a plant-based diet avoiding all animal foods such as meat (including fish, shellfish and insects), dairy, eggs and honey - as well as products like leather.



# What Is a Vegan?

With more and more people becoming vegan every year, it's important to understand what a vegan is and how they get all their nutrients.

Read the information and complete the table to show vegan and non-vegan sources of nutrition and what the different nutrients' purpose within the body is. You can draw an image to go with the different foods if you like!

**This logo can be found on some products that are labelled vegan to help vegans identify products that they can buy.**



# Check Your Understanding

Now that you understand what a vegan is, can you complete the card sort? Organise your cards into two piles:

Things vegans  
**can** eat

Things vegans  
**cannot** eat

# Why Vegan?

Why do you think someone would choose to be vegan? Record a reason on a sticky note. Look at the pictures to help you if you are struggling.

Take your sticky note with you around the class. If someone has a different reason to you, swap notes with them. Try and swap as many times as possible. How many times can you swap in the time given?

Keep a tally of your score.

Someone may be  
vegan because...



# Four Main Reasons

Get into groups of four. Each of you has been given a card which gives a reason why someone might be vegan.

Summarise the reasons on your card in no more than 5 bullet points and be prepared to teach your table.



# Which Is Most Convincing?

Discuss with your table which one of the four reasons is most convincing. Try and think of strengths and criticisms for each one before you decide.

Record your answer on the bottom of the sheet.  
Be prepared to feed back to the class.



**Note:** If you do not agree with any of the points, that is fine! Just explain why you do not agree with them.



# Plenary

**'Everyone should be a vegan.'**

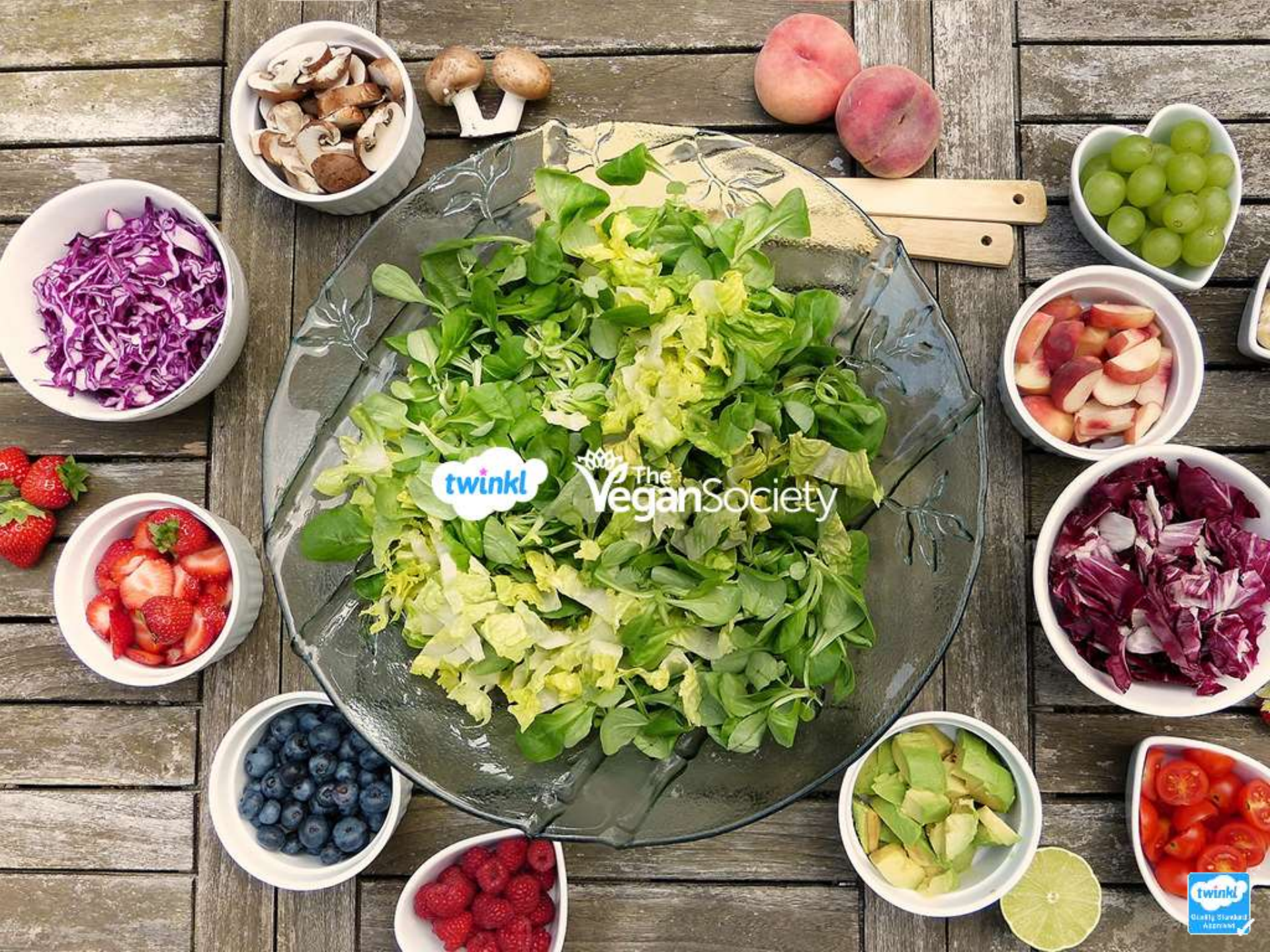
Do you agree?

Write your name and fully explained point of view on a sticky note and bring it to the board. Place it on the agreement line on the section that mostly reflects your view. Be prepared to feed back to the class.

Agree

Disagree





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