



## Veganism Teaching Ideas

**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.

**Context:** This lesson looks at the personal choice someone makes when going vegan. It can be used in PSHE to explore personal identities, but also used in food technology to explore dietary requirements.

**Resources** Sticky notes

### Starter

Ask students to look at the images of things vegans can and cannot eat to come up with a working definition for veganism with a partner. Answer to come on with click.

### Main Activities

#### What Is a Vegan?

Give out the [What Is Veganism and What Do Vegans Eat](#) sheet and read as a class. Then ask students to record the vegan and non-vegan versions of nutrients on the [Where Do Vegans Get Their Nutrients](#) table. Images can be drawn to help students remember if they wish.

#### Check Your Understanding

Ask students to complete the [Card Sort](#) activity, placing the cards into two piles – foods that vegans can eat, and foods that vegans cannot eat.

#### Why Vegan?

Ask students to write on a sticky note a reason why someone would be vegan. They then go around the class and ask as many students as possible to share their reason and write it down on the sticky note. Share answers as a class. Students can swap sticky notes with the people who have different reasons to them and keep a tally to get more competition going in the class.

#### Four Main Reasons

Get students into groups of four. Give out one of the [Reasons For Veganism Cards](#) to each of the students in the group. Then give out the [Reasons Why Someone Would Choose to Be Vegan](#) sheet and students are to fill in the section for their card. Then, they teach the other sections to each other and fill in the sheet.

#### Which is Most Convincing?

Ask students to discuss which of the reasons is most convincing and write it down at the bottom of the Reasons Why Vegan Fill In sheet. Remind the students that they can disagree with all the reasons if they wish. Discuss as a class.

### Plenary

'Everyone should be a vegan.' Do you agree? Students should write their name and reasons for agreeing or disagreeing with the statement and place it on the agreement line on the board. Discuss the points made as a whole class.