**VEGETARIANISM**

Do you know what carnivorous means?

What kinds of meat do you know? Which ones do you prefer?

When did you last eat meat?

How often do you eat meat? What about ham, salami or bacon?

Do you like it or why do you eat it?

Where do you buy meat? Do you have your favourite butcher?

What do you know about vegetarianism?

Why do people become vegetarians?

Do you think vegetarians lead better lives than meat-eaters? Are they healthier?

Is there anything unhealthy about a vegetarian diet? What are the arguments against vegetarianism?

What would happen to the cow population if we stopped eating them?

Would the world be a better place if everyone was a vegetarian?

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| **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* |

**What do you think of the following quotes?**

* "*To my mind, the life of a lamb is no less precious than that of a human being.  I should be unwilling to take the life of a lamb for the sake of the human body."* Gandhi
* *"We all love animals.  Why do we call some "pets" and others "dinner?"* K.D. Lang
* *"If slaughterhouses had glass walls, everyone would be a vegetarian."* Paul McCartney
* *"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."* Albert Einstein
* *"I think if you want to eat more meat you should kill it yourself and eat it raw."* Margi Clark

What do you think vegetarians think of meat eaters?

How would we help save the planet if we were all vegetarian?

Will we all be vegetarians in the future?

What if scientists could genetically grow meat in the laboratory so there would be no greenhouse gas burden and no suffering or violence since the meat and fat are grown in cultures? Would you prefer to eat this meat or regular meat, even if it were a "bit more" expensive? Could some vegetarians justify being able to eat this synthetic meat? Why/Why not?

How would you feel if you were told that you could no longer eat meat?

What would you prepare for a vegetarian coming for dinner at your home? (appetizer, main dish, dessert and beverage)

What meal would you miss the most if you became vegetarian?

What would be a great meal you would prepare for yourself as a vegetarian?

Have you ever been to a vegetarian restaurant?

Would you go to a vegetarian restaurant for dinner?

What would be more difficult to eat, a strange new vegetable, or an exotic piece of meat?

Have you eaten any exotic piece of meat?

**Video:** Graham Hill

What does he say about himself?

What is the name of his website?

What are some reasons for being a vegetarian?

hy can’t he become a vegetarian?

What is his solution?

Complete the sentence: If all of us ate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_meat, it would be like half of us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Roasted cauliflower & hazelnut carbonara**

**Ingredients**

1 large [cauliflower](http://www.bbcgoodfood.com/glossary/cauliflower) (about 700g), cut into small florets

1 tbsp. [olive oil](http://www.bbcgoodfood.com/glossary/olive-oil)

small bunch [thyme](http://www.bbcgoodfood.com/glossary/thyme) leaves picked

100g hazelnuts, roughly chopped

350g penne

100g [Parmesan](http://www.bbcgoodfood.com/glossary/parmesan) (or vegetarian alternative), grated

2 eggs, beaten

2 tbsp double cream

small pack parsley chopped

**Method**

Heat oven to 200C/180C fan/gas 6. Toss the cauliflower with the oil, thyme and seasoning, and spread out on a large baking tray. Roast for 15-20 mins until starting to soften and caramelize. Sprinkle the hazelnuts over the cauliflower and cook for another 5 mins until the nuts are lightly toasted and the cauliflower cooked through. Meanwhile, cook the pasta following pack instructions.

Drain the pasta, reserving the cooking water, then return to the pan. Take the baking tray out of the oven and add the cauliflower and hazelnuts to the pasta, then stir in the Parmesan, egg, cream, parsley and 1 tbsp of cooking water. The heat from the pasta should be enough to just cook the egg without scrambling it. If the sauce is too thick, add a splash more cooking water. Check the seasoning and serve.