Vegetarianism

11.3.12 F, 11.3.6 C, 11.3.9 D

Day 1

Intro: Show PPT slide of famous people and ask students what they all have in common. Answer: all are/were vegetarians.



Terminology/Vocabulary: Show a word-splash of terms/vocab that students should know concerning this topic and have them use class resources/internet to define. Go over definitions to be sure they are accurate.

Day 2

Discussion & Notes: There are many types of vegetarians. Fill in the graphic organizer with 2-3 points about each type of vegetarian while viewing the YouTube clip: http://www.youtube.com/watch?v=Fh-83x_0lhY

Activity: To reinforce the different types of vegetarians, use the graphic organizer to complete the reinforcement activity "Who Can Eat This?"

Day 3

Discuss: Why do people choose to practice vegetarianism? Brainstorm a list of reasons while viewing this YouTube clip: Why do people choose a vegetarian diet?

https://www.youtube.com/watch?v=S63Y-I-Voso

Exit Slip: Write a response to the following prompt: If I had to be a vegetarian, which one would I be and why?

Day 4

Guest Speaker & Taste Test (Fear Factor Style)

Activity: Invite a person from the local health food store to come in and speak about vegetarianism and conduct a taste test (Fear Factor Style-blind folded) using some common vegetarian foods such as: tempeh, tofu, quinoa, hummus, falafel and seitan.

Students will rate the food by taste (I yucky to 10 yummy) and provide a sensory description (taste, texture, smell, and feel) and try to identify what they are eating.

Assignment: Write a reflection on this experience as your exit ticket.

Assessment: Vegetarian Lifestyle (Creative Writing Assignment)

Create a narrative story about people (you or imaginary) using the vocabulary words previously assigned. Your story should make sense and show your understanding of the terms without writing their textbook definitions. You should write the story as you writing this for your English teacher. Stories will be read aloud and shared with the class.

Vocabulary

Define the following terms associated with VEGETARIANISM on composition paper:



Types of Vegetarians Graphic Organizer

Write 2-3 points about each type of vegetarian as you watch the clip.

Pescatarian	Flexitarian
A: Ovo-Lacto Vegetarian	C. Ovo-Vegetarian
B. Lacto-Vegetarian	
Vegan	Raw Vegan
Macrobiotic	Fruitarian

Who Can Eat This?

What Type(s) of Vegetarians can eat the following recipes?

Artichoke Dip	
2 cans artichoke hearts	
¼ c. mayonnaise	
l c. grated Parmesan cheese	
Scrambled Eggs	
6 eggs	
¼ c. milk	
Fruit Salad	
4 medium apples	
2 cups grapes	
l can mandarin oranges	
l can pineapple chunks	
l pkg. cream cheese	
½ c. sour cream	
½ c. mayonnaise	
½ c. sugar	
Southwestern Soup	
l can √8 juice	
l can garbanzo beans	
l can diced tomatoes	
l can corn	
l can kidney beans	
l lb. cooked chicken	
l pkg. taco spice	

Spinach Salad		
l lb. raw spinach		
I small onion		
2 tomatoes		
Sliced strawberries		
1/3 cup olive oil		
Mashed Garlic Spuds		
6 potatoes		
½ c. sour cream		
4 T. butter		
½ cup milk		
minced garlic		
Chocolate Chia Cookie		
Chocolate Chip Cookie Dough Bites		
2 ripe bananas		
l cup quick oats		
1/2 c choc chips		
l heaping spoonful of natural p	eanut butter	
Chicken Parmesan Meatballs		
1 1/4 pounds minced chicken		
2 tablespoons onion, chopped		
1/2 cup Parmesan		
1/2 cup breadcrumbs		
zest of 1/2 lemon		
I tablespoon parsley, chopped		
l minced clove garlic		
legg, whisked		
Quesadillas		
l dozen tortillas		
2 cups refried beans		

Kim Graybill/2014

Shredded cheese

Vegetarian Lifestlye (Creative Writing Assignment)

Create a narrative story about people (you or imaginary) using the vocabulary words previously assigned. Your story should make sense and show your understanding of the terms without writing their textbook definitions. You should write the story as you writing this for your English teacher. Stories will be read aloud and shared with the class. Be sure to <u>underline</u> the terms as you use them in your story and to proofread for spelling and grammar.

Vegetarian Lacto-Vegetarian Lacto-Ovo-Vegetarian Ovo-Vegetarian Pescatarian Vegan Tempeh Tofu Quinoa Flexitarian Macrobiotic Fruitarian Hummus Flalafel Seitan Raw-Vegan