

Veggie diet bad for kids (Wed 23 Feb)

WARM-UPS

CHAT: Talk in pairs or groups about vegetables / being vegetarian / meat / dairy products / Sir Paul McCartney / intellectual power / muscles / ...Change topic / partner frequently to energize the class.

VEGETARIAN BRAINSTORM: Spend one minute writing down all of the different words you associate with the word 'vegetarian'. Share your words with your partner / group and talk about them.

VEGGIE LIFESTYLE: In pairs / groups, write down 5 ideas why being a vegetarian is better for you. Talk about these. Change partners several times, sharing your information. Return to your original partner and choose the best five ideas from those you heard.

OPINIONS: In pairs / groups, discuss the following opinions:

- a. We are carnivores. We were designed to be meat-eaters.
- b. People on vegetarian diets live longer.
- c. It's wrong for parents to force their children to eat a vegetarian diet.
- d. Meat provides valuable protein to make you big and strong.
- e. American football players eat a lot of meat. They are big and strong.
- f. It's wrong to kill animals just for food.
- g. Beef, chicken, lamb etc taste goooooood.
- h. Eating meat makes us more violent.
- i. If everyone were vegetarian, the environment would be better.
- j. If we were all vegetarian, McDonald's would have to sell veggie-burgers and tofu McNuggets.
- k. Parents should be able to decide the diet for their children.
- l. Einstein and Ghandi were vegetarian – we could all be like them without meat.

PRE-READING IDEAS

WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... of the words 'long' and 'time'.

TRUE / FALSE: Predict whether the following statements about the article are true or false:

- a. A professor attacked Sir Paul McCartney for being vegetarian. T / F
- b. A professor said vegetarian children suffer mental and physical developmental problems. T / F
- c. Unborn children develop normally even if their mothers are vegetarian. T / F
- d. A researcher said it is “unethical” for parents not to give animal products to children. T / F
- e. Sir Paul McCartney’s children are vegetarian and not short. T / F
- f. A professor hit Sir Paul McCartney. T / F
- g. A professor couldn’t sleep because of something Sir Paul McCartney said. T / F
- h. Two spoons of meat a day helps children grow better. T / F

SYNONYM MATCH: Match the following synonyms from the article:

- | | |
|----------------|--------------|
| (a) professor | bring up |
| (b) raise | backward |
| (c) mental | retaliated |
| (d) sufficient | garbage |
| (e) retarded | intellectual |
| (f) dismissed | worry |
| (g) rubbish | scientist |
| (h) hit back | enough |
| (i) lose sleep | research |
| (j) study | rejected |

PHRASE MATCH: Match the following phrases based on the article

- | | |
|---------------------------------|--------------------|
| (a) long-time | industry |
| (b) meat or dairy | sleep |
| (c) developmental | back |
| (d) unborn | vegetarian |
| (e) animal | power |
| (f) funded by the American meat | products |
| (g) kids who grew up healthily | products |
| (h) Ms Allen hit | problems |
| (i) lose | children |
| (j) physical and intellectual | on a non-meat diet |

GAP FILL

Veggie diet bad for kids (Wed 23 Feb)

BNE: A professor in the United States has _____ long-time vegetarian Sir Paul McCartney by attacking parents who _____ their children with a strict vegetarian diet. Professor Lindsay Allen of the University of California said children who are raised without eating meat or dairy products _____ mental and physical developmental problems. She said this includes unborn children, "There have been sufficient studies clearly showing that when women _____ all animal foods, their babies are born small, they grow very slowly and they are developmentally retarded, possibly permanently." She said it is "unethical" for parents not to give animal products to children. Sir Paul dismissed Professor Allen's findings as "_____ ", saying her research was funded by the American meat industry. He gives his own healthy children as an example of kids who grew up healthily on a non-meat diet. He continued, "Vegetarianism has been a good thing for me and my children, who are no shorter than other children." Ms Allen hit back, stating "Knowing Sir Paul is upset won't make me _____ sleep. My work was done for the United States Agency for International Development, not a meat company." Her study showed how vegetarian children in Kenya greatly _____ their physical and intellectual power after being given two spoons of meat a day. Perhaps a vegan diet is healthy. Perhaps a little meat or milk _____ may be healthier.

rubbish improved suffer avoid angered occasionally lose raise

DISCUSSION:

- a. Do you like meat?
- b. Do you like vegetables?
- c. Should growing children eat meat?
- d. Is a vegetarian diet healthier than a meat-based one?
- e. Do you believe Professor Allen's study that showed kids who ate meat grew bigger and smarter?
- f. A strict vegetarian (vegan) eats no animal products, not even honey. What do you think of this?
- g. Do you like Sir Paul McCartney and the Beatles?
- h. Before a cow is killed, its body fills with adrenalin. This chemical makes humans aggressive and violent. What do you think about this?
- i. Is it unethical for a pregnant woman to eat a vegan diet?
- j. Did you have any meat or vegetables you hated as a kid?
- k. What kind of things do you lose sleep over?
- l. If you eat lots of beef, you might be very big. Is it good to be so big?
- m. If the whole world were vegetarian, we'd need less land for cows, which would mean more trees and less deforestation. Should the world be vegetarian?
- n. Teacher / Student additional questions.

HOMEWORK

VOCAB EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

INTERNET: Search the Internet and find more information on being a vegan. Share your opinions with your class next lesson.

VEGAN DIET: Create a poster with the pros and cons of a vegan diet.

LETTER TO PROFESSOR ALLEN / SIR PAUL: Write a letter either to Professor Lindsay Allen or Sir Paul McCartney explaining your thoughts on their research / opinions.

FULL TEXT

Veggie diet bad for kids (Wed 23 Feb)

BNE: A professor in the United States has **angered** long-time vegetarian Sir Paul McCartney by attacking parents who **raise** their children with a strict vegetarian diet. Professor Lindsay Allen of the University of California said children who are raised without eating meat or dairy products **suffer** mental and physical developmental problems. She said this includes unborn children, "There have been sufficient studies clearly showing that when women **avoid** all animal foods, their babies are born small, they grow very slowly and they are developmentally retarded, possibly permanently." She said it is "unethical" for parents not to give animal products to children. Sir Paul dismissed Professor Allen's findings as "**rubbish**", saying her research was funded by the American meat industry. He gives his own healthy children as an example of kids who grew up healthily on a non-meat diet. He continued, "Vegetarianism has been a good thing for me and my children, who are no shorter than other children." Ms Allen hit back, stating "Knowing Sir Paul is upset won't make me **lose** sleep. My work was done for the United States Agency for International Development, not a meat company." Her study showed how vegetarian children in Kenya greatly **improved** their physical and intellectual power after being given two spoons of meat a day. Perhaps a vegan diet is healthy. Perhaps a little meat or milk **occasionally** may be healthier.