READING: What is a Vegan?

Vocabulary Preview

● *Match the words on the left with the meanings on the right.*

1. dairy   **E**
2. product   ____
3. leather   ____
4. recently   ____
5. million   ____
6. famous   ____
7. healthy   ____
8. pet   ____

A. 1,000,000

B. something that people make

C. not a long time ago until now

D. known and liked by many people

E. milk, cheese, butter and ice-cream

F. an animal like a cat that you have in your home

G. skin from an animal used to make clothes

H. not sick

● *Use the above words to complete the sentences. Change the forms of verbs and nouns when necessary.*

1. More than twenty-five ____**million**____ people live in New York City.

2. My friend has a _____ rabbit.

3. I want to be in movies and on TV. I want to be _____.

4. I don't want to be sick. I want to be _____.

5. _____, many people think about how to become healthy.

6. There are many kinds of _____s in a supermarket.

7. You can buy _____ foods (like milk and cheese) at a supermarket.

8. Some shoes are made from _____.

● *Choose any two of the above words and write your own sentences.*

1. _____

2. _____

READING

Topics: Animals / Food / Health

What is a Vegan?

What is a vegan? Here is a better question: *who* is a vegan? A vegan is a person who does not eat meat, fish, chicken, eggs, cheese or other **dairy**[1] foods such as ice-cream or milk. Also a vegan does not use animal **products**[2] like **leather**[3]. Here is another question: what does a vegan eat? A vegan eats foods like fruits and vegetables, beans, bread, and pasta (a "vegetarian" doesn't eat meat but sometimes eats cheese and dairy foods). **Recently**[4], more and more people are vegans. In the U.K. there are now more than one **million**[5] vegans. In the U.S.A. there are now more than four million vegans. In the world, there may be fifteen million vegans. Maybe you know about these **famous**[6] vegans and vegetarians: Abraham Lincoln, Albert Einstein, Brad Pitt, Johnny Depp, Leonardo Da Vinci and Venus Williams. Why are so many people changing the food they eat? There are many answers to this question. Here are two very important answers. First, they think meat is not **healthy**[7]. Second, many people say is not a good idea to kill animals and eat them. Farm animals can think and feel the same as the **pets**[8] in our homes. "Most people don't eat cats and dogs," vegans say, "so it is also not a good idea for people to eat pigs, cows and chickens".

READING

Spelling Practice

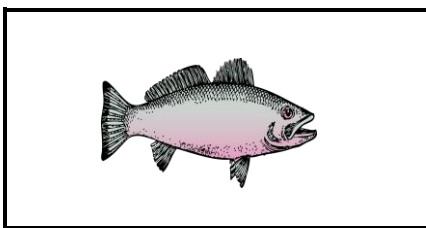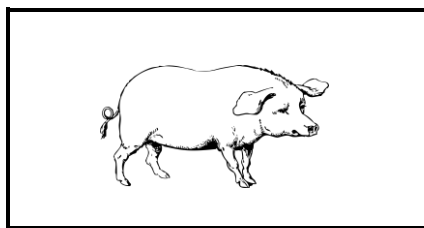# What is a Vegan?

Vegan

- *Listen to your teacher and write the missing vowels: a / e / i / o / u*
  Then copy the words.

1. m _e_ _a_ t   *meat* _____

2. f__sh _____

3. ch__ck__n _____

4. __ggs _____

5. ch__ __s__ _____

6. __c__-cr__ __m _____

7. m__lk _____

8. b__ __ns _____

9. br__ __d _____

10. p__st__ _____

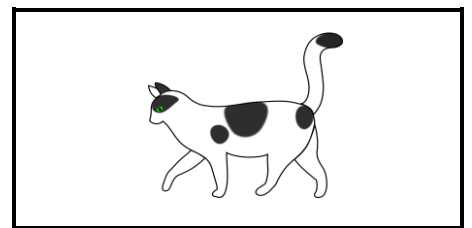11. v__g__t__bl__s _____

12. f__ __d _____
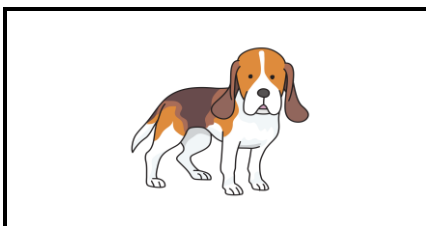
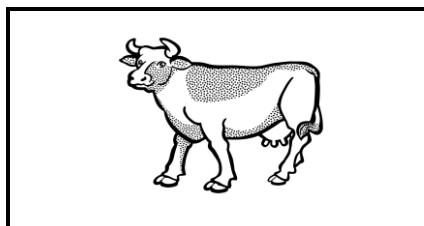- *Write the names of the animals and birds you see.*

1. _____ *fish* _____

2. _____

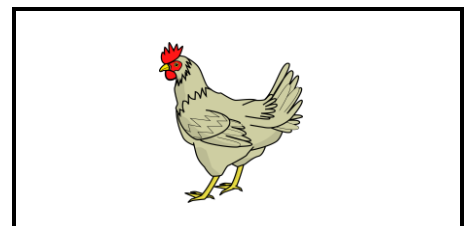3. _____

4. _____

5. _____

6. _____

NAME: _____   **DATE:** _____

READING: What is a Vegan?

How Much Do You Understand?

- *Write 'T' (True) or 'F' (False) next to each statement.*

1. _____ Vegans like to eat fish.

2. _____ Milk is a kind of dairy food.

3. _____ There are four million vegans in the U.K.

4. _____ Many people think meat is not healthy.

5. _____ Some vegans and vegetarians are famous.

6. _____ Many people are changing the kind of food they eat.

Discuss

- *Discuss the following questions with your classmates.*

1. What kinds of food can make you healthy?

2. Do you like animals? Do you have any pets?

3. Is it a good idea to become a vegan? Why? / Why not?

Write

- *Choose one of the above discussion questions. Write a short paragraph to answer it.*

_____

_____

_____

_____

_____

_____

_____

_____

Lesson	**"What is a Vegan?"**
Grammar Focus	Present Simple
Vocabulary	224 words **A1** words-79% / **A2** words-6% / **B1** words-1% There are no **AWL** Words in this text. *Vocabulary Analysis by: vocabkitchen.com*
Level	Beginning – Elementary (CEFR A1)

ANSWER KEY Page 1

- **Vocabulary**

1. E	1. million
2. B	2. pet
3. G	3. famous
4. C	4. healthy
5. A	5. Recently
6. D	6. product(s)
7. H	7. dairy
8. F	8. leather

ANSWER KEY Page 3

- **Spelling**

1. meat	7. milk
2. fish	8. beans
3. chicken	9. bread
4. eggs	10. pasta
5. cheese	11. vegetables
6. ice-cream	12. food

ANSWER KEY Page 3

- **Spelling**

1. fish
2. pig
3. cat
4. dog
5. cow
6. chicken

ANSWER KEY Page 4

- **How Much Do You Understand?**

1. F *(Vegans don't eat fish.)*
2. T
3. F *(There are about one million vegans in the U.K..)*
4. T
5. T
6. T

Article Sources:

- *https://foodrevolution.org/blog/vegan-statistics-global/*

- *https://www.youtube.com/watch?v=nj61v-W2YTo*