

SSDG15 Seeding Sustainability

Micro Module 2: Food Sovereignty and Security



MM2: Food Sovereignty and Security

Programme Phase 1: Research and Development

Lesson 8

What if the whole world went vegan? [Part 2]

Subjects: CSPE; English;
Home Economics,

Lesson Title and Summary: What if the whole world went vegan? [Part 2]

This lesson is a continuation from Lesson 7. It aims to connect food choice to issues such as food scarcity and security, sustainable use of resources and poverty.

Vocabulary: Carbon Emissions; Hinder; Polarising; Veganism

In this lesson, the learner will:

- examine the food they are currently eating, and those of their peers
- develop an understanding of the arguments for and against veganism in regards to the health and sustainability of our planet and the species living on it
- share perspectives and gain insight into the views of others
- develop the ability to be respectful of other opinions when discussing polarising topics
- listen, paraphrase and analyse information

Materials

- Pie chart generator (see Media Box)
- Worksheet: What if the world turned vegan?
- Video: What if the world turned vegan? (see Media Box)



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ACTIVITY INSTRUCTIONS

Activity 1 Vocabulary review (5 mins)

- 1) Remind learners of the ideas presented in the previous lesson and review any key vocabulary.

Activity 2 What if the whole world turned vegan? (30 mins)

- 1) Give each learner a copy of What if the World Turned Vegan? In pairs, discuss the conversation point at the top of the worksheet and then share ideas with another pair.
- 2) Show learners the video and remind them not to take notes. They can then write answers to Activity 2 individually. Show the video again, asking learners to complete Activity 3 while they watch. They can then compare answers with a partner.
- 3) Encourage learners to re-visit their original discussions by completing Activity 5.

Activity 3 Conversation Lines (15 mins)

- 1) Divide the learners into two lines, each line facing the other (each learner should be facing another learner). You are going to give students 2-3 minutes to discuss a question/statement before asking one of the lines to move to their right. Learners will discuss a new question/statement with someone different. Repeat every 2-3 minutes.
 - Why is the issue of veganism so polarising?
 - Vegan and plant-based diets use less resources (land, water, etc.). Is it the answer to solving global food shortages?
 - What do you feel is the biggest problem with a meat-based diet and the biggest problem with a vegan diet? Is there a compromise?
 - How long do you think it would take for all humans to adapt to becoming vegan?
 - Poorer people have little to no say in what they eat. Does veganism help or hinder this?

REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

Use Post-its or a mentimeter survey - www.mentimeter.com - to gather reflections

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EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, complete Steps 1-4 and save Step 5 for the next class or give the questions to learners to complete as a reflective writing task at home.

Extension: For a longer lesson, continue examining polarising food choices with the 'Should we eat bugs?' lesson.

Alternatively, host a sensory dining experience with foods on this list:

<https://www.pastemagazine.com/food/the-most-polarizing-foods/#stinky-cheese>

MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Should we eat bugs? <https://ed.ted.com/lessons/should-we-eat-bugs-emma-bryce>

The Most Polarizing Foods: <https://www.pastemagazine.com/food/the-most-polarizing-foods/>

What would happen if the world went vegan?

<https://www.pastemagazine.com/food/the-most-polarizing-foods/>

Video) What if the world went vegan?:

- 3:46 min <https://www.youtube.com/watch?v=ANUoAdXfA60>
- <https://www.bbc.co.uk/ideas/videos/what-if-the-whole-world-went-vegan/p082l2r8>

The Gamechangers full Documentary (1:25 hr) https://www.youtube.com/watch?v=0YP6IBTXNIY&ab_channel=AllDocumentaries

LOCAL TRIP / EXPERTISE

- Create a panel of local individuals (plant-based, meat eaters, etc.). SDG 4 Use Supporting Skills Worksheet (Interviews) to prepare questions to pose to the panel.
- Google a plant-based restaurant to see their menu.
- Visit a plant-based café or restaurant with the learners to sample their menu.



ANSWER KEY

- According to the video, how many people in the UK do not eat animal products?
A: 1/2 a million people
- According to the video, what three health issues have research studies shown plant-based diets to benefit?
A: Type 2 Diabetes, High Blood Pressure and Some Types of Cancer
- How many animals (cows, sheep and pigs) does the video say there are thought to be in the world?
A: 3500,000,000
- What percentage of agricultural land is devoted to livestock? And how much is for animal feed? Listen for the total figure of land and use the percentages to calculate the square
A: 70% of 50 million square kilometres - 35 million square kilometres, 1/3 of 30% for animal feed - 10% = 5 million square kilometres total 40 Million square KM
- In 2017, what percentage of greenhouse gas emissions were attributed to livestock? **A: 15%**
- If everyone became vegan how much does the video say food-related emissions are predicted to drop by?
A: 70%
- What are the potential negative effects of going vegan? List 2 issues stated in the video
A: In some instances livestock farming supports biodiversity, there would be Employment challenges
- Pause at 5:13 mins of the video - think about how your life might change if you no longer used animal derivatives (sourced from animals)? What would you find the hardest to give up?

2. Discuss your answers with a partner. We will review the answers in 2 minutes.

- Finally, Do you think the figures have increased or decreased since 2017?
- How might you verify the facts and statements in the video?

Some Academic References:

- DeWeerd, S (2016) Can vegans really save the planet
<https://www.anthropocenemagazine.org/2016/03/can-vegans-really-save-planet/>
- Allen, P (2017) What would happen if the whole world went vegan?
<https://www.bbcgoodfood.com/howto/guide/what-would-world-look-if-everyone-went-vegan>
- Willis, C (2020) What would happen if the world went vegan?
<https://www.veganfoodandliving.com/features/what-would-happen-if-the-world-went-vegan/>

MM2; L8WS WHAT IF THE WHOLE WORLD WENT VEGAN?



What if the whole world went vegan? It's an interesting idea that would impact both our health and that of the environment.

Talk to your partner for 2 minutes about your initial thoughts on this.

- Do you agree with the idea?
- What possible impacts could there be?

1. Watch the video: What If The World Turned Vegan? Don't take any notes this time

2. When you have finished watching the video;

What are some of the key words/phrases you remember?

What did you already know?

How do you feel about what has been discussed in the video?

What was the most surprising thing you remember from the video?

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3. Watch the video again and answer the questions.

- According to the video, how many people in the UK are not eating animal products?
- According to the video, what three health issues have research studies shown plant-based diets to benefit?
- How many animals (cows, sheep and pigs) does the video say there are thought to be in the world? How many chickens does the video say there are approximately in the world?
- What percentage of agricultural land is devoted to livestock? And how much is for animal feed? Listen for the total figure of land and use the percentages to calculate the square kilometres.
- What percentage of greenhouse gas emissions are attributed to livestock?
- If everyone became vegan how much does the video say food-related emissions are predicted to drop by?
- What three things are stated to happen if the 'world went vegan'?
- What are the potential negative effects of going vegan? List 3 issues stated in the video.
- Pause at 5:13 mins of the video - think about how your life might change if you no longer used animal derivatives (sourced from animals)? What would you find the hardest to give up?

Discuss your answers with a partner. We will review the answers in 2 minutes.

*** Finally, Do you think the figures have increased or decreased since 2017?**

*** How might you verify the facts and statements in the video?**

Go back to the discussion you had with a partner before watching the video. Have your views changed? Why/why not?
