



Promoting ways of living free from animal products - for the benefit of people, animals, and the environment

Lesson Plan

<u>Subject</u> Food Technology		<u>Year group</u> 7A(i)	
<u>Title</u> Vegan meal design		<u>Ability</u> By activity	
<u>Context</u> Vegans eat no animal products; so how do they ensure they are getting adequate nutrition from their food? This lesson gets students thinking about what foods are, and how to balance meals when excluding animal ingredients.			
<u>Learning objectives</u> To: design a product to meet a specific technical purpose; classify ingredients by source; consider nutritional properties of ingredients; consider how the extraction, use and disposal of ingredients affects the environment and human health.			
<u>Starter</u> 5-10 minutes - 'Where do these foods come from' activity - hand out as class enters, or place on desks before lesson. 2-3 minutes - Introduction: What vegan means - what vegans don't eat.		<u>Comments/additions</u>	
<u>Main activity</u> 10-15 minutes - 'Vegan nutrition' PowerPoint - what vegans do eat. A look at the food groups and some indication of amounts needed in the diet, the balance of health, and some suggestions of plant sources of nutrients. 20-25 minutes - 'Making changes' activity, using cook books, nutrition charts, and information sheets. An activity to stimulate thought about how to change existing recipes to make them vegan, while retaining the nutritional components, taste, feel and look of the original.			
<u>Plenary</u> 5-10 minutes - Short discussion: Why might people choose to be vegan? E.g. animal rights, environmental impact, resource management, health, spirituality/religion. Do you think that it's okay to be vegan?			
<u>Homework</u> Design a simple meal which is nutritious, tasty and vegan.			
<u>Numeracy - NC Links</u> Nutrition figures	<u>Literacy - NC Links</u> Nutrition keywords, animal foods	<u>ICT - NC Links</u> Opportunity for research using internet or CD-ROM	<u>Citizenship - NC Links</u> Understanding others, choice
<u>Resources</u> 'Where do these foods come from' (lower, middle and upper), 'Vegan nutrition' (PowerPoint), 'Making changes', vegan cook books, nutrition charts, information sheets.			
<u>Support staff role</u> Help with research, manage resources.		<u>Risk assessment</u> No special risks.	
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