



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

Lesson Plan

<u>Subject</u> Science		<u>Year group</u> 8	
<u>Title</u> Vegan nutrition		<u>Ability</u> By activity	
<u>Context</u> This lesson gets students to consider special diets alongside learning about vegan nutrition. Food tests and nutrient considerations are included to show how a vegan diet can be balanced.			
<u>Learning objectives</u> QCA Unit 8A: Food and Digestion. 2b: that foods contain a mix of proteins, carbohydrates, fats, vitamins, minerals, fibre and water. 4a: that a healthy diet contains a balance of foodstuffs. Extra: to understand the term 'vegan'.			
<u>Starter</u> From start for 5 mins: 'What do vegans eat?' worksheet, to get students used to the concept of veganism. 5 mins: discussion and correction of worksheet		<u>Comments/additions</u> Extra	
<u>Main activity</u> 20 mins: Practical: Food tests on vegan foods. The students will carry out a range of tests on various vegan foods to discover what nutrients or food groups they contain. The students will follow the instructions given on the 'Vegan food test' handout, which includes suggestions of some foods to use. 5 mins: Talk about different food groups, explain that humans need some of each to be healthy. 10-15mins: Activity: 'Can vegans be healthy?' worksheet. The students will use the information provided to create a simple balanced meal that is suitable for vegans.		2b 4a 4a	
<u>Plenary</u> 5-10 mins: 'What would a vegan eat instead of?' activity. The teacher should ask the students to make suggestions as to what could be an alternative to various items. A list is provided.		Extra	
<u>Homework</u> Find a vegan recipe and explain which ingredients are in which food groups. Does the recipe describe a balanced meal? Students can use website www.vegansociety.com or the CD-ROM to find recipes.		2b, 4a, extra	
<u>Numeracy - NC Links</u> Measurement of solutions in practical.	<u>Literacy - NC Links</u> New vocabulary.	<u>ICT - NC Links</u> Use of internet and Vegan Society CD-ROM.	<u>Citizenship - NC Links</u> Understanding others, health, choice.
<u>Resources</u> Worksheets as mentioned above. Practical equipment and detailed instruction on how to carry out each experiment.			
<u>Support staff role</u> Help with practical and with meal balance exercise.		<u>Risk assessment</u> Caution needed when handling chemicals, teacher must decide what can be attempted in their classroom.	
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