

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# READING

## What is a Vegan?

### Vocabulary Preview

- Match the words on the left with the meanings on the right.

- |             |              |                                                     |
|-------------|--------------|-----------------------------------------------------|
| 1. dairy    | <u>  E  </u> | A. 1,000,000                                        |
| 2. product  | _____        | B. something that people make                       |
| 3. leather  | _____        | C. not a long time ago                              |
| 4. recently | _____        | D. known and liked by many people                   |
| 5. million  | _____        | E. milk, cheese, butter, and ice-cream              |
| 6. famous   | _____        | F. an animal like a cat that you have in your home  |
| 7. healthy  | _____        | G. skin from an animal that is used to make clothes |
| 8. pet      | _____        | 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. \_\_\_\_\_

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## READING

Topics: Veganism / 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**<sup>1</sup> foods such as ice-cream or milk. Also, a vegan does not use animal **products**<sup>2</sup> like **leather**<sup>3</sup>. 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**<sup>4</sup>, more and more people are vegans. In the U.K. there are now more than one **million**<sup>5</sup> 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**<sup>6</sup> 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**<sup>7</sup>. Second, many people say it is not a good idea to kill animals and eat them. Farm animals can think and feel the same as the **pets**<sup>8</sup> 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.”

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# READING

## Spelling Practice

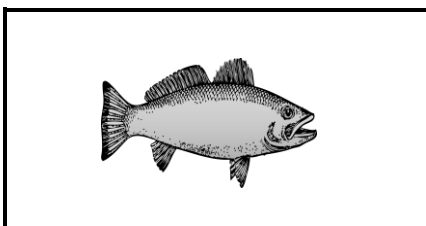
### What is a Vegan?



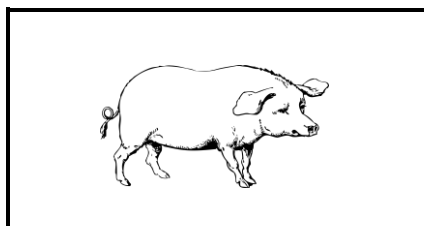
- Listen to your teacher and write the missing vowels: a / e / i / o / u  
Then copy the words.

- |                          |             |
|--------------------------|-------------|
| 1. m <u>e</u> <u>a</u> t | <u>meat</u> |
| 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              | _____       |

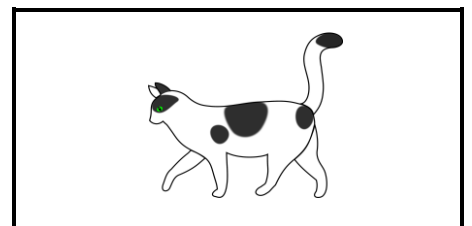
- Write the names of the animals and birds you see.



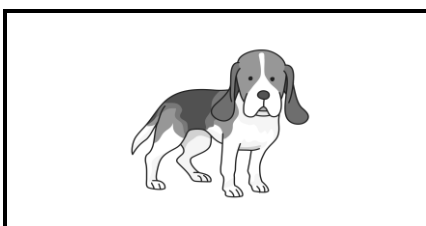
1. fish



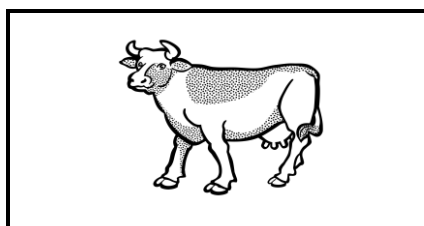
2. \_\_\_\_\_



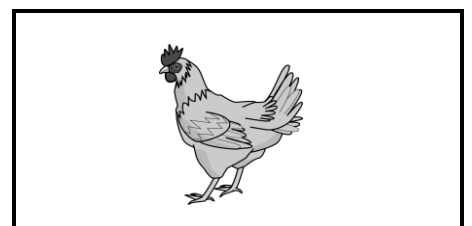
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

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# 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? Why? / Why not? Do you have any pets?
3. In your opinion, 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.

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**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** Elementary (CEFR A1 to A2)

**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>