

WORLD VEGETARIAN DAY

http://www.eslHolidayLessons.com/10/world_vegetarian_day.html

CONTENTS:

The Reading / Tapescript	2
Phrase Match	3
Listening Gap Fill	4
Listening / Reading Gap Fill	5
Choose the Correct Word	6
Multiple Choice	7
Spelling	8
Put the Text Back Together	9
Scrambled Sentences	10
Discussion	11
Student Survey	12
Writing	13
Homework	14

ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

THE READING / TAPESCRIPT

World Vegetarian Day is held every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have similar celebrations held on different days. They all celebrate the benefits of eating a plant-based diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and life-enhancing possibilities of vegetarianism." It hoped to raise awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number of people turning to vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st sees many of them celebrate their food and eat lots of it.

Vegetarianism is when you follow a diet that excludes meat, fish, shellfish, and other animal products. There are several different types of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or anything else from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are called lacto-ovo vegetarians. 'Lacto' is the Latin word for milk and 'ovo' means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious reasons. Scientists say we must all be vegetarian to help save the Earth. There is not enough land for us all to be carnivores, or meat-eaters.

PHRASE MATCH

Match the following phrases from the article.

Paragraph 1

- | | |
|---------------------------------|---------------------|
| 1. held every year on | a. plant-based diet |
| 2. Many countries have similar | b. lifestyle |
| 3. the benefits of eating a | c. of vegetarianism |
| 4. life-enhancing possibilities | d. October the 1st |
| 5. a vegetarian | e. to vegetarianism |
| 6. people turning | f. celebrations |

Paragraph 2

- | | |
|------------------------------|------------------|
| 1. follow a diet that | a. products |
| 2. different types | b. be carnivores |
| 3. eat and drink dairy | c. the Earth |
| 4. 'Lacto' is the Latin word | d. excludes meat |
| 5. help save | e. of vegetarian |
| 6. enough land for us all to | f. for milk |

LISTENING GAP FILL

World Vegetarian Day _____ on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have similar celebrations _____. They all celebrate the benefits of eating a plant-based diet. In 1977, the NAVS said it wanted to "_____, compassion and life-enhancing possibilities of vegetarianism." It hoped to _____ the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number _____ vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st sees many of them celebrate their food _____.

Vegetarianism is _____ diet that excludes meat, fish, shellfish, and other animal products. There are several different types of vegetarian. _____ eat meat, poultry, fish, dairy products, eggs, honey _____ from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are called lacto-ovo vegetarians. 'Lacto' _____ milk and 'ovo' means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for _____ religious reasons. Scientists say we must all be vegetarian to help save the Earth. There is not enough _____ to be carnivores, or meat-eaters.

WHILE READING / LISTENING GAP FILL

Put the words into the gaps in the text.

World Vegetarian Day is _____ every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have _____ celebrations held on different days. They all celebrate the benefits of eating a plant-_____ diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and _____ - enhancing possibilities of vegetarianism." It hoped to _____ awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian _____. The number of people _____ to vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st _____ many of them celebrate their food and eat lots of it.

Vegetarianism is when you _____ a diet that excludes meat, fish, shellfish, and other animal products. There are several different _____ of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or anything _____ from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are _____ lacto-ovo vegetarians. 'Lacto' is the Latin word _____ milk and 'ovo' means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious _____. Scientists say we must all be vegetarian to help _____ the Earth. There is not _____ land for us all to be carnivores, or meat-eaters.

life
turning
held
raise
based
sees
similar
lifestyle

types
reasons
called
enough
else
follow
save
for

CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Vegetarian Day is *held / holding* every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have *similarity / similar* celebrations held on different days. They all celebrate the benefits *of / for* eating a plant-based diet. In 1977, the NAVS said it wanted to "promote the *joyful / joy*, compassion and life-enhancing possibilities of vegetarianism." It hoped to *rise / raise* awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number of people *turning / spinning* to vegetarianism is increasing every year. There are about one million *new / newly* vegetarians in the United States every year. October 1st sees many of them celebrate their food and eat lots of *them / it*.

Vegetarianism is when you *following / follow* a diet that excludes meat, fish, shellfish, and other animal products. There are several different *type / types* of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or *anything / nothing* else from or made by animals. Most vegetarians eat and drink *diary / dairy* products and eat eggs. These are called lacto-ovo vegetarians. 'Lacto' is the Latin word for milk and 'ovo' *means / meaning* egg. Other people say they *are / be* vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious *reason / reasons*. Scientists say we must all be vegetarian to help save the Earth. There is not enough *land / lands* for us all to be carnivores, or meat-eaters.

MULTIPLE CHOICE

World Vegetarian Day is (1) _____ every year on October the 1st. It was started in the USA by the North American Vegetarian Society (NAVS). Many countries have (2) _____ celebrations held on different days. They all celebrate the benefits of eating a plant-(3) _____ diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and life-enhancing possibilities of vegetarianism." It hoped to (4) _____ awareness of the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle. The number of people (5) _____ to vegetarianism is increasing every year. There are about one million new vegetarians in the United States every year. October 1st (6) _____ many of them celebrate their food and eat lots of it.

Vegetarianism is when you (7) _____ a diet that excludes meat, fish, shellfish, and other animal products. There are several different (8) _____ of vegetarian. A vegan will not eat meat, poultry, fish, dairy products, eggs, honey or (9) _____ else from or made by animals. Most vegetarians eat and drink dairy products and eat eggs. These are called lacto-ovo vegetarians. 'Lacto' is the Latin word (10) _____ milk and 'ovo' means egg. Other people say they are vegetarian but they eat fish. Many people are vegetarian for ethical, health, and/or religious (11) _____. Scientists say we must all be vegetarian to help save the Earth. There is not enough (12) _____ for us all to be carnivores, or meat-eaters.

Put the correct words from this table into the article.

- | | | | | |
|-----|---------------|----------------|----------------|--------------|
| 1. | (a) hold | (b) holding | (c) held | (d) holds |
| 2. | (a) similar | (b) similarity | (c) difference | (d) differed |
| 3. | (a) bases | (b) base | (c) basic | (d) based |
| 4. | (a) rise | (b) up | (c) raise | (d) high |
| 5. | (a) turning | (b) spinning | (c) twisting | (d) dizzying |
| 6. | (a) looks | (b) sees | (c) views | (d) gazes |
| 7. | (a) following | (b) followed | (c) follower | (d) follow |
| 8. | (a) typical | (b) typed | (c) types | (d) typist |
| 9. | (a) thing | (b) anything | (c) nothing | (d) anyhow |
| 10. | (a) for | (b) of | (c) from | (d) by |
| 11. | (a) reasoned | (b) reasons | (c) reason | (d) raisins |
| 12. | (a) lands | (b) landed | (c) landing | (d) land |

SPELLING

Spell the jumbled words (from the text) correctly.

Paragraph 1

1. It was tadtser in the USA
2. lsmiiar celebrations
3. a plant-ebdsa diet
4. aseri awareness
5. people gtnriun to vegetarianism
6. abteecrle their food

Paragraph 2

7. fllwoo a diet
8. elvsrea different types
9. dairy tsocprud
10. ganytinh else
11. health, and/or religious seonras
12. meat-eraste

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- () humanitarian benefits of a vegetarian lifestyle. The number of people turning to vegetarianism is
- () egg. Other people say they are vegetarian but they eat fish. Many people are
- (**1**) World Vegetarian Day is held every year on October the 1st. It was started in the USA by the North American Vegetarian
- () products. There are several different types of vegetarian. A vegan will not eat meat, poultry,
- () vegetarian for ethical, health, and/or religious reasons. Scientists say we must
- () fish, dairy products, eggs, honey or anything else from or made by animals. Most vegetarians eat and
- () increasing every year. There are about one million new vegetarians in the United States every
- () enhancing possibilities of vegetarianism." It hoped to raise awareness of the ethical, environmental, health and
- () drink dairy products and eat eggs. These are called lacto-ovo vegetarians. 'Lacto' is the Latin word for milk and 'ovo' means
- () Society (NAVS). Many countries have similar celebrations held on different days. They all celebrate the benefits
- () Vegetarianism is when you follow a diet that excludes meat, fish, shellfish, and other animal
- () of eating a plant-based diet. In 1977, the NAVS said it wanted to "promote the joy, compassion and life-
- () all be vegetarian to help save the Earth. There is not enough land for us all to be carnivores, or meat-eaters.
- () year. October 1st sees many of them celebrate their food and eat lots of it.

SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. October on year every Held 1st the.

2. days Similar held different celebrations on.

3. of vegetarian benefits a lifestyle Humanitarian.

4. The vegetarianism to turning people of number.

5. them of Many it of lots eat and food their celebrate.

6. Follow diet excludes a that meat.

7. vegetarian of types different several are There.

8. eat vegetarians Most products dairy drink and.

9. but fish say vegetarian eat People are they they.

10. us not all enough land There for is.

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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THE WORLD VEGETARIAN DAY SURVEY

Write five questions about World Vegetarian Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find more information about World Vegetarian Day. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about World Vegetarian Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. POSTER: Make your own poster about World Vegetarian Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.