

VEGAN






THEMED PROGRAMME



AIM

More and more people are choosing to explore a vegan lifestyle, as a way of reducing their carbon footprint. Use our themed programme to discover what veganism is about, debate the pros and cons, and try some vegan products and recipes for yourself.

ACTIVITIES

-  The Big Vegan Discussion
-  Vegan or Not Vegan
-  Vegan Cookies & Cream Cake
-  Veganism: What Does the Bible Say?
-  Vegan for a Day

VEGAN

» INTRODUCTION

A vegan lifestyle is becoming increasingly popular, with more and more food and drink businesses looking at how they can cater for this diet.

However the topic of veganism can cause debate between some people, with protests and debates taking place across the UK.

Use this themed programme to explore veganism more and what impact it can have on our lifestyles, our diets and the environment.


? DID YOU KNOW?

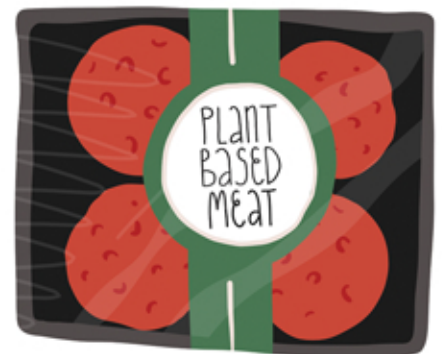
- Vegans avoid foods that come from animals, including meat, eggs, milk, cheese etc.
- Vegans also try to not use other animal products such as leather, wool and feathers, as well as not using products that have been tested on animals.
- Roughly 750,000 people in the UK consider themselves as vegan.
- 48% of Brits use plant based milks in their diet.
- 50% of the UK are cutting down, or cutting out, meat from their diet.



GET INVOLVED: PROTECTING OUR WORLD THE BIG VEGAN DISCUSSION

For some people the debate around veganism is a big one. Some believe strongly that everyone should be a vegan, whilst others believe meat is an important part of our diet and no-one can tell them not to eat it. Explore some of these discussions and more with this debating activity.

- 1  Access the Big Vegan Discussion sheet. This contains four discussion starters themed around veganism.
- 2 Split the group in half. Pick one of the questions and then decide which team will be arguing for and against. This could be done by flipping a coin.
- 3 Give each team 5 minutes to think about how they would like to argue the point they have been given. Teams could use the internet to research facts and figures to support their argument. We've provided some arguments for and against under each question, to get you started.
- 4 Come back together as a group and let the debate unfold, making sure everyone who wishes to make a point has the opportunity to do so.
- 5 After the debate has concluded, allow a vote on if the group agree or disagree with the statement. You shouldn't vote just for the side you were arguing for, but instead make a free decision based on all the arguments that were made.
- 6 Count up the votes and see what the group really think of that statement.
- 7 You could now repeat the process with more of the questions found on the discussion sheet.




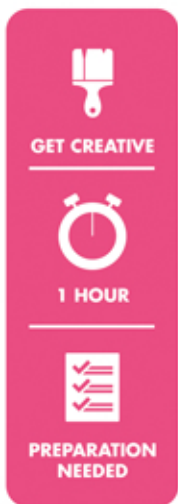


GET LEARNING: ME & MY WORLD

VEGAN OR NOT VEGAN

Finding products suitable for those on a vegan diet can sometimes be hard work. Often items we think would be suitable for vegans, because they shouldn't contain meat, can have hidden animal products inside them.

- 1  Download the Vegan or Not Vegan PowerPoint. Display this using a large TV or projector.
- 2 This PowerPoint shows 12 different products. Your job is to try and work out if those products are suitable for vegans or not. Products within the challenge include Haribo, Worcestershire sauce, Oreos, Skittles, Marshmallows and even a £5 note.
- 3 Bring up the first image and then as a group make your prediction on if that product is vegan or not. You could do this by nominating one end of the room as 'vegan' and the other end as 'not vegan', standing at the end of the room you believe to be correct. Alternatively, have a show of hands or write answers down.
- 4 After everyone has made their decision, reveal the answer.
- 5 Share the 'Did You Know?' fact that is displayed on each of the answer screens.
- 6 At the end of the activity have a short discussion. How did you get on? Did any of the answers surprise you? How easy do you think it is for vegans to find suitable products for them to eat?



GET CREATIVE: IN THE KITCHEN

VEGAN COOKIES & CREAM CAKE

Give vegan baking a try with this tasty cookies and cream cake. This recipe will make enough for 8 square bites and could be completed by two people working together.

- 1 Before the activity you will need to ensure you have all the ingredients gathered and ready to be used.
- 2 Combine the oil, milk, vinegar, vanilla and yogurt in a jug.
- 3 Mix the sugar, flour, cocoa powder, baking powder, bicarb and a pinch of salt together in a bowl.
- 4 Pour the wet ingredients into the dry ones and mix until there are no pockets of flour remaining.
- 5 Oil a small baking tin and line the insides with baking parchment.
- 6 Tip the mixture into the tin and level the surface with a spatula.
- 7 Bake at 180°C / 160°C fan / gas 4 for 25 minutes. Test if the cake is cooked by inserting a skewer. If the skewer comes out clean it is cooked. If any wet mixture is on the skewer, place the cake back in the oven for another 5 minutes.
- 8 Whilst the cake is baking you can make the vegan icing. Take half of the Oreos and crush them down into crumbs. Beat the spread, vanilla and icing sugar together until fluffy, then fold in the crushed cookies until combined.
- 9 Once the cake is cooled, spread the icing over the cake. Finish by using your remaining cookies to add on top. You could crumble these over the top or cut them into halves / quarters.

What you'll need:

Cake

- 75ml sunflower oil
- 100ml oat milk
- 0.75 tsp white wine vinegar
- ½ tsp vanilla extract
- 60g dairy free yogurt
- 115g light brown sugar
- 100g self raising flour
- 35g cocoa powder
- ½ tsp baking powder
- ¼ tsp bicarb of soda

Icing & Decoration

- 75g Oreos
- 75g vegan spread
- ½ tsp vanilla extract
- 135g icing sugar (check the brand is vegan)



GET INTO THE BIBLE: UNDERSTANDING CHRISTIAN VALUES


VEGANISM: WHAT DOES THE BIBLE SAY?

- 1 Often in times of uncertainty or when we need direction, we can turn to the Bible and find verses that help to show the way we should live our lives.
- 2 What about when it comes to our diet? What has the Bible got to say and does it indicate what sort of food we should or shouldn't be eating.
- 3 Split into two groups, each group having a Bible. One group should look at the first set of Bible verses, whilst the other group should look at the second set.

Group 1: Genesis 1:28-30, Proverbs 12:10, Exodus 20:13

Group 2: Genesis 9:3, Mark 7:18-19, Acts 10:9-16

- 4 Come back together and share what you have found in the Bible and what you think these passages say.
- 5 Depending on where you look, the Bible seems to say different things. Some may argue that in the beginning God created a perfect world with no sin or death (Genesis 1:28-30), however once sin entered our world then God accepted that things would need to be different (Genesis 9:3). Should we therefore live in the world we find ourselves in, with God's 'permission' to eat meat, or should we strive to live in the 'perfect' world that was originally intended for us? Is there a right or wrong answer, or is this debate a little bit more complicated than that?
- 6 Christians have been debating this for a long time, yet we still don't have a 'right' or 'wrong' answer. People will continue to have strong views either side of the agreement and that's ok.
- 7 However, we should all be aware of **Romans 14:2-4**. This highlights our own individual choice to decide, using our own liberty and conscience. We are called not to judge others based on their views, but instead accept we all do what we do in honour of our God – who are we to pass judgement on each other?

 **“A person who has been around for a while might well be convinced that he can eat anything on the table, while another, with a different background, might assume he should only be a vegetarian and eat accordingly. But since both are guests at Christ’s table, wouldn’t it be terribly rude if they fell to criticising what the other ate or didn’t eat? God, after all, invited them both to the table. Do you have any business crossing people off the guest list or interfering with God’s welcome? If there are corrections to be made or manners to be learned, God can handle that without your help.”**
Romans 14:2-4



GET INVOLVED: PROTECTING OUR WORLD

VEGAN FOR A DAY

Could you go vegan for a day? Take on the challenge to see how difficult or easy it would be.

- 1 Have a chat as a group about what you think the most difficult thing about being a vegan would be. What would you miss the most?
- 2 Now discuss what some of the benefits might be? Do you think you might feel healthier? Would the knowledge that you haven't involved animals in your diet for a day make you feel happier?
- 3 Plan out a menu for a day, making sure that all your meals and snacks are vegan friendly.
- 4 Choose a day of the week to complete your vegan challenge.
- 5 The following week come back together as a group and discuss how it went. Did you manage to stick to your vegan diet? Was it easier/harder than you originally thought? Would you be happy having vegan days in your regular diet, or do you value meat/milk/cheese etc too much?

THE BIG VEGAN DISCUSSION

Boycotting unethical (I.e. factory farmed) meat is understandable, but eating ethically reared meat is perfectly OK.

For

- Ethically reared meat means the animal had a healthy life, doesn't it?
- This helps protect animals welfare whilst allowing humans to still enjoy meat. Sounds like a win, win?

Against

- Breeding animals just to kill them still isn't right, is it?
- Killing animals against their will isn't 'ethical', regardless of how nice their life was.

Plants are living things too. Why is it ok to kill and eat them, but not animals? How do we know plants and crops don't feel pain too?

For

- Some vegans suggest that all living things are equal. To then eat plants is just double standards, right?
- Plants use mechanisms to protect themselves, surely this means they don't want to die?

Against

- There is no evidence to suggest plants can feel or experience pain.
- We know 100% that animals feel pain and suffering. Isn't that enough in itself to take action against eating animals?

If everyone became vegan, we'd put thousands of famers out of business and lose their livelihoods. How is that a good thing?

For

- There are approximately 100,000 farmers in the UK who employ around 500,000 people.
- Famers contribute millions to our economy and help keep the country fed. They deserve our respect, not job losses.

Against

- Famers could diversify to farming crops or other products.
- Because it provides jobs, doesn't mean it should happen. What about people that make cigarettes or weapons. Should they continue just because it provides a job?

Animals killing other animals is part of the circle of life and is natural. Isn't this how God intended us and designed us to live?

For

- The natural world is made up of predators and prey. The circle of life has been going on since the earth was created.
- God made all creatures - why would you want to kill something God has made with love?

Against

- Animals eat each other to survive. We don't need to eat animals to survive.
- God made Adam and Eve protectors of the world - including all things that lived on it. You don't kill things you are meant to protect.