

# Seeding Sustainability - Food Sovereignty



## Lesson 8

### What if the whole world went vegan? [Part 2]

Subjects: CSPE; English; Home Economics,

#### Lesson Title and Summary: What if the whole world went vegan? [Part 2]

This lesson is a continuation from Lesson 7. It aims to connect food choice to issues such as food scarcity and security, sustainable use of resources and poverty.

#### Vocabulary: Carbon Emissions; Hinder; Polarising; Veganism

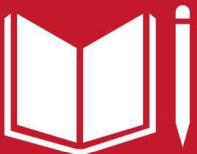
#### In this lesson, the learner will:

- examine the food they are currently eating, and those of their peers
- develop an understanding of the arguments for and against veganism in regards to the health and sustainability of our planet and the species living on it
- share perspectives and gain insight into the views of others
- develop the ability to be respectful of other opinions when discussing polarising topics
- listen, paraphrase and analyse information

#### Materials

- Pie chart generator (see Media Box)
- Worksheet: What if the world turned vegan?
- Video: What if the world turned vegan? (see Media Box)

4 QUALITY EDUCATION



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



15 LIFE ON LAND



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## ACTIVITY INSTRUCTIONS

### Activity 1 Vocabulary review (5 mins)

- 1) Remind students of the ideas presented in the previous lesson and review any key vocabulary.

### Activity 2 What if the whole world turned vegan? (30 mins)

- 1) Give each student a copy of What if the World Turned Vegan? In pairs, discuss the conversation point at the top of the worksheet and then share ideas with another pair.
- 2) Show students the video and remind them not to take notes. They can then write answers to Activity 2 individually. Show the video again, asking students to complete Activity 3 while they watch. They can then compare answers with a partner.
- 3) Encourage students to re-visit their original discussions by completing Activity 5.

### Activity 3 Conversation Lines (15 mins)

- 1) Divide the students into two lines, each line facing the other (each student should be facing another student). You are going to give students 2-3 minutes to discuss a question/statement, before asking one of the lines to move to their right. Students will discuss a new question/statement with someone different. Repeat every 2-3 minutes.
  - Why is the issue of veganism so polarising?
  - Vegan and plant-based diets use less resources (land, water etc). Is it the answer to solving global food shortages?
  - What do you feel is the biggest problem with a meat-based diet and the biggest problem with a vegan diet? Is there a compromise?
  - How long do you think it would take for all humans to adapt to becoming vegan?
  - Poorer people have little to no say in what they eat. Does veganism help or hinder this?

## REFLECTIVE EXERCISE: 3-2-1 (10 mins)

- Three things they feel they have learnt from the tasks.
- Two things they found most interesting and would like to explore more.
- One – their opinion they have about the tasks.

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### EXTENSION / REDUCTION ACTIVITIES:

Reduction: for a shorter lesson, complete Steps 1-4 and save Step 5 for the next class or give the questions to students to complete as a reflective writing task at home.

Extension: for a longer lesson, continue examining polarising food choices with the ‘Should we eat bugs?’ lesson.

Alternatively, host a sensory dining experience with foods on this list:

<https://www.pastemagazine.com/food/the-most-polarizing-foods/#stinky-cheese>

### MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Should we eat bugs? <https://ed.ted.com/lessons/should-we-eat-bugs-emma-bryce>

The Most Polarizing Foods: <https://www.pastemagazine.com/food/the-most-polarizing-foods/>

What would happen if the world went vegan?

<https://www.pastemagazine.com/food/the-most-polarizing-foods/>

Video) What if the world went vegan?:

- 4:48 min <https://www.youtube.com/watch?v=1cHamyXy4H0>
- <https://www.bbc.co.uk/ideas/videos/what-if-the-whole-world-went-vegan/p082l2r8>

The Gamechangers full Documentary (1:25 min) <https://www.youtube.com/watch?v=fUVYnifNE7Y>

### LOCAL TRIP / EXPERTISE

- Create a panel of local individuals (plant-based, meat eaters etc). SDG 4 Use Supporting Skills Worksheet (Interviews) to prepare questions to pose to the panel.
- Google a plant-based restaurant to see their menu
- Visit a plant-based café or restaurant with the students to sample their menu.

# LESSON 8 WHAT IF THE WHOLE WORLD WENT VEGAN?



**What if the whole world went vegan? It's an interesting idea that would impact both our health and that of the environment.**

Talk to your partner for 2 minutes about your initial thoughts on this.

- Do you agree with the idea?
- What possible impacts could there be?

**1. Watch the video: Video Link: [What If The World Turned Vegan?](#) Don't take any notes this time**

**2. When you have finished watching the video;**

What are some of the key words/phrases you remember?

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What did you already know?

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How do you feel about what has been discussed in the video?

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What was the most surprising thing you remember from the video?

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## LESSON 8 WHAT IF THE WHOLE WORLD WENT VEGAN?



3. Watch the video again and answer the questions.

- What percentage increase of U.S citizens between 2014-2017, claim a plant-based diet?
- What is the main outcome of everyone in the world turning vegan?
- How does turning vegan affect healthcare?
- By 2050, what could happen?
- What are some of the carbon emission issues related to the whole world turning vegan?
- Why would pharmaceutical companies be happy about the whole world turning vegan?
- What are the consequences of not being able to provide enough plant-based food to sustain the world's population?

4. Discuss your answers with a partner. We will review the answers in 2 minutes.

5. Go back to the discussion you had with a partner before watching the video. Have your views changed? Why/why not?

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# LESSON 8 WHAT IF THE WHOLE WORLD WENT VEGAN?



## Video Answer Key (for teachers)

1. What percentage increase of U.S citizens between 2014-2017, claim a plant-based diet?  
600%
2. What is the main outcome of everyone in the world turning vegan?  
More money, higher GDP.
3. How does turning vegan affect healthcare?  
Less incidence of cancer, heart disease, less death.
4. By 2050, what could happen?  
5.1 million deaths could be avoided. Food-related emissions would fall by 70%
5. What are some of the carbon emission issues related to the whole world turning vegan?
  - Less methane emissions from cows, but 2 million tonnes of carbon added to the atmosphere from crop and food off cuts that would normally be fed to livestock.
  - Less manure means manufactured types would need to be manufactured.
6. Why would pharmaceutical companies be happy about the whole world turning vegan?  
More people turning to supplement use.
7. What are the consequences of not being able to provide enough plant-based food to sustain the world's population?  
Plant-based foods would need to be treated which means the price would increase or they would come in pill-form.

### References:

DeWeerd, S (2016) Can vegans really save the planet

<https://www.anthropocenemagazine.org/2016/03/can-vegans-really-save-planet/>

Allen, P (2017) What would happen if the whole world went vegan?

<https://www.bbcgoodfood.com/howto/guide/what-would-world-look-if-everyone-went-vegan>

Willis, C (2020) What would happen if the world went vegan?

<https://www.veganfoodandliving.com/features/what-would-happen-if-the-world-went-vegan/>

