



Britannica
EDUCATION

Weekly Task

October: Week 1



World Vegetarian Day – Healthy Choices, Healthy Planet

Objective

To help students understand the concept of vegetarianism, healthy food choices, and sustainable eating habits while developing research, inquiry, and reflection skills through guided use of the Britannica Library.



Expected Learning Outcomes

Students will:

- Understand what vegetarianism means
- Learn about different types of vegetarian diets
- Explore the health and environmental benefits of plant-based foods
- Develop research, organisation, and analytical thinking skills
- Build awareness about responsible and healthy food choices

Introduce the Theme

Begin with a class discussion:

- What is vegetarian food?
- Why do people choose to be vegetarian?
- How does food affect our health and the environment?

Explain that **World Vegetarian Day is observed on 1 October** to promote healthy eating habits and awareness about plant-based diets.

Skills & Values

Skills:

- Research
- Inquiry
- Critical Thinking
- Communication
- Organisation
- Decision-Making
- Reflection

Values:

- Healthy Living
- Sustainability
- Environmental Responsibility
- Respect,
- Responsibility
- Empathy



Britannica
EDUCATION

© 2026 Encyclopædia Britannica, Inc.

Suggested Activities by Grade Band

Grades 9–12: Food Choices, Sustainability & Ethics

Students begin by reading age-appropriate articles from the Britannica Library to understand how food choices can affect our health, the environment, and communities. Encourage them to identify different perspectives and connect the information they read with their own food choices and daily habits.

Students explore topics such as:

- Sustainable agriculture and responsible food production
- Mindful eating and reducing food waste
- Ethical and sustainable food choices

You may guide them using prompts like:

- How can our food choices affect the environment?
- What does it mean to eat mindfully?
- How can we reduce food waste?

Students will express their understanding through discussion, research, and sharing different viewpoints.

They will complete a “Talking Points” Organizer by researching and developing points for the following questions:

- **Q1.** How can mindful eating contribute to a healthier planet?
- **Q2.** Should more people adopt a vegetarian diet?
- **Q3.** What are the pros of adopting a vegetarian diet?
- **Q4.** What are the cons of adopting a vegetarian diet?

Encourage students to support their talking points with facts and examples from the Britannica Library, listen respectfully to different viewpoints, and distinguish between facts and personal opinions.



Name:

Date:



Talking Points

Question 1:

Question 2:

Question 3:

Question 4: