



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



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Suggested Activities by Grade Band

Grades 1–2: Fruits and Vegetables Around Us

Students begin by exploring food pictures and short readings from the Britannica Library to understand different types of food and the importance of making healthy food choices. Encourage them to observe, identify, and discuss the foods they see.

Students explore topics such as:

- Fruits and vegetables (important for growth, health, and energy)
- Grains and cereals (provide energy)
- Dairy products (help build strong bones and teeth)
- Vegetarian and non-vegetarian foods (different types of foods we include in our meals)

You may guide them using prompts like:

- What different foods can you identify in the pictures?
- Which foods do you think are healthy?
- Which foods do you eat at home?

Students will express their understanding through observation, sorting, and sharing.

They will complete a “Food Sorting Chart” by sorting pictures of different foods into “Vegetarian Foods” and “Non-Vegetarian Foods.”

Ask students to circle their favourite healthy food and share one reason why they like it and why they think it is healthy.

Encourage students to use colours, pictures, labels, and simple sentences while completing and presenting their work.



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Name:

Date:



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T-Chart



Pualo

EGG



Barfi



Idli



Puri Bhaji



Samosa

MUTTON



ROHU FISH



CHICKEN BREAST



Cake