



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 3–5: Why Choose Vegetarian Food?

Students begin by exploring age-appropriate articles from the Britannica Library to understand the importance of nutrients, healthy eating, and a balanced diet. Encourage them to read carefully, identify key information, and connect the content to their everyday eating habits.

Students explore topics such as:

- Nutrients from plants (vitamins, minerals, and fibre)
- Balanced diet (including a variety of food groups)
- Fruits and vegetables (important for health and growth)
- Grains and pulses (provide energy and essential nutrients)

You may guide them using prompts like:

- What do you already know about healthy food?
- What nutrients do different foods provide?
- Why is it important to eat a balanced diet?
- Which fruits, vegetables, grains, or pulses do you eat regularly?

Students will express their understanding through Active Reading Through Writing, using the Before Reading, During Reading, and After Reading stages.

BEFORE READING – Think about...

- What do I already know about this topic?
- What do I think this text will be about?

DURING READING – Think about...

- What questions come to mind as I read?
- How does this information connect to what I already know?
- What are the main ideas so far?

AFTER READING – Think about...

- How can I summarize the main ideas in my own words?
- What new information did I learn?

Encourage students to use key words, short sentences, and information from the Britannica Library articles to complete their organizer and write a short paragraph summarizing what they learned.



Britannica
EDUCATION

© 2026 Encyclopædia Britannica, Inc.

Name:

Date:



Active Reading Through Writing

Title of Text:

Type of source: ☐ database ☐ website ☐ book ☐ other

BEFORE READING

Think about...

- What do I already know about this topic?
- What do I think this text will be about?

DURING READING

Think about...

- What questions come to mind as I read?
- How does this information connect to what I know?
- What are the main ideas so far?

AFTER READING

Think about...

- How can I summarize the main ideas in my own words?
- How has my understanding of the topic changed?