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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 6–8: Health & Environmental Impact of Diet Choices

Students begin by researching age-appropriate information from the Britannica Library to understand different types of diets and their impact on health, the environment, and the use of natural resources. Encourage them to compare information from different sources and identify key similarities and differences.

Students explore topics such as:

- Nutritional value of vegetarian diets
- Nutritional aspects of non-vegetarian diets
- Environmental impact of food production
- Sustainable food practices and responsible food choices

You may guide them using prompts like:

- What are some similarities between vegetarian and non-vegetarian diets?
- What nutrients can different types of diets provide?
- How can food production affect the environment?
- What resources are needed to produce different types of food?
- What are some sustainable food practices?

Students will express their understanding through research, comparison, and analysis.

They will complete a “Vegetarian Diet vs Non-Vegetarian Diet” Comparison Table, analysing the similarities and differences between the two diets.

The comparison table should include:

- Health impact – nutrients, benefits, and considerations
- Environmental impact – effects associated with food production
- Resource usage – land, water, energy, and other resources involved in production

Ask students to identify at least one similarity and one difference between vegetarian and non-vegetarian diets based on their research.

Encourage students to use evidence from the Britannica Library, key words, short notes, and complete sentences when filling in their comparison table.



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Name:

Date:



Top Hat

Differences

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Similarities