

Meat-Free Monday

All over the world, restaurants, universities, businesses and even cities are getting involved in Meat-Free Monday! The Meat-Free Monday programme for pupils aged 5 to 11 includes a series of free lesson plans designed for use in assemblies and academic subjects such as literacy, science, citizenship, geography, maths, ICT, music and PHSE. By going meat-free once a week at lunchtime, participating in these lessons and extension activities and using the accompanying resources, your pupils will learn what it means to be a good global citizen and will better understand how the choices that they make today will affect them and future generations.

Pack Contents

Lesson	Curriculum Areas	Detail
Introduction and Meat-Free Monday Rhyme	Assembly, Citizenship, Literacy	Children listen to a Meat-Free Monday rhyme, which can be used to kick off the project and get them thinking.
Supermarket Visit: Let's Go Shopping	Literacy, Maths, Science, Geography	Children go on a class trip to a local supermarket where they find fruit, vegetables and other foods which can replace meat.
Smoothie Bar	Science, Literacy, ICT, PHSE	Children make simple, imaginative and nutritious drinks using fresh fruit and vegetables, fruit juice, soya milk, soya yoghurt and coconut milk.
Alpha-Bites: Alphabetical Food Chart	Science, PHSE, Literacy	Children familiarise themselves with meat-free foods and study the different nutrition groups.
Should We Eat Animals?	Citizenship	Children discuss vegetarianism and explore how humans' feelings and needs are similar to those of other living beings.
MFM Diary	Literacy	Children keep a diary and write down their personal thoughts and opinions about Meat-Free Monday.
Poetry Comparison	Literacy	Children compare two poems which promote contrasting views of a vegetarian lifestyle. They go on to write their own poems.
Time to Cook	PHSE, Literacy	Children learn to create and cook simple vegetarian dips such as guacamole and hummus.
Vegetarianism Through Music	Science, PHSE, Citizenship, Music	Children learn about a vegetarian diet through a lively song.
Meat-Free Monday Crossword	Literacy, PHSE	Children learn about the aims of Meat-Free Monday through an interesting and challenging crossword puzzle.

Project Objectives

Children will learn the following:

- That reducing one's meat intake has a positive effect on the environment, on other people around the world, on animals and on one's own health
- How to be a more responsible global citizen
- Where to find and how to prepare healthy vegetarian food

Project Components

- A 26-page resource pack with reproducible activities, assembly ideas and lesson plans
- An A2-sized, full-colour poster suitable for display in the classroom

Supporting online resources available at PETAf.org.uk include the following:

- Meat-Free Monday Calculator
- "Wha Me Eat" by Macka B
- Website links
- Meat-free recipes
- Feedback form

Dear Teacher,

Thank you for taking part in Meat-Free Monday!

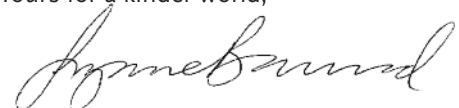
Climate change, global poverty, increasing rates of obesity and substandard animal welfare – these are all issues that children can address right now.

The materials in this pack are reproducible, which makes them easy to distribute to everyone in your school. Please find additional resources and a Meat-Free Monday Calculator at PETAf.org.uk. To order more copies of this pack or request a vegetarian food demonstration at your school, please contact us at the PETA Foundation, PO Box 36678, London SE1 1YE, at Info@petaf.org.uk or on 020 7378 0363.

To kick off the project and inspire your pupils, why not recite the Meat-Free Monday rhyme on the back of this page in class or at a school assembly?

We hope that in taking part in this project, your pupils will see how important it is to be responsible global citizens. You'll be helping them to make the world a better and more caring place for us all.

Yours for a kinder world,



Suzanne Barnard
PETA Foundation Manager

Meat-Free Monday

Things had changed at Emma's school.
At lunch she almost felt a fool.
She queued and asked for peppered steak
But instead was given pasta bake!

"What's up?" she asked.

"Where's all the meat?
What on Earth's a girl supposed to eat?"
"It's gone", said Emma's

best mate, Grundy.

"From now on, school does

Meat-Free Monday!"

"Meat-free what? That can't be true!
What a crazy thing to do!"

"Actually", said Grundy,

"I think you might find

when you learn about meat,

you'll soon change your mind!"

But still Emma felt surprise and dismay
Who'd have envisioned a whole meatless day!
"I really don't get it! Would you say it's a fad?
How can eating meat be bad?"

Grundy explained, "It's now a known fact
If we cut down on meat, we have global impact.
We used to produce fewer greenhouse gases,
But then it all changed, and today we make masses.

"Cows emit methane, which has a harmful effect.
We should try to ensure that

the planet's not wrecked!

The project encourages compassion and caring,
Citizenship, kindness and worldwide sharing.

"Instead of producing so much animal feed,
We could grow maize and soya for people in need.
And consider how animals' lives are filled
Caged and transported, and then they are killed".

"But Grundy", said Emma, "meat has iron and zinc!
And animals can't reason, imagine or think!"
Grundy shook his head. "No, you're hugely mistaken.
Animals are like us and should not be forsaken.

"They, too, like to play with their friends and to run,
Spend time with their babies and lie in the sun.
As for protein and zinc -

you can get them from beans,

From tofu and other non-animal means!



"If you really like burgers and hot dogs, like me,
There are great veggie versions -
just wait and you'll see!

Shops these days sell nuggets
and barbecue sauce

Mock 'duck' and mock 'turkey' -
made with soya, of course!

"Vegetarian lunches are really nutritious,
Colourful, exciting, fresh and delicious!"

Emma pondered, then said,

"That makes sense to me, so
I reckon I'll give Meat-Free Monday a go!"

They both soon found Mondays

to be so much fun

that they wanted to shout

and to tell everyone!

They made banners and leaflets

and recipe books.

They even got help from celebrity cooks!

They wrote to the pope and they wrote to The Queen
And persuasively asked Gordon Brown to go green!
If school kids can do it, then surely can't they?
It's simple to eat veggie food for a day!

They went on TV - on the BBC news!

A nationwide platform - they had nothing to lose!
Meat-Free Monday spread quickly beyond the UK,
From Paris to Sydney, Hong Kong to LA.

Emma smiled at Grundy with a glint in her eye:

"What next? Shall we give Meat-Free Tuesday a try?"

