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THE VEGGIE VINDICATOR



The Veggie Vindicator

Tara was feeling sad about all the wonderful animals that wouldn't be around if no urgent action was taken to protect their habitat. Then she thought that if every child

becomes a climate superhero, the planet can be saved. She began to search for information regarding children working in this arena and found the 'Veggie Vindicator'!



Hi!
I am Tara



This group of children, under the age of 12, are climate superheroes who educate everyone on why to eat – and appreciate – more veggies. They explain that what we eat affects not only our health but also our environment. Tara wondered how our choice of food affects our environment and decided to read further.

The Veggie Vindicators explained that plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, have a very low impact on our



environment compared to meat-based foods.

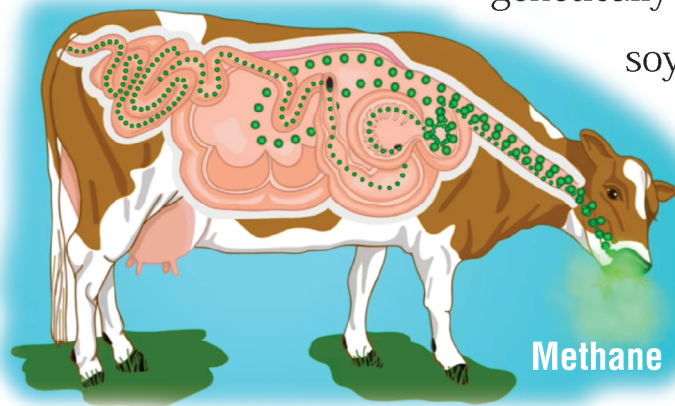


This made Tara wonder even more, and she read on. She discovered that large tracts of forest land are cleared by felling trees for cattle rearing for meat, which is one of the main vocations in countries with the biggest rainforests, such as Brazil

and Argentina. Around 26 percent of ice-free land is used for grazing of cattle, while 33 percent is used for growing livestock feed like soybean. Besides cattle rearing using more water than plants, a herbicide called Roundup used in



genetically modified



soybean causes cancer, and another pollutant is methane gas from bovine stomachs. Tara was amazed that children were so aware of the environment and decided that from now on, she will

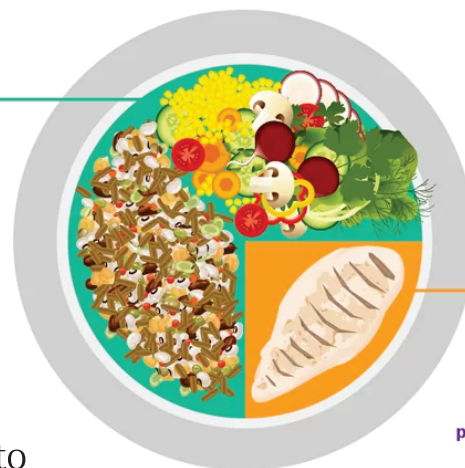
also educate people by becoming a Veggie Vindicator.

Tara wondered if she should give up eating meat forever. She started looking for information on this and found that one should try not to waste meat in the form of leftover waste. This means that we should take a small amount to eat and not take a big amount that we can't finish. Secondly, we should try to eat meat less often, such as once

a week, and substitute the need for protein with the use of dairy products. Tara started to think of becoming a climate change superhero and knew that one day she would be able to convince people around her to save the planet.

3/4

(or more) wholegrains, pulses, vegetables, and fruit



1/4

(or less) lean meat and poultry, fish (white and oily), and plant-based protein sources such as Quorn and tofu

New Words

1. **Rearing**- raising and taking care of animals
Vocations: types of jobs or careers

2. **Substitute**- to replace something with something else

Find other new and interesting words for each other, and write their meanings in your notebooks.

Comprehension

1. What is the Veggie Vindicator promoting?
2. What is the age of the climate superheroes in the Veggie Vindicator group?
3. Why should one try to eat less meat?
4. Why are rainforests being cleared for the meat industry?
5. What is Roundup?
6. Why is Roundup harmful?

Take turns to make more questions like these above for each other and answer them.

Prompts Pair up.

1. Create a veggie superhero character and draw a picture of them, including their powers and how they help the environment.
2. Research and create a report on different types of vegetarian and vegan diets. Explain the benefits of each and how they can help the environment. Make notes in your notebook.
3. **Veggie Vindicator Challenge:**
Challenge yourself and your partner to go meat-free for a week and keep a food diary of the plant-based meals you consume. Document how you feel, any challenges you face, and the environmental impact of your choices. Share your experiences with the class and encourage others to take the challenge too.



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