**Level:** B1

**Lesson Topic:** A Weekday Veg

**Lesson Text from:** <https://www.youtube.com/watch?v=k7sKMj85hDw>

**Warm up**

* What makes a person a vegetarian?
* What you know about vegetarian people?
* Do you know any vegetarian person?

**1. Vocabulary: Before you listen!**

**Directions:** Before you watch the lesson video, make sure to familiarize with the following words/phrases.

* **log cabin** (n.): a small log house (Sp.: *cabaña de troncos*)
* **hypocritically** (adj.): in a way that is not sincere. (Sp.: *hipócritamente*)
* **stall** (v.): delay (Sp: *retrasar, frenar*)
* **binary solution** (n. ph.): in chemistry, a solution of two components (Sp.: *binaria*)
* **taste buds** (n. ph.): tongue nerves providing the sense of taste (Sp.: papilas gustativas)
* **culprit** (n.): someone who is responsible for a crime. (Sp.: *culpable*)
* **intake** (n.): consumption (Sp.: *consumo*)
* **lessen** (v.): make less (Sp.: *disminuir*)

**2. Comprehension**

**2.1. General Comprehension**

What’s Mr. Hill’s position about vegan diet?

**A.** He’s banning meat intake.

**B.** He’s introducing a novel idea for a vegan lifestyle.

**C.** He’s giving examples of people who adopted a vegetarian lifestyle.

**2.2.** **Specific Comprehension**

**a)** What solution did Mr. Hill find to his resistance to veganism?

**b)** In his opinion, how does being a “meat eater” affect us and the environment around us?

**c)** How has Mr. Hill’s life changed after becoming a “weekday veg”?

**3.** **Pronunciation Practice**

**Directions:**  With teacher’s supervision, read the video transcript for pronunciation assessment.

About a year ago, I *asked* myself a question: "Knowing what I know, why am I not a vegetarian?" After all, I'm one of the green guys: I grew up with hippie parents in a log cabin. I *started* a site called TreeHugger. I care about this stuff. I knew that eating a mere hamburger a day can increase my risk of dying by a third. Cruelty: I knew that the 10 billion animals we raise each year for meat are raised in factory farm conditions that we, hypocritically, wouldn't even consider for our own cats, dogs and other pets. Environmentally, meat, amazingly, causes more emissions than all of transportation combined: cars, trains, planes, buses, boats, all of it. And beef production uses 100 times the water that most vegetables do.

I also knew that I'm not alone. We as a society are eating twice as much meat as we did in the 50s. So, what was once the special little side treat now is the main, much more regular. So really, any of these angles should have been enough to convince me to go vegetarian. Yet, there I was -- chk, chk, chk -- tucking into a big old steak.

So why was I stalling? I realized that what I was being pitched was a binary solution. It was either you're a meat eater or you're a vegetarian, and I guess I just wasn't quite ready. Imagine your last hamburger. (Laughter) So my common sense, my good intentions, were in conflict with my taste buds. And I'd commit to doing it later, and not surprisingly, later never came. Sound familiar?

So, I wondered… might there be a third solution? And I thought about it, and I came up with one. I've been doing it for the last year, and it's great. It's called ‘weekday veg’. The name says it all: Nothing with a face Monday through Friday. On the weekend, your choice. Simple. If you want to take it to the next level, remember, the major culprits in terms of environmental damage and health are red and processed meats. So, you want to swap those out with some good, sustainably harvested fish. It's structured, so it ends up being simple to remember, and it's okay to break it here and there. After all, cutting five days a week is cutting 70 percent of your meat intake.

The program has been great, weekday veg. My footprint's smaller, I'm lessening pollution, I feel better about the animals, I'm even saving money. Best of all, I'm healthier, I know that I'm going to live longer, and I've even lost a little weight.

So, please ask yourselves, for your health, for your pocketbook, for the environment, for the animals: What's stopping you from giving weekday veg a shot? After all, if all of us ate half as much meat, it would be like half of us were vegetarians.

Thank you.

**4. Meaning in Context**

**Directions:** What does the author imply in the following excerpt? Present your own interpretation of each of them to your teacher.

a) The 10 billion animals we raise each year for meat are raised in factory farm conditions that we, hypocritically, wouldn't even consider for our own cats, dogs and other pets.

b) We as a society are eating twice as much meat as we did in the 50s. So, what was once the special little side treat now is the main, much more regular.

c) Imagine your last hamburger. (Laughter) So my common sense, my good intentions, were in conflict with my taste buds. And I'd commit to doing it later, and not surprisingly, later never came.

d) So, I wondered… might there be a third solution? And I thought about it, and I came up with one. I've been doing it for the last year, and it's great. It's called ‘weekday veg’. The name says it all:

e) After all, cutting five days a week is cutting 70 percent of your meat intake (…) After all, if all of us ate half as much meat, it would be like half of us were vegetarians.

**5. Say it another way!**

**Directions:** Say the underlined words and phrases some other way to expand your vocabulary.

**Example:** I *started* a site called *TreeHugger.*

**Possible Answers:** I *created/founded/initiated* a site called *TreeHugger.*

a) I knew that eating a mere hamburger a day can increase my risk of dying by a third.

b) Meat, amazingly, causes more emissions than all of transportation combined.

c) I guess I just wasn't quite ready.

d) My common sense, my good intentions, were in conflict with my taste buds.

e) So, I wondered… might there be a third solution?

f) After all, cutting five days a week is cutting 70 percent of your meat intake.

g) The program has been great (…) I'm lessening pollution.

h) I'm healthier, I know that I'm going to live longer.

i) What's stopping you from giving weekday veg a shot?

**6. Word Families**

**Directions:** Complete the following chartwith word families.Some possible Spanishequivalents are given to help you identify the missing words.

|  |  |  |  |
| --- | --- | --- | --- |
| **VERB** | **NOUN** | **ADJECTIVE** | **ADVERB** |
| (Sp: asombrar) | (Sp: asombro) | (Sp: asombroso) | ***amazingly***(Sp: asombrosamente) |
| ***commit***(Sp: comprometerse) | (Sp: compromiso) | (Sp: comprometido) | (Sp: de forma comprometida) |
| (Sp: arriesgar) | ***risk***(Sp: riesgo) | (Sp: riesgoso) | (Sp: arriesgadamente) |
| ***consider***(Sp: considerar) | (Sp: consideración) | (Sp: considerable) | (Sp: considerablemente) |
| (Sp: socializar) | ***society***(Sp: sociedad) | (Sp: social) | (Sp: socialmente) |
| (Sp: sorprender) | (Sp: sorpresa) | (Sp: sorprendente) | ***surprisingly***(Sp: sorprendentemente) |
| **convince**(Sp: convencer) | (Sp: convencimiento) | (Spanish: convincente) | (Sp: de forma convincente) |

**7. Shortenings**

**Directions:** In English, many words are made shorter to make them easier to use. For example, *vegetarian* is usually replaced by “*veg*”. Could you find out the reduced versions of the following words?

|  |  |
| --- | --- |
| **FULL WORD** | **SHORTENED WORD** |
| advertise | *sub* |
| comfortable | *meds* |
| laboratory | *rep* |
| preparation | *comfy* |
| rehabilitation | *promo* |
| promotional | *ad* |
| medications | *prep* |
| representative | *undies* |
| underwear | *lab* |
| substitute | *rehab* |

**8. Speaking: A Vegetarian’s Life.**

**Directions:** In his presentation,Graham hillproposes an alternative to our possible resistance to become vegetarians: “a weekday veganism”. What are your views about it?



a) What are your thoughts about veganism?

b) Do you think it has more benefits than a regular diet?

c) Do you think veganism also help society and the environment?

d) Have you ever considered to adopt a vegan lifestyle? Do you know someone who has done so? Tell us about his/her experience.

e) Why do you think veganism is more frequent in young people nowadays?

f) Would you consider a “partial” vegan diet, like the one Graham Hill proposes?

g) In your opinion, should restaurants always include vegetarian menus?