



What do people eat?

Citizenship

Related FlashAcademy lessons:

Beginner > Food & Drink > Cooking With Meat

Intermediate > Food & Drink > Favourite Meats

Intermediate > Out & About > A Few Fashion Accessories

Advanced > Politics & Religion > World Religions

Often, when people come to the UK, they think that everyone drinks tea and eats fish and chips. They are often surprised to discover that this is not always the case! There are a growing number of vegetarians, with people making the choice to stop eating meat for **moral** reasons as they disagree with cruelty to animals. Another reason that vegetarianism is **on the rise** is **due to** the belief that farming animals to produce enough meat for humans to **consume** is harming the environment. Some people choose not to eat dairy products like milk or eggs too, and won't buy fashion products that come from animals, like those made of leather or fur. These people are called vegans. There might be religious reasons for people to follow different diets too. For example, Jewish people usually eat kosher food, which means they don't eat pork or **shellfish** and meat shouldn't be mixed with milk products. Muslim people also don't eat pork, and Hindus don't eat beef. Of course, sometimes people are allergic or have intolerances to certain foods too! Whatever you eat, it's important to try to make sure you follow a balanced diet and get enough **nutrition** to stay healthy.



Match the words with a definition:

on the rise	•	•	the food that you eat
shellfish	•	•	to eat
nutrition	•	•	related to beliefs about what's right or wrong
moral	•	•	because of
to consume	•	•	sea creatures like prawns
due to	•	•	increasing in popularity

Read the text again and answer the questions:

1 What do people usually believe about British diets?

2 Is vegetarianism becoming more or less popular?

3 Give two reasons why people choose not to eat meat.

4 Why do vegans avoid eating milk or eggs?

5 Which two religions don't eat pork?

6 How does being allergic to a food affect your diet?



Discuss with a friend, teacher, or your class

What influences the diet that you follow?

Are you allergic to anything? What happens if you eat something you're allergic to?

What might make it difficult to follow a certain diet?



Challenge!

Research reasons why people choose to be vegetarian. You could watch a documentary! Try cooking a vegetarian meal.

