

**DIALOGUE  
WORKS**

# HomeTalk

thoughtful conversations for families and schools

Let's talk about...

## Plant-based eating

compiled by Topsy Page [www.topsypage.com](http://www.topsypage.com)



Photo by sontung57 via Pixabay

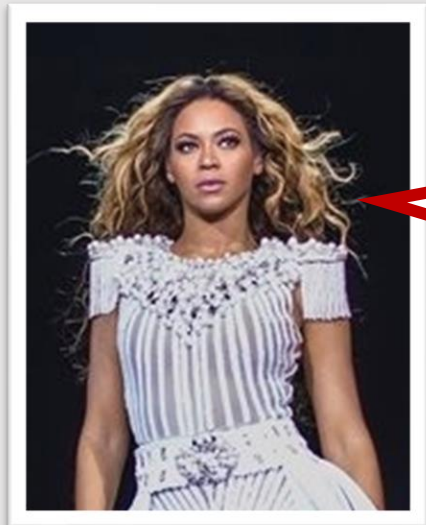
**Note to parents/carers and teachers**

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week message <https://bit.ly/hometalk-sign-up>

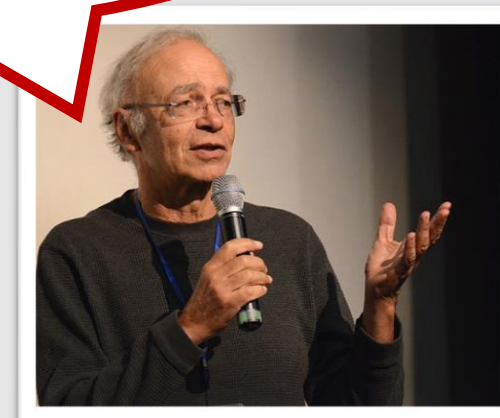
# Quotes about plant-based eating



**Beyoncé**  
singer, songwriter and actor

The benefits of a single plant-based meal a day can have such a profound impact on our health and the environment.

We are, quite literally, gambling with the future of our planet – for the sake of hamburgers.



**Peter Singer**  
philosopher

In our house, some of our favourite recipes just happen to be vegetarian, but I still enjoy meat and I believe very much in meat.

**Delia Smith**  
tv cook, author and football club owner



**Lewis Hamilton**  
racing driver

I'm physically in better shape than I've ever been, and I'm more successful than ever right now, and my plant-based programme has played such a big role in that.

Beyoncé quote from <https://www.livekindly.co/vegan-celebrities/>  
Charles Darwin quote from <https://www.chooseveganism.org/125-vegan-quotes-to-make-you-think/>  
Delia Smith quote from <https://www.azquotes.com/quote/1217686>  
Lewis Hamilton quote from <https://www.menshealth.com/uk/mhsquad/nutrition-membership/a31095632/lewis-hamilton-plant-based-diet/>  
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# Thinking about plant-based eating

## Caring thinking

When we choose food, should we try to find out whether it has been produced in a caring way?

## Collaborative thinking

If you are cooking for people with different opinions about food, is it possible to meet everyone's needs?



## Creative thinking

If you had to come up with a delicious meal that was 100% plant-based, what would you include?

## Critical thinking

Plant-based diet – good idea / bad idea?



In the future, do you think more people will eat plant-based food, or fewer? Why?

Which plant-based dishes have you tried?

Which plant-based foods are similar to foods that come from animals?



Think **AHEAD**

Think **BACK**

**CONNECT**



**DIVIDE**

**LISTEN/LOOK**

**ZOOM (in/out)**

What are some different reasons why some people choose a plant-based diet?

When you are deciding what types of food to eat, how can you find out if you are making healthy choices?

What might our ancestors have eaten – plants, animals or both?

What ingredients are commonly found in plant-based foods?

# Discussion suggestions (age 3 - 5)

## Stimulus



<https://youtu.be/YRZocdRNxSw>

## What do animals eat?

Herbivores, carnivores and omnivores

*(watch up to 2:03)*

## Talking Points

- What is the scientific name for an animal that eats only plants?
- Think about the animals you know. Which ones eat plants? Which ones eat meat? Which ones are omnivores?
- Would you like to have the same diet as any of the animals in the video? Why?

## Activity

- Invent a delicious salad using some of these ingredients:



# Discussion suggestions (age 6 - 9)

## Stimulus



[https://youtu.be/UgaO2LwMG\\_k](https://youtu.be/UgaO2LwMG_k)

## Would You Eat This Lab-Grown Chicken Nugget?

## Talking Points

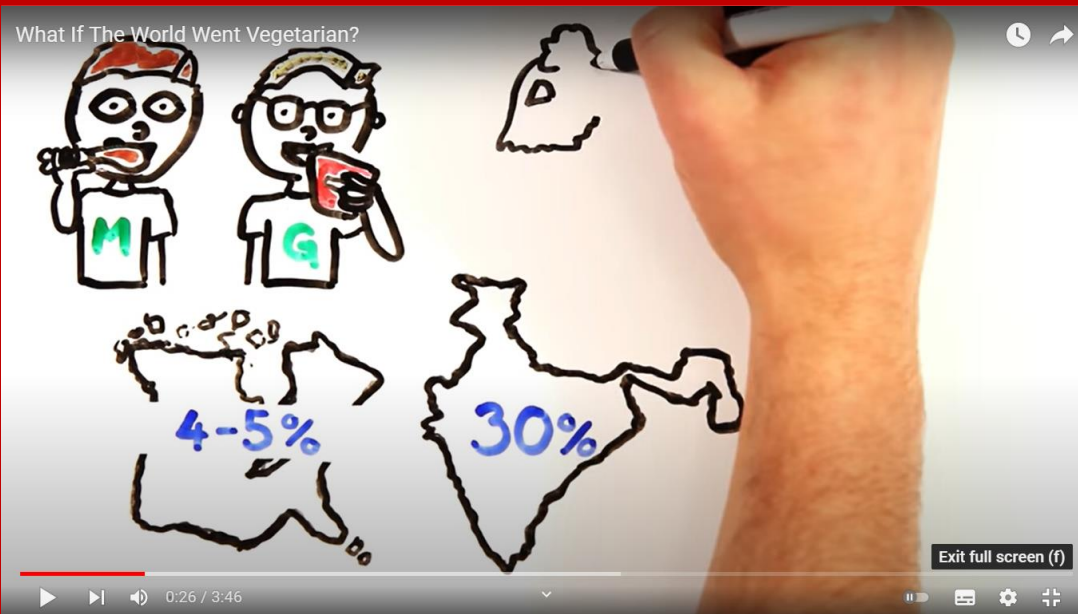
- Would you say that 'cultured chicken' is a plant-based food, or an animal-based food?
- Did you want to eat the chicken nugget shown in the video, or not? What made you decide that?
- Lab-grown food – good idea / bad idea?

## Activity

- Thinking about the ingredients in your kitchen, could you invent an 'alternative chicken nugget'? See how it compares with your usual nuggets, and see what your friends or family think.

# Discussion suggestions (age 10+)

## Stimulus



<https://youtu.be/ANUoAdXfA60>

## What if the world went vegetarian?

Some scientific calculations exploring what might change.

## Talking Points

- What did you find most interesting in the video?
- What did you find surprising?
- At the beginning, the narrator says *Full disclosure – none of us are vegetarians*. Why did they do this? Did it affect how you perceived the video? Would it affect how someone else perceived it?

## Activity

- Find someone who has a different diet to you.
- Ask them why they choose that diet.
- Tell them why you choose your diet.
- It doesn't matter if you don't know all the reasons behind your own diet, or someone else's. Just try to have a calm conversation and gain a deeper understanding.

➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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# Training opportunities for teachers, support staff and parents

## P4C Plus Foundation course (12hrs)

*Teaching that puts more thinking into learning*

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

## Thinking Moves A – Z course (6hrs)

*Making metacognition simple across the curriculum*

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact [enquiries@dialogueworks.co.uk](mailto:enquiries@dialogueworks.co.uk) for bookings or more information