

A green start to the New Year

1 Is this a vegan dish?



a Look at the photo and tick what you think is true.  
Discuss with your partner.

- It's 1 ☐ a vegetarian dish.  
2 ☐ a meat dish.  
3 ☐ a vegan dish.

**I n F o**  
dish: Gericht

- ◆ I can't see any ...  
○ I think it's ... There's ... in it.

b Vegetarian or vegan? Complete the definitions.

A \_\_\_\_\_ (1) does not eat meat or fish but usually eats eggs and dairy.

A \_\_\_\_\_ (2) does not eat any animal products, including meat, fish, eggs, dairy, or honey.

**I n F o**  
dairy: Milchprodukt(e)  
animal: Tier, tierisch  
honey: Honig

c Do you like/dislike vegan or vegetarian food? Are you or any of your friends or family vegetarian or vegan? Talk to your partner.

- ◆ My daughter became a vegan last year.  
○ I love eating meat, but I sometimes like vegetarian dishes.  
▲ I'm a vegetarian, and I often cook vegan food.

2 Veganuary

a Read about the idea of 'Veganuary' and tick what's true.

- 1 In 'Dry January', people don't eat meat or drink alcohol. ☐  
2 Vegan cooking is not too difficult. ☐  
3 Most people in England now eat only vegan food in January. ☐

**JAN**

Veganuary

December is a time to party, to enjoy time with family and friends, give presents – and eat and drink too much!

The idea of 'Veganuary' started in 2014. Jane Land and Matthew Glover, an English couple, got the idea from other January trends, like 'Dry January' (when people stop drinking alcohol for a month) or 'No Spend January' (when they try to spend less money).

The couple thought January was a good month to try eating only vegan food. Many people joined the challenge and discovered how tasty and easy vegan food can be. Sometimes they even continued to eat vegan after January was over.

Now Veganuary is popular all over the world and helps many people to become vegan, at least for one month each year.

**I n F o**  
couple: Ehepaar  
less money: weniger Geld  
to join the challenge: die Herausforderung annehmen  
discover: entdecken  
tasty: köstlich

**b It's New Year's Day and you want to start Veganuary. The shops are closed, but you find some ingredients in your kitchen. Underline which foods you can use to make a vegan dish.**

cream • eggs • olives • bacon • cheese • chicken • potatoes • rice • sausages •  
mushrooms • pasta • onions • butter • bread • hummus • tomatoes • olive oil •  
flour • milk

**I n F o**  
ingredients: Zutaten  
cream: Sahne  
hummus: Hummus  
(Aufstrich aus Kichererbsen)

**c Can you think of 1) an easy vegetarian and 2) a vegan dish to make with the ingredients above? Talk to a partner.**

- ◆ I can make cheese on toast.
- I can make a vegan curry.

### 3 Are you ready to order?

**a You are at a vegetarian restaurant. Fill in the following dialogue with the words in the box.**

ingredients • menu • name • dairy • logo

Waiter: Good evening! Are you ready to order?

You: I need a moment, please. Are there any vegan meals in your \_\_\_\_\_ (1)?

I don't eat \_\_\_\_\_ (2) products or fish.

Waiter: Yes, we have vegan dishes, too, of course. Look for all the dishes with the sunflower \_\_\_\_\_ (3).



You: Perfect! Is there a list of \_\_\_\_\_ (4) for each dish? You see, I can't eat nuts.

**I n F o**  
nuts: Nüsse  
description: Beschreibung

Waiter: Yes, there is a description under the \_\_\_\_\_ (5) of each dish. But just ask, I am happy to help you!

You: Thanks!

**b You and your partner are out for dinner and have some special wishes. Practise asking the waiter for help with a partner. Take it in turns to be the waiter.**

- ◆ I can't eat ginger. Is there ginger in any of your dishes?
- Do you have non-alcoholic beer? I'm driving.

**I n F o**  
ginger: Ingwer

### 4 Let's celebrate

**a Read the invitation and tick what it's for.**

- 1 ☐ an evening at a restaurant    2 ☐ a vegan birthday party    3 ☐ a vegetarian breakfast

Hello friends,  
It's my birthday in January, and I want to celebrate with you all! 🎉  
Let's have a **Veganuary Potluck Party**.  
Date: Saturday, 20 January    Time: 6:00 pm    Place: 4 Castle Street  
Please bring a **cold vegan dish**. Drinks will be here. Let me know if you can come!

- b You look for some recipes for the party on the Internet. Look at the photos and complete the list of ingredients.



**Spicy Lentil and Mushroom Rice:** lentils,  
o\_\_\_\_n, garlic, m\_\_\_\_s,  
tomatoes, parsley, coriander, chili powder,  
s\_\_\_\_t, pepper



**Pasta Salad:** p\_\_\_\_a, cucumber, cherry  
t\_\_\_\_s, cheese, olives, olive oil,  
lemon juice, salt, pepper, basil



**Banana Smoothie:** 2 b\_\_\_\_s, milk,  
1 spoon peanut butter, oatmeal



**Vegetable Soup:** c\_\_\_\_s, potatoes,  
onions, vegetable stock, p\_\_\_\_y,  
salt, pepper

### Info

recipe: Rezept

lentils: Linsen

garlic: Knoblauch

parsley: Petersilie

coriander: Koriander

chili powder: Chilipulver

lemon: Zitrone

oatmeal: Haferflocken

vegetable stock: Gemüsebrühe

- c Which dish can you take to the party and why? Which dishes can't you take? Why not? Discuss with your partner.

◆ How about the ...? It has no meat.      ○ True, but it's ... / there's ... in it.

- d Write down one or two more ingredients you can add to your recipe to make it even better! Check a dictionary if you don't know the words in English.

- e Oh dear! You hear that a friend wants to take the same dish to the party. 😞 What alternative dish can you take? Discuss with your partner. Look on the Internet for vegan recipes if you have no ideas.



- ◆ I have an idea! What about Gazpacho soup? It's my favourite recipe! I often eat it with a bread roll.
- I like kedgeree but it's not vegan. 😞 How about a salad?

Take a note of your recipes and try them out.

**KEY**

**1a**

2 (There's meat and cheese in it.)

**1b**

1 vegetarian, 2 vegan

**2a**

*true:* 2

**2b**

olives, potatoes, rice, mushrooms, pasta, onions, bread, hummus, tomatoes, olive oil, flour

**2c**

*possible answers:* 1 *vegetarian:* a pasta dish, pizza, cheese on toast. 2 *vegan:* hummus on toasted bread, mushroom rice

**3a**

1 menu, 2 dairy, 3 logo, 4 ingredients, 5 name

**3b**

*possible special wishes:* I can't eat cucumber. I don't like pork or beef. I'm allergic to apples.

**4a**

2

**4b**

1 onion, mushrooms, salt; 2 pasta, tomatoes; 3 bananas; 4 carrots, parsley

**4c**

You can take the pasta salad (2). It's cold and has no meat or dairy ingredients. You can't take the banana smoothie (it's a drink), the spicy lentil dish with mushrooms (it's hot) or the vegetable soup (it's hot).

**4d**

*possible answers:* nuts, lentils, sunflower seeds, spinach (Spinat)

**4e**

*possible dishes:* salads, ratatouille, fruit desserts without dairy products, couscous, etc.