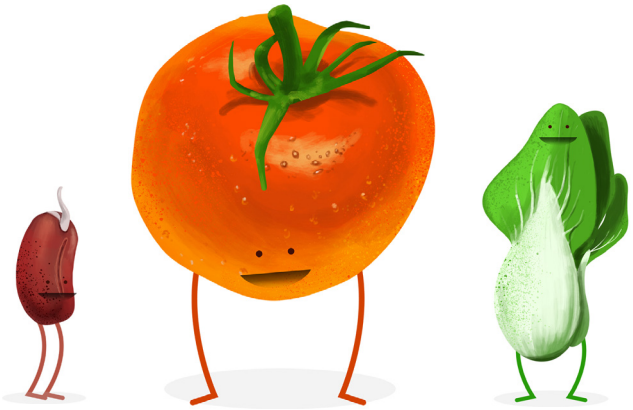
ROOT FOR VEG with Knorr® SINCE 1838

LESSON 3: RESOURCES

Stand up for your plate & the planet

#CheatOnMeat

EAT ME!



Yes, that's right: I'm talking to you. It may come as a surprise, but I'm begging to be used in soups, sauces, chutneys, casseroles, stews, **ANYTHING!** It's time that more people root for forgotten veg like me, because believe it or not, millions of people in the UK are eating the same old 12 plants and the same 4-5 meals every week. **How boring!**

Ask yourself: are you one of these people? Are you only purchasing potatoes? Have you even considered cooking an orange tomato like me? Or do you just ignore me because I'm not red? I'm not having a go, and this isn't just about my feelings. This is a matter of protecting our planet. **It's a de-sprout situation!!!!** We must act now!

There are so many reasons you should consider choosing orange over red. Firstly, the red tomato (my cousin) is one of the most consumed vegetables globally – and that's not good for the planet at all. Secondly, I'm sweeter and less acidic than my red relative. What's more, I contain twice as many vitamins! It's a no-brainer.

Am I the best vegetable out there? Possibly. Will I give you the power to root for veg? **Abso-root-ly.**

Go on, give me a go. I promise I won't let you down!

FACTS

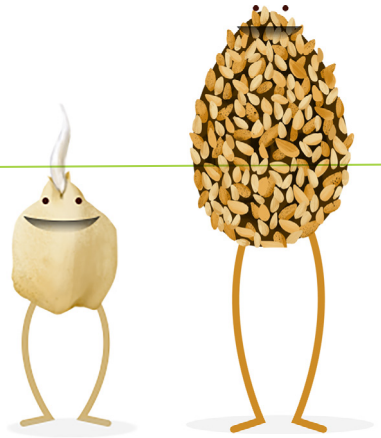
75% of the global food supply comes from only 12 plant and 5 animal species

60% of families eat the same 4-5 meals every week

Eating a greater variety of vegetables will add more vitamins and minerals to your diet

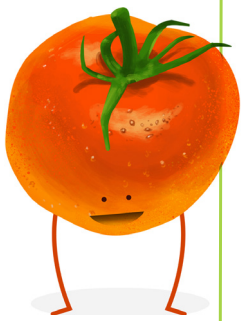
The UK on average are eating 2 pieces of meat to 1 portion of vegetables

Most people in the UK are stuck in a rut when it comes to what they are eating!



WORDS & PHRASES

sustainability
diversified diet
seasonality
carbon cookprint
simple swaps
environment
biodiversity
minimise meat, maximise goodness
consumed
vitamins
Meat-Free
Cheat on Meat



MODAL VERBS

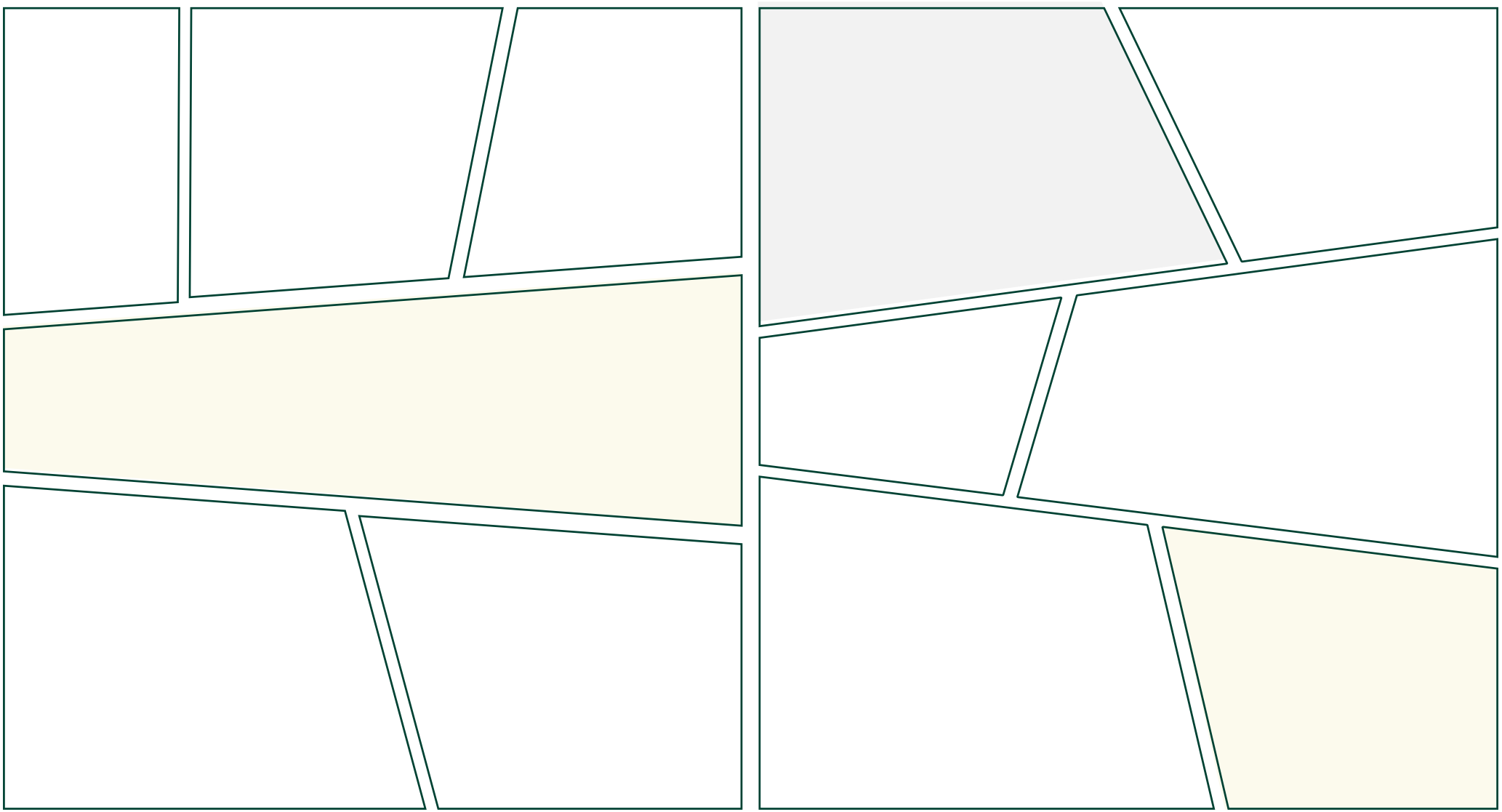
must
should
will
ought
can
could

MODAL ADVERBS

absolutely
definitely
certainly
totally
crucially
surely

ROOT FOR VEG COMIC STRIP

Make up your own comic strip using the template below



50 FUTURE FOODS SKETCH AREA

Using a pen or pencil draw the 50 future future foods in the area below

VEGGIE INSTEAD OF MEATY

Draw the perfect veg to use instead of meat when cooking

1. A BOLOGNESE

2. A CURRY

3. A SHEPHERD'S PIE

4. A LASAGNE

5. A CHILLI

6. PIE

MY CARBON COOKPRINT PLEDGE

Each child to complete one to put on display in school.

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