



# Meat Free Monday Diary



## Introduction

Discuss what a diary is. You could look at the famous diaries of Samuel Pepys. Why do people keep diaries?

## Activity

Children should make a diary by folding an A4 card and three A4 sheets in half and binding them together with a length of ribbon or stapling them together with a long-armed stapler. They should write the title (take suggestions: "Rhya's MFM Diary", "Kevin's Top-Secret MFM Diary", "'No Meat on Mondays' Diary by Amar", etc.) and decorate the front cover. Then they should write down the names of the foods they eat each Monday and draw pictures of them, inserting personal comments about their appearance, taste, etc. It will be interesting to see if the children's attitudes change over time regarding food preferences or the usefulness of having a meat free day once a week.

## Extension Ideas

- Children can design four Meat Free Monday lunches using the **Meat Free Monday Lunches** design sheet.
- Children (and staff members) may wish to suggest improvements to Meat Free Monday practices and put them in a communal box. The suggestions could be collected on a regular basis by the PSHE/citizenship coordinator and fed into the Meat Free Monday system, if appropriate.
- Groups of children could make simple meat free dishes from beans, lentils, soya products and vegetables. This activity could be organised as a fun competition along the lines of TV programmes such as Ready Steady Cook or Masterchef. For ideas, see **Time to Cook** (in this pack) or the "Recipes" section of [meatfreemondays.com](http://meatfreemondays.com).
- Suggest that children try Meat Free Monday for one full day (all meals) and follow this up by writing an assessment of how the day went. Would children try Meat Free Monday again?
- Children could work on persuasive writing projects, including the following:
  - Posters or billboards which advertise Meat Free Monday to other schools, other young people or the general public
  - Letters to other schools written on behalf of the campaign asking them to sign up for Meat Free Monday
  - Informational leaflets designed to raise awareness about the initiative
- At the end of the diary, children could list all the foods which have replaced meat and which were intended to provide nutrients (protein, iron, B vitamins, vitamin D, zinc, magnesium, omega-3 fatty acids, etc.) that are traditionally associated with meat and fish products. They don't need to separate these into individual groups, but they should list some of the adjacent nutrient sources:

## Background

Writing a diary gives children the opportunity to freely express their thoughts and opinions about Meat Free Monday and to record significant events and useful information which they might want to remember.

## Learning Objectives

Children should learn the following:

- To keep a regular diary over time (half a term or one term)
- To include personal thoughts and opinions in their writing

## Accompanying Materials

Meat Free Monday Lunches (student worksheet)  
– for extension

<b>Protein</b>	Beans, bean sprouts, hummus, lentils, nuts, seeds, tahini, tofu, whole grains
<b>Iron</b>	Beans, dates, dried apricots, figs, green leafy vegetables (e.g., broccoli, cabbage, kale, spinach), lentils, millet, prunes, pumpkin seeds, tofu
<b>B vitamins</b>	Avocados, Brazil nuts, cereals, currants, hazelnuts, mushrooms, peanuts, peas, soya-based mock "meat", margarine, yeast extract (e.g., Marmite)
<b>Vitamin D</b>	Cereals, sunlight, margarine
<b>Zinc</b>	Almonds, green leafy vegetables (e.g., broccoli, cabbage, kale, spinach), lentils, pumpkin seeds, sesame seeds, tofu, whole grains
<b>Magnesium</b>	Almonds, apples, apricots, avocados, bananas, cashews, green leafy vegetables, prunes, soya beans, whole grains
<b>Omega-3 fatty acids</b>	Flaxseed oil, green leafy vegetables, hemp seeds, rapeseed oil, spirulina, walnuts

# Meat Free Monday Lunches

Design four weeks' worth of Meat Free Monday lunches. Try to use a variety of foods and some exciting combinations. Illustrate and describe each lunch and give it an interesting name.











