

What are you going to eat in 2019?

Food Trends

Name:

Klasse:

Datum:

Pre-reading task

Discuss the following food trends in your class: Which ones are going to be really popular in 2019, which trends will not survive and which ones would you try yourself?

- Edible insects
- Zero-waste food (no packaging)
- Meals made from rescued food that supermarkets threw away
- Veganism
- Low-carb diets
- Sugar-free diets
- Organic food
- Gluten-free food
- Regional food only diets

While-reading tasks

Read M1 and M2 and find out whether the statements below are true or false. Correct the false statements.

- A single person going vegan will not make a big difference to the planet.
- Vegans can get all their nutrients from plant-based food.
- Protein is only contained in meat.
- A vegan lifestyle is not suitable for children.
- Insect farming is more environmentally friendly than cattle farming.
- Insects contain no vitamins.
- Crickets contain little protein.
- There are more humans than insects in the world.

M1 Veganuary

Most people do it because they love animals, some want to become healthier; others are looking for a challenge: whatever their reasons, many people have signed up for Veganuary and will start the new year by going vegan for at least one month.

The charity Veganuary, which encourages people to subscribe to a vegan lifestyle, claims that even one person going vegan will make a big difference to our planet. One meat-eating person will eat more than 7,000 animals in their lifetime, so even if one single person goes vegan, it will save a lot of animal lives and will lower their carbon footprint¹ considerably. In recent years, a visible change could be observed already in the farming industry: sales of meat and dairy products went down by millions of pounds in the UK because of an increase in the vegan population.

The fastest growing vegan markets are China, the United Arab Emirates and Australia, but also about 10% of the German people eat meat-free. Vegans claim that all nutrients² they need are available from plants. They use green vegetables (like kale³, broccoli and peas), beans, pulses⁴ and nuts as well as grains⁵ as their source of protein. The British Dietetic Association has also published the statement that a vegan diet that is well-planned can “support healthy living in people of all ages”, including children.



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Even eating out is getting easier for vegans, as lots of restaurants have adapted their menus to offer vegan choices. There are also more and more substitute⁶ products for much-loved meat or dairy products available in food stores.

¹ CO₂-Fußabdruck, ² Nährstoffe, ³ Grünkohl, ⁴ Hülsenfrüchte, ⁵ Körner/Getreide, ⁶ Ersatz

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Although many people claim that eating vegan only would make them feel weak, 87% of the people who tried out Veganuary in 2017 felt that they actually had more energy. So maybe you should give it a try in 2019!

M2 Insects on the Menu

The UK supermarket chain Sainsbury's has started to sell edible insects in their stores.



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Can you imagine eating the insects in the photo? Well, in many parts of the world this is already normal, and you may even get used to it in the future, as a leading supermarket chain in the UK has launched bags of roasted crickets¹ in its stores recently. They can be eaten as a snack or put on pasta or salads.

At first these snacks may just be bought and eaten as a dare², but in the future they may become a mainstream food, as people will be looking for new alternative and sustainable³ protein sources.

Insect farming needs a lot less land and feed compared to beef or pig farming and only produces one hundredth of the emissions. Insects reproduce quickly and have a low environmental footprint. For people who would like to avoid meat for environmental reasons, they might be a good alternative protein source, although they are not vegan. The UN Food and

Agriculture Organization already suggested in a report from 2013 that eating more insects could help to fight world hunger and pollution. Over 2 billion people worldwide eat them already as a regular part of their diet.

Crickets taste nutty⁴ and are packed with nutrients: They contain up to 69% of protein as well as nine amino acids, a high fibre⁵ content and vitamin B12. They are also a healthy source of iron, calcium and Omega 3. Compared to cattle⁶, crickets use 12 times less feed to produce the same amount of protein.

Insects are really everywhere. There are 40 tons of insects to every human, so they really could make a big impact on our eating habits – the question is whether Western European consumers can get over the feeling that eating them is disgusting⁷.

¹Grillen, ²als Mutprobe, ³nachhaltig, ⁴nussig, ⁵Ballaststoffe, ⁶Vieh, ⁷ekelhaft

Further activities

1. Research which other insects can be eaten. Explain their nutritional benefits to the class. Conduct a survey of what people in your class would eat and where they would draw the line.
2. Research more facts and write down a list of pros and cons for veganism and edible insects (or any other food trends of your choice). Choose one food trend and split the class in two groups and have a debate about whether this trend should be pursued or not.
3. Discuss your predictions for new food trends in future years.

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Hinweise

Englisch
Klasse 9-12