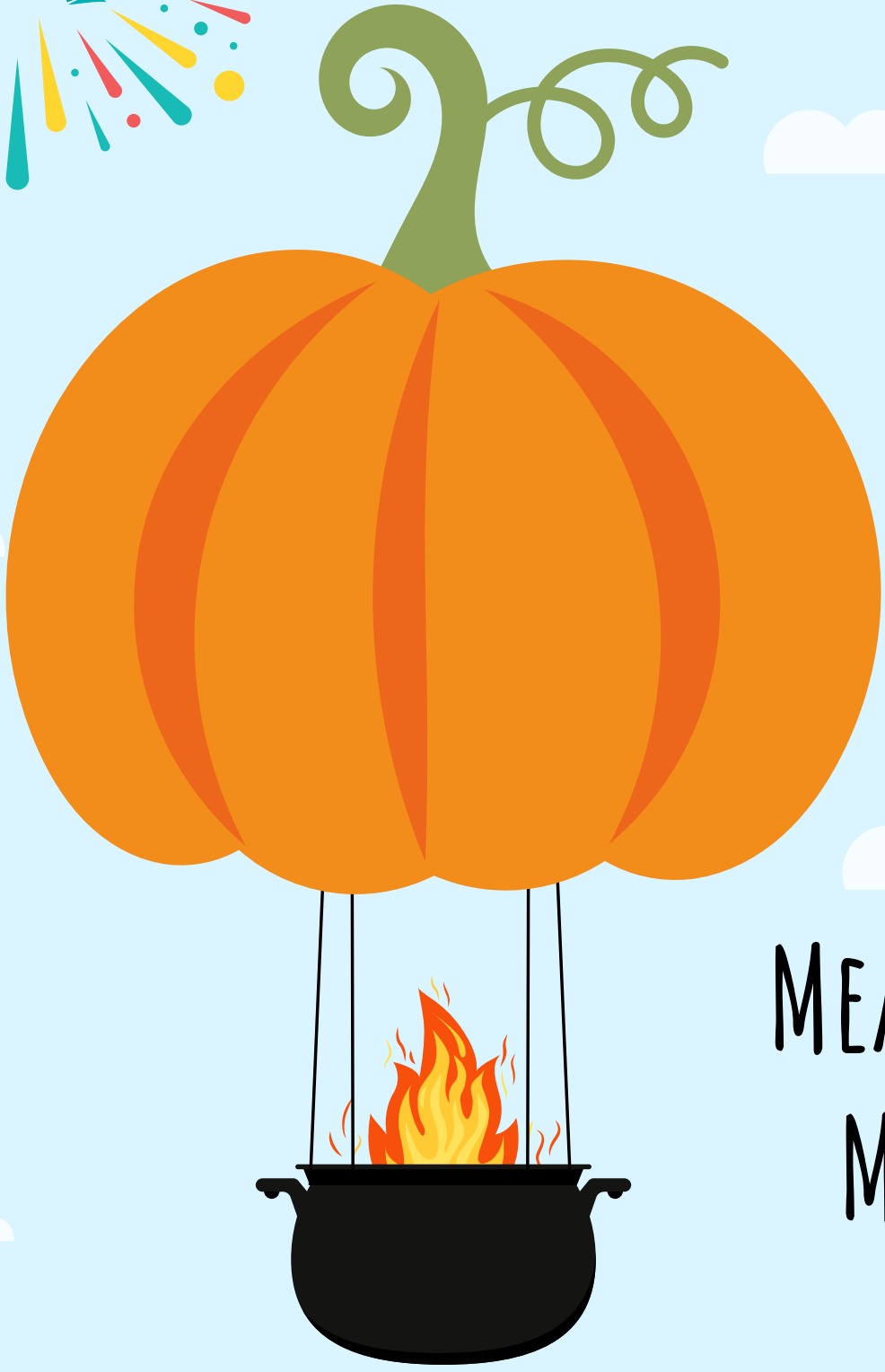




January



MEAT FREE
MAGIC

ACTIVITY SHEET



1

Eating fewer meaty foods means we use less space for farms. This helps animals have more room to live happily.

2

Eating more vegetables means we don't need to cut down as many trees. Trees give us fresh air to breathe!

3

When we eat less meat, there is less pollution in the air and water. That's great for the Earth and all the living things on it!

4

Eating more plants and less meat helps save lots of water. Plants usually need less water to grow than animals, so when we eat more vegetables we help conserve water for everyone!

FUN FACTS

Did you know?

Many athletes are powered by plants! Some of the strongest and fastest people get most of their energy from fruits, vegetables and plant-based foods.

Let's get Dotty

Connect the dots from numbers 1 to 28 to make the broccoli and colour your masterpiece in!



What Protein?

Look at the pictures below.
Draw a line to connect the
food to the bag it belongs in.



Beans



Bacon



Nuts



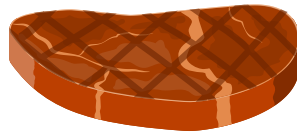
Carrot



Milk



Chicken



Steak



Broccoli



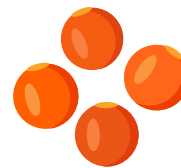
Cheese



Yoghurt



Apple



Lentils

