



Meat Free Monday Rhyme

Activity

Recite the Meat Free Monday rhyme in class or at a school assembly and invite feedback from the children. To highlight key points, you may wish to accompany the reading with images (for example by using a PowerPoint presentation).

Extension Ideas

- If you have presented the rhyme in a classroom environment rather than assembly, a role play can be set up whereby pairs of children take on the characters of Emma and Grundy to show what they picked up from the rhyme. Can the children come up with any additional points/arguments for either character?
- Have the children think of their favourite meat-free school dinner/packed lunch and describe it using powerful/persuasive language to make others want to taste it. This can be done in assembly by having volunteers out at the front. Instruct the children not to actually name the food/dish, so that it becomes a guessing game to ensure all other children are actively listening for clues as to what is being described. If presented in the classroom, younger children could draw pictures and label the different parts of their dish.
- Encourage older children to write their own rhymes about Meat Free Monday.

Background

Meat Free Monday encourages participants to improve their health in a fun and simple way that helps to combat global warming. The campaign is becoming a global phenomenon with an increasing number of schools, restaurants, universities, businesses and even cities getting involved.

This lesson (which can be effectively delivered as an assembly) introduces different reasons for supporting Meat Free Monday in a light-hearted way – via a rhyme. The rhyme features a conversation between two characters – Grundy, who knows about the campaign, and Emma, who initially does not like the idea of cutting down on meat. The conversation results in the two children becoming enthusiastic about Meat Free Monday and coming up with their own ways of promoting it.

Learning Objectives

Children should learn the following:

- To understand why their school supports Meat Free Monday
- To consider what food options will be available on Mondays
- To develop spiritually, morally, socially and culturally





Meat Free Monday Rhyme

Things had changed at Emma's school.
At lunch she almost felt a fool.
She queued and asked for peppered steak
But instead was given pasta bake!

"What's up?" she asked. "Where's all the meat?
What on Earth's a girl supposed to eat?"
"It's gone", said Emma's best mate, Grundy.
"From now on, school does Meat Free Monday!"

"Meat-free what? That can't be true!
What a crazy thing to do!"
"Actually", said Grundy, "I think you might find
When you learn about meat, you'll soon change your mind!"

But still Emma felt surprise and dismay –
Who'd have envisioned a whole meatless day!
"I really don't get it! Would you say it's a fad?
How can eating meat be bad?"

Grundy explained, "It's now a known fact
If we cut down on meat, we have global impact.
We used to produce fewer greenhouse gasses,
But then it all changed and today we make masses.

Cows emit methane, which has a harmful effect.
We should try to ensure that the planet's not wrecked!
The project encourages compassion and caring,
Citizenship, kindness and worldwide sharing.

Instead of producing so much animal feed,
We could grow maize and soya for people in need.
And consider how animals' lives are filled –
Caged and transported, and then they are killed".

"But Grundy", said Emma, "meat has iron and zinc!
And animals can't reason, imagine or think!"
Grundy shook his head. "No, you're hugely mistaken.
Animals are like us and should not be forsaken.

They, too, like to play with their friends and to run,
Spend time in the open and lie in the sun.
As for protein and zinc – you can get them from beans,
From tofu and other non-animal means!

If you really like burgers and hot dogs, like me,
There are great veggie versions – just wait and you'll see!
Shops these days sell nuggets and barbecue sauce
Mock 'duck' and mock 'turkey' – made with soya, of course!

Vegetarian lunches are really nutritious,
Colourful, exciting, fresh and delicious!"
Emma pondered, then said, "That makes sense to me, so ...
I reckon I'll give Meat Free Monday a go!"

They both soon found Mondays to be so much fun
That they wanted to shout and to tell everyone!
They made banners and leaflets and recipe books.
They even got help from celebrity cooks!

They wrote to the Pope and they wrote to the Queen
And persuasively asked the Prime Minister to go green!
If school kids can do it, then surely can't they?
It's simple to eat veggie food for a day!

They went on TV – on the BBC news!
A nationwide platform – they had nothing to lose!
Meat Free Monday spread quickly beyond the UK,
From Paris to Sydney, Hong Kong to LA.

Emma smiled at Grundy with a glint in her eye:
"What next? Shall we give Meat Free Tuesday a try?"

