

**Monday**  
9 June 2014

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The Standard 英文虎報

小小  
英語樂

# Goodies

Rainy  
27-30°C

**Meat-free  
for a day**

It is Vegetarian Day this Sunday! Why not try to give up meat for the day? If you do this regularly, you will see the benefits in no time. Big Dee, Bobby and Rose are taking part in Vegetarian Day and are planning what to have in their lunchbox for the day.

Turn the page to see what they have settled on and learn more about the benefits of eating vegetables and less meat.

## Editor's Note

The older I get the less meat I eat. I used to eat steaks regularly but not anymore. I used to love eating medium-rare steaks that had lots of blood but now I find it quite frightening! But something I have trouble giving up is street food. Sometimes I buy HK-style waffles with lots of peanut butter on it and I feel very guilty after I have eaten it. I am addicted! Read about street food in Goodies Comic on G05.



Simon

## Vocabulary Builder

**benefit**



## Goodies Learning Card

benefit (n) 益處

• The discovery of oil brought many **benefits**.

benefit (v) 獲益

• I have **benefited** greatly from her wisdom.

beneficial (adj) 有益的

• We have to make an agreement that will be **beneficial** to both parties.





Agatha

If we eat less meat,  
fewer animals will  
be killed!



## Deconstruct the lunchbox

Big Dee, Bobby and Rose have spent an afternoon preparing their lunchboxes. Take a look and guess which one is healthier.



I love hamburgers!  
The fries are made  
from potatoes so  
it is still healthy I  
think...

Hamburger

Fries



I have made some spaghetti  
with tomatoes, onions, beans  
and olives. These vegetables  
contain **antioxidants**, which  
benefit our heart and bones  
and lower the risk of cancer.

spaghetti



I love salad. It has walnuts,  
cheese, cherry tomatoes, and  
some **crunchy** vegetables.  
Nuts are good for our body  
because they are rich in  
energy, protein and vitamins.

salad



## Veggie questions

Eating more vegetables and less meat is good for our body. Too much red meat such as lamb, beef and pork could cause heart disease, colon cancer, **diabetes** and **obesity**. Bobby is **persuading** Big Dee to change his eating habits. Let us see if Bobby succeeds.



Does being vegetarian mean I cannot eat any meat?

You can be a pesco pollo vegetarian, which means you  
can eat fish and chicken. Or you can be a pollo vegetarian  
and only eat chicken, not red meat or fish.



But I feel hungry very often if I do not eat meat.

You feel hungry because our bodies digest vegetables much  
faster than meat. What you need to do is to balance your diet  
with more **carbohydrates** such as potatoes and rice.



Can we get enough protein without eating meat?

Of course you can. We can substitute meat for nuts, seeds,  
soya products, cereal, eggs and dairy. They are all good,  
meatless protein sources and good for muscle growth.



## Game

Design your own lunch with the food below.  
Cut the food out and stick it on your plate.

