

Soup is served!



Goal:

To raise children's and teachers' awareness of the fact that we eat too much meat.

The activity is simple: after having overeaten during the holidays, what better cure than to eat less afterwards?

To that end, just look to soup!

Process:

- 1- Heighten your students' consciousness of consumerism.
- 2- Ask students to bring soup recipes as well as the necessary ingredients for making the chosen soup.
- 3- Children can even make the broth themselves, using chicken, beef or veal bones.
- 4- Have your pupils cut the necessary ingredients and add them to the broth.
- 5- Legumes can also be added. Avoid meats, because the point of the soup meal is to decrease our meat consumption.
- 6- Cook through and serve hot with a little bit of grated cheese!

Using a computer, you can easily put together a recipe book in class.

Enjoy your meal!