



PLAIN SPEAK FOR PUPILS
AT YOUR
COMMUNITY CENTER

TO LET OUR KIDS EXPLORE, QUESTION &
LEARN THE TRUTH ABOUT FOOD

*Are you interested?
Call us at (123) 456 7890 or email us at
abcd@gmail.com to sign up!*

Come volunteer for the upcoming Community Discussion!

*Does your child asks where their food comes from? It's a
hard topic to face, because,
let's be honest- no one was honest with you!*

*It's safe to say we're living in testing times, politically,
environmentally & socially and it's all inter connected.
Let's stop telling our kids how to think, feel and eat and guide
instead of gutting their instincts.*

*Got experience? Or are you a nutritionist who would like to volunteer ?
Got a natural talent for instruction & creativity?
Are you passionate about empowering & educating our kids? Join now!*

GIVE THEIR IMAGINATION & INSTINCT A VOICE

So what we're doing with this 6 week project?
Plain Speak for Pupils is to give them the facts & let them find their own answers

Topics/ Concepts Covered

1. Climate change driven by loss of habitat for farming crops and animals.
What does it mean, how does it occur? What does it mean for the planet?
2. The number of farmed animals in the world & daily number of animals processed as food (because kids ask & we own them the truth, not just for the kids adults learn as well, it is shocking that most adults do not connect all milk comes from a pregnant cow!) What is animal agriculture & how can kids help curb it?
3. The truth of the effects a meat & dairy heavy diet has on long term health (lead by a nutritionist) (Addresses the conditions of CFO's)
4. A personal plan of action, (it is overwhelming to expect these young people to change corporate policy). But wherever in the world they are we can encourage them to start local. And as most of us do, it starts with our own plates.
5. We aim to start a conversation about the enormous number of chemicals being pumped into the animals we consume. Are they ending up in us & is it creating an angrier society? Keeping our kids safe in schools may have more to do with our plates than we acknowledge.
6. Berries for Brains each week our Berry Band will pick one and learn the health benefits of a berry! This is a colourful fun & informative activity for the kids so they are not overwhelmed by the topics covered.

Duration: 6 weeks (we meet every weekend) The learning doesn't stop after 6 weeks, we hope to have this program evolve online or offline & share with other communities the models which worked and invite suggestions for improvement

Note: Because these are young learners we will tell them the truth about slaughter, but do not feel it necessary to bombard them with extreme/ graphic imagery. Kids are more imaginative and perceptive than we give them credit for, their imagination and instinct play a greater role than any imagery.

References & Resources

<https://www.mcc-berlin.net/en/research/co2-budget.html>

Dr. Busse <https://www.plantbasedpediatrician.com/>

<https://thebraindocs.com/>

<https://plantricianproject.org/>

