

Chickens know how to cure themselves.

When we put anti-inflammatory granules among others, they realize their effects and can cure themselves after.



yoga position : todesanz (tree pose)

→ 1 minute

**If you had an animal plush,
tell us what it was.**

Pigs tend to generalize their experience.

If they are treated badly one time by a human, this experience is going to influence them for the rest of their lives and they will fear humans.

A cow and her separated cub feel devastated.

Sophie, a cow, gave birth to 2 cubs. She sacrificed one of them by giving it to the farmer and hid the other in a forest, in order to at least keep one of her cub.

Tell everybody your favorite animal and say why.

Do a competition !

One team is going to move like chickens, one other like rabbits, one other like frogs, the last one like pigs. The first team to cross the finish line take the point.

A recent study suggests that the current cattles would have migrated from only 80 aurochs from Mesopotamia over 10,500 years ago.

Pigs can answer to their names when they are called

Drink a glass of water.

Your team must represent a cow with all of your bodies.

Cows can see over 320°



When cattles solve enigmas, they are feelings the joy !

Their heart rate accelerate and they shuffle, kick on the ground...

Close your eyes and breath, for one minute and in silence.

Pigs are clean

Mud bath actually protect them from fleas and sunburns, and regulate their body temperature.

Draw a fantastic animal.

Sheeps aren't always afraid by wolves.

When wolves aren't hungry, we could see them playing together.

You forgot to eat protein for a week, you are tired and miss your alarm clock, miss one turn.



Yoga position : ardha chandrasana



→ 1 minute

By smelling, pigs can recognize the social status of its peer.

Yoga position : wild child's poses



→ 1 minute

Cattles have scent glands to communicate emotions with others.

Mimic 2 animals in one minute.

If your team guess it right, you win the point.

Sheeps locate their young by smell when they can't see them.



You did a protest for vegetarian food for kids in a canteen and allow your sister to have this option, win 2 points.



Chicks know how to calculate.

They can add and subtract (until 5)

Chickens can empathize.

When the chicks are in distress, the chickens can feel their emotional state.

Your tofu was made too far and not ecology-friendly, come back from 3 squares.



Your meal wasn't balanced, you are constipated. Miss 2 turns.



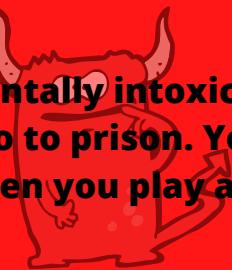
A sheep can recognize above 50 sheep faces for 2 years

The sheep had been domesticated over 10,000 years ago.

You ate an intoxicated cake : you have to go to the hospital. You loose 2 points.



You accidentally intoxicated your friend, go to prison. You leave when you play a 6.



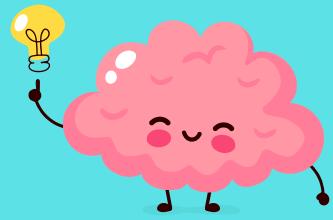
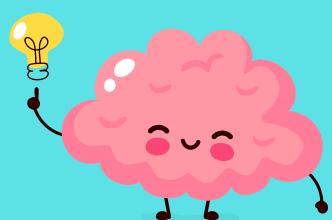
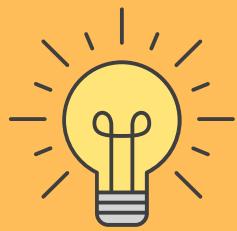
What day celebrates the day of vegetarianism ?

1. The 1st October
2. The 12th October
3. The 31st October

Which famous documentary about vegetarianism was released in 2018 ?

You ate a really balanced meal, you are in good health. You win 2 points.





You convinced your grandpa to become vegetarian, you win 2 points.



What is the meaning of the Vegan flag ?



green : terrestrial creatures, blue : water creatures, white : unity of creatures

What day celebrates the day of veganism?

1. The 2d of November
2. The 12th December
3. The 31st December

How much protein is contained in 100g of chickpeas ?

1. 7g
2. 20g
3. 50g

Your meal wasn't balanced (not enough vitamins etc.), you get depression. Miss 2 turns.



In which year was the vegan flag created ?

1. 1997
2. 2007
3. 2017

List 3 types/brands of candies which use pig gelatin.

14,000,000,000 of haribos candies are eaten in France per year.
Haribo, Cuiti, Chocolallow...

How much protein is contained in 100g of almond ?

1. 15g
2. 25g
3. 35g

How much protein is contained in 100g of almond ?

1. 15g
2. 25g
3. 35g

Complete the following sentence :

Anonymous for the V. is making awareness campaigns about cruelty against animals.

What Brigitte Bardot did for the animals right ?

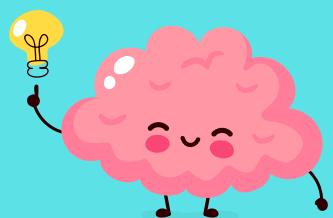
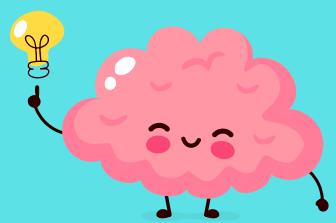
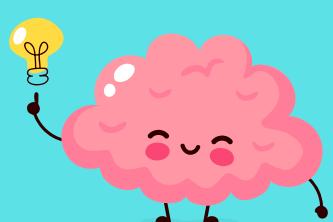
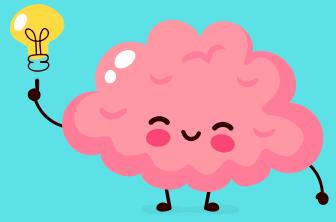
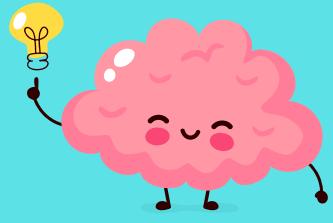
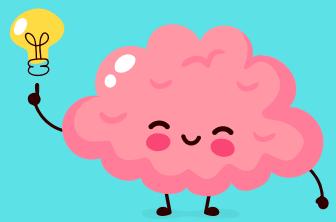
She had created a foundation

How much protein is contained in 100g of spirulina ?

1. 15g
2. 30g
3. 60g

Voiceless

3.



Which ingredient has the more proteins ?

1. 100g of eggs
2. 100g of kidney beans
3. 100g of almond

Almond (25g), Kidney beans (22g), Eggs (13g)

When was created the word vegan ?

1. 1847
2. 1919
3. 1944

3.

How much protein is contained in 100g of walnut ?

1. 15g
2. 30g
3. 45g

1.

What is the drink that pollutes the most ?

1. Fanta
2. Coke
3. Water

2.

How much protein is contained in 100g of kidneybeans ?

1. 8g
2. 22g
3. 47g

2.

Do you know any vegan label ?

When was created the word vegetarian ?

1. 1847
2. 1919
3. 1944

1.

How much protein is contained in 100g of soy ?

1. 17g
2. 33g
3. 56g

2.

List 3 NGO which fight for animals rights.

L214, Vegan Impact, Animal Liberation...

How much protein is contained in 100g of rice ?

1. 2.7g
2. 8.5g
3. 13.6g

1.

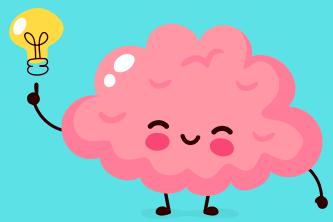
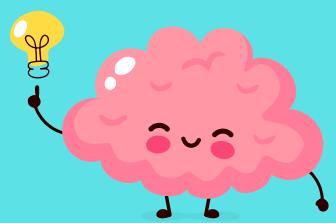
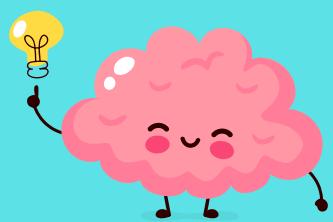
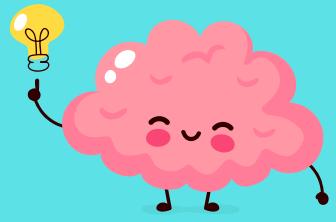
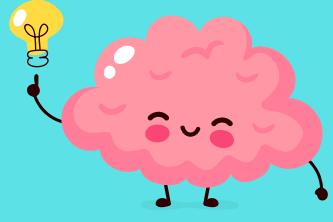
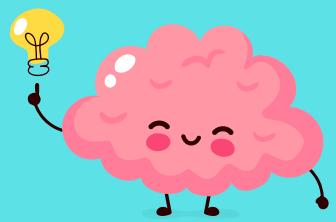
Who among Joaquin Phoenix, Jay-Z and Beyonce is vegan ?

All of them.

Which vitamin should you take if you turn vegan ?

Vegan Society, Vegan, One Voice...

B12



When was created the word vegetarian ?

1. 1847
2. 1919
3. 1944

False

1.

TRUE OR FALSE : eating well costs a lot.

1.

When was created the word vegan ?

1. 1847
2. 1919
3. 1944

3.

3.

What is the formula to know how much protein you should eat each day ?

$0.8 \times (\text{your weight in kg}) = \text{number you should digest}$

How many liter of water do you have to drink each day ?

1.6L/day

1214

Which organization is well-known in France for entering illegally in slaughterhouse to film and denounce cruelty ?

Who created the vegan flag ?

1. Greta Thunberg
2. Gad V. Hakim
3. Gary Younsfly

2

2

