

NAME: _____

Appendix 3: Plant-Based Protein?

Created: Spring 2020 by the National FFA Organization
Part 1

DIRECTIONS:

Read the article "Talking Points: Plant-Based Protein" in the spring 2020 issue of *FFA New Horizons* and complete the following activities.

1. What is the difference between animal and plant protein?
 - a. Plant protein is unhealthy.
 - b. Animal protein is unhealthy.
 - c. All animal proteins contain all the essential amino acids our bodies need.
 - d. Plant protein contains all the essential amino acids our bodies need.
2. What percent of people are trying to add more protein to their diets?
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%
3. What major company has entered the plant-protein market?
 - a. Perdue chicken
 - b. Tyson Foods
 - c. Hormel
 - d. Monsanto
4. What percentage of consumers are open to adding plant protein to their diets?
 - a. 15%
 - b. 25%
 - c. 50%
 - d. 75%
5. What percent of people are trying to add more plant protein to their diets?
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%



Would you be willing to try a product that comes from a plant-based protein? Why or why not?

Why do you think plant-based protein is becoming so popular?

Where else have you heard about plant-based protein?

What other companies are using plant-based protein?



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Part 2

DIRECTIONS:

Plant-based protein versus animal-based protein is a hot topic in the agriculture industry. The best way to really understand the hot topic is to complete research and analyze all sides of the issue. A Strengths, Weaknesses, Opportunities and Threats (SWOT) analysis is a chart that can be used to evaluate a topic. Create one SWOT analysis for plant-based protein and one for animal-based protein. These SWOT analyses will then help you to prepare for a debate!

Animal-based Protein

<u>Strengths</u>	<u>Weaknesses</u>
<u>Opportunities</u>	<u>Threats</u>

Here are some resources to help get you started. Be sure to only use academic and reliable resources.

- Comparing Traditional and Alternative Burgers:
<https://www.dirt-to-dinner.com/comparing-traditional-alternative-burgers/>
- Is a Plant-Based Diet Better for You?: <https://www.dirt-to-dinner.com/the-power-of-plants/>
- Harvard School of Public Health:
<https://www.hsph.harvard.edu/nutritionsource/2019/08/26/questions-plant-based-meat-alternatives/>



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Plant-based Protein

<u>Strengths</u>	<u>Weaknesses</u>
<u>Opportunities</u>	<u>Threats</u>

Here are some resources to help get you started. Be sure to only use academic and reliable resources.

- How Do you Make Heme?:
<https://faq.impossiblefoods.com/hc/en-us/articles/360034767354>
- What Are the Ingredients?:
<https://faq.impossiblefoods.com/hc/en-us/articles/360018937494-What-are-the-ingredients->
- What Are the Nutrition Facts?:
<https://faq.impossiblefoods.com/hc/en-us/articles/360018939274>
- Harvard School of Public Health:
<https://www.hsph.harvard.edu/nutritionsource/2019/08/26/questions-plant-based-meat-alternatives/>



DIRECTIONS:

To prepare for the debate define the following terms:

1. Rebuttal:
2. Respectful:
3. Affirmative:
4. Opposing:

Use all these terms in a sentence to describe the debate you are about to engage in.

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Let's Debate: Plant-Based vs. Meat-Based Protein Sources

DIRECTIONS:

Use the information from your SWOT analysis and plan your debate strategy.

DEBATE FORMAT:

1. Affirmative team opening statement (2 minutes)
2. Opposing team opening statement (2 minutes)
3. Affirmative team argument (5 minutes)
4. Opposing team argument (5 minutes)
5. Affirmative team rebuttal (1 minute)
6. Opposing team rebuttal (1 minute)

After this debate, my feelings about plant-based and animal-based protein are ...



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