

People Who Make a Difference

Grade 2



César Chávez said, "In 1968, I became a vegetarian after realizing that animals feel afraid, cold, hungry and unhappy like we do."

Because César Chávez cared about animals, he stopped eating them. What is the word for someone who does not eat animals?

[Answer: Vegetarian]

Imagine being taken away from your family and made into someone's meal. This happens to cows, pigs, and chickens every day on factory farms. Calves are taken away from their mothers before they are even a week old. List four words that describe how calves might feel without their mothers.

[Answers will vary. Examples include: Sad, lonely, angry, depressed, frightened]

Why did Chávez stop eating animals and decide to help them instead?

[Answer: His good friend and dog, Boycott, led Chávez to question his right to eat animals. He realized that, like Boycott, all animals can feel afraid, cold, hungry, and unhappy.]

[Teachers: For further discussion, discuss the word "empathy," or pose the question, "Why call one animal 'friend' and another 'food'?" You might also discuss Gandhi's influence on Chávez.]

Thinking of Others First

César Chávez did not want any human or other animal to suffer because of him, so he became a vegetarian and a spokesperson for migrant farm workers' rights.

Can you think of something that you have done to help people?

[Answers will vary. Encourage students to share answers. Write their responses on the chalkboard.]

Can you think of something that you have done to help animals?

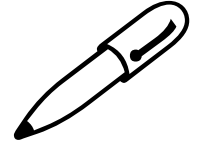
[Answers will vary. Perhaps a child volunteered to walk a neighbor's lonely dog, refused to visit a circus that forces animals to perform frightening tricks, or tried veggie dogs or other vegetarian versions of a favorite food. Discuss students' answers, and write them on the chalkboard.]

[Teachers: After writing responses on the chalkboard, create a classroom poster that lists the ways that your students have helped people and other animals. Create a bulletin board in your school's hallway so that others can learn how they, too, can help.]

Name: _____ Date: _____

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- 1. _____ 3. _____
- 2. _____ 4. _____

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