THE VEGANUARY COFFEE MORNING

QUIZ TIME!

1) Which country has the largest population of vegans in the world?

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2) Which of the following products are vegan?

a) Cadbury's Hot Chocolate

b) Fox's Party Rings

c) Oreos

d) Rowntree's Fruit Pastilless

e) Worcestershire Sauce

3) Before the word "vegan" became popular, which term was used by people who followed the vegan lifestyle in the 1940s?

a) Meatban

b) Dairyban

c) Animalban

4) According to Our World In Data, what percent of available agriculture land is used for farmed animals (meat and dairy)?

a) 42%

b) 63%

c) 77%

d) 89%

5) Tofu originates from which Asian country?

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6) Salmon is only a common topping for sushi because of a decade long marketing campaign by which Scandinavian country?

.....

7) Which of the following clothing materials comes from animal sources?

a) Silk

b) Linen

c) Cashmere

d) Denim

8) Veganuary began as a campaign in which country?

a) USA

b) Germany

c) United Kingdom

9) Over a 20-year period, how many times higher is the footprint of methane than carbon?

a) 52-54

b) 64-66

c) 77-79

d) 84-86

10) Which plant-based food has more protein (per 100 grams) than all meat forms?

a) Tofu

b) Lentils

c) Seitan

d) Nut

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ANSWERS

1) India

An IPSOS poll back in 2018 showed that a massive 19% of Indians are vegan, or at the very least followed a vegan diet. This will be even more today.

2) All except Worcestershire Sauce!

Worcestershire Sauce is the only product that isn't vegan because it contains anchovies. Beware, Cadbury's instant hot chocolate contains milk, but Cadbury's original hot chocolate is dairy free.

3) Dairyban

The word 'vegan' was only coined in 1944.

4) 77%

Despite taking this incredible amount of land, animal agriculture only produces 18% of global calories and 37% of global protein supply.

5) China

Tofu has been around for thousands of years. It was most likely created during the Han Dynasty (202 BC –9 AD and 25–220 AD). Legend has it that a Chinese cook accidentally curdled soy milk when he added nigari seaweed, and thus created what we now know as tofu.

6) Norway

Named 'Project Japan' and started in 1985, the initiative took over a decade and cost millions. Norway remains the world's largest salmon producer today.

7) Silk and Cashmere

Silk fibres are produced by silkworms when they spin themselves into a cocoon on their journey to becoming a silkmoth. Cashmere is made from the soft undercoat of cashmere goats, who are kept by the millions in China and Mongolia, which dominate the market.

8) United Kingdom

Veganuary was co-founded by Matthew Glover and Jane Land in 2013. The first Veganuary campaign took place in January 2014 when around 3,000 people took part.

9) 84-86

According to the United Nations Economic Commission for Europe, methane is a powerful greenhouse gas with a warming ratio 84-86 times that of CO2. Over 100 years that ratio falls to 28-34 times.

10) Seitan

Seitan is a food made from gluten, the main protein of wheat. It contains up to an incredible 75 grams of protein per 100 grams.