

Application Task

Veg Advocate

Please read each section carefully and provide your answers in a separate document. We encourage you to think outside the box, this is an opportunity to show off your creativity and critical thinking skills.

Attach the completed task with your application.

Task 1

Write a blog post in the voice of the VegKit blog. It should be between 500 and 800 words. You can choose your own topic or choose from the below:

Blog post topics:

- How to answer questions about veganism without alienating your friends and family
- Food hacks to maximise your body's absorption of different essential nutrients from plants
- How to eat plant-based on a budget
- Plant-based mince 5-ways! (e.g. TVP, nuts, plant-based meats...)
- Eating for the earth – how every plant-based meal helps the planet too
- Or choose your own

Task 2

Part 1

- Watch this video <https://www.youtube.com/watch?app=desktop&v=Z7dFDHzV36g>
- Provide any insights or ideas we could gain relating to veg advocacy.

Part 2

- Read the following article: <https://elemental.medium.com/the-science-of-shame-e1cb32f6f2a>
- Provide any insights or ideas we could gain relating to veg advocacy.