

Name _____

Class _____

Cow Protection and Vegetarian Living

(Madhava Class)



*This book is dedicated to
His Divine Grace A. C. Bhaktivedanta Swami Prabhupada
who taught the importance of cow protection and mercy.
His presence in the world benefitted not only the human society
but all living creatures.*

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Introduction

Vegetarians? Do they only eat vegetables?

That's what you might say if you're not a vegetarian. But if you are, you know that there are plenty of delicious foods to satisfy you. When you know what they are, you won't even miss meat!

For the next few weeks, we are going to see what Krishna thinks about eating meat. We'll see what one of Krishna's favorite duties as a child was. We'll look at some of the things the doctors are saying and the way our bodies are built. That will help us decide if it really makes sense to eat meat. We'll learn more about being kind to our fellow creatures, the animals. Then you can choose for yourself – *is it a good idea to be a vegetarian?*



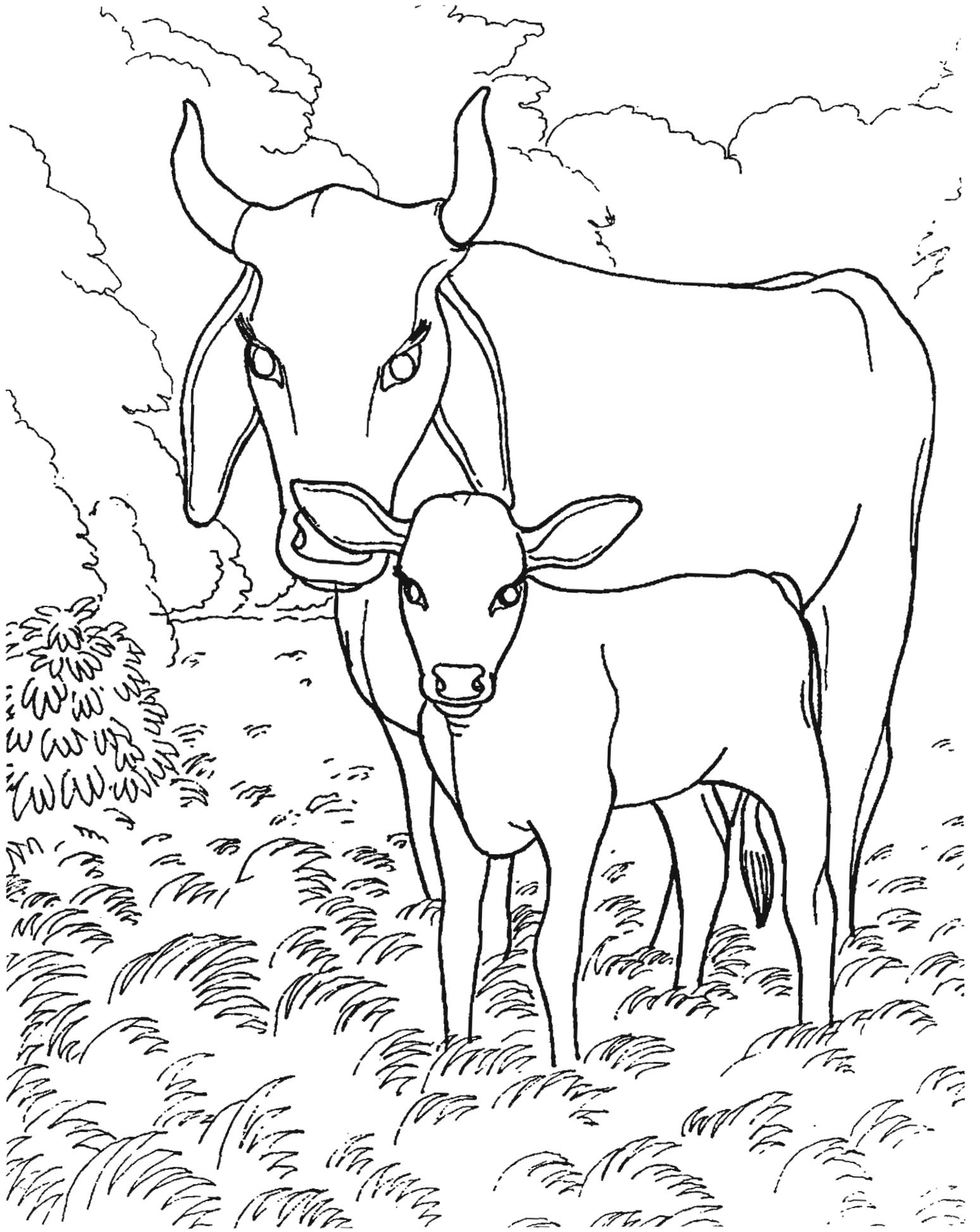
Vishnu Purana 1.19.65

*namo brahmanya-devaya
go-brahmana hitaya ca
jagad-dhitaya krsnaya
govindaya namo namah*

**Translation: My Lord, You
are the well-wisher of the
cows and the brahmans,
and You are the well-wisher
of the entire human society
and world.**



**THERE ARE VEGETARIANS LIKE ME
ALL OVER THE WORLD.**

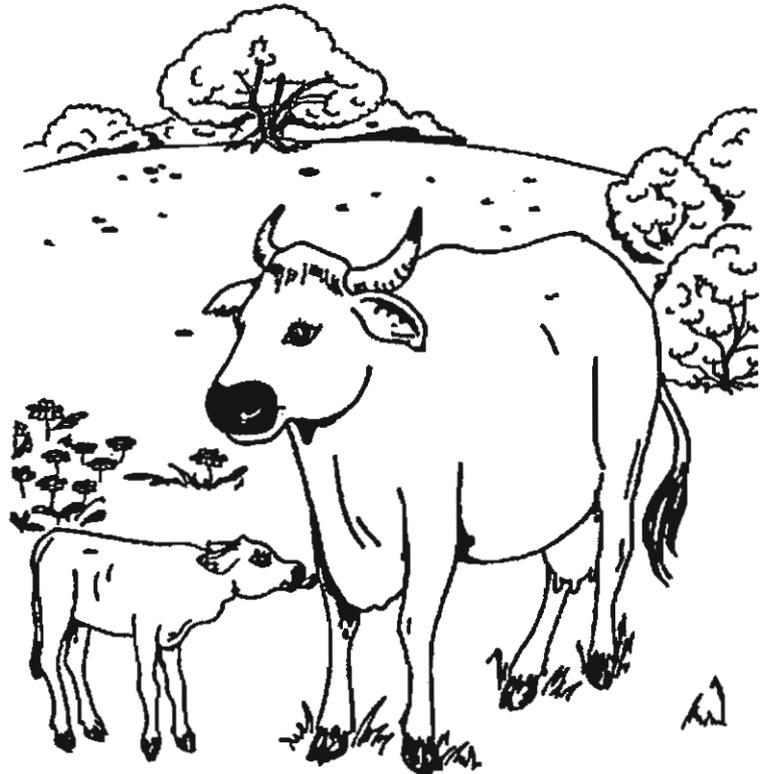


Lesson One

Krishna Loves the Cows

If you go to practically any place in India, you will see cows wandering around everywhere. Even in the big cities, like Delhi and Calcutta, cows will be walking around on the streets and sleeping next to parked cars. Drivers stop and let the cows pass and people walk around them without disturbing them. Why? What is so special about these cows and bulls?

First of all, the cow is a very unique animal. She is capable of providing food for us in the form of her milk. Her milk is so nutritious that a person could live on that alone if he had to. Many years ago, the great sages were very strict and austere. They didn't worry about what they were going to have for breakfast, and how they were going to cook and spice their delicious lunches. Many of them would simply live on a little cow's milk or buttermilk and spend their time in thoughts of the Lord.



Cow's milk can be made into many tasty foods. How many things that are made from milk can you think of? List them on the lines below.



The male cow, or the bull, is also a very useful animal. He is big and strong and can do a lot of work. His duties are to help plow the fields and till the land. By his hard work, people can grow and harvest fruits, vegetables and grains which are needed for a healthy life.

Because of his strength there may be some other duties that the bull can do. Can you think of any and list them below?

Believe it or not, even the cow's stool and urine are useful. The cow's manure is flattened into patties and dried in the sun. When it is dry, it is used like firewood to make fire for cooking and heating homes. When the cow manure is spread into the fields, the land becomes rich and fertile and can grow more crops. Everything that comes from the cow is useful.

The cow and the bull can be considered like our mother and father because they are providing so many necessities of life for us. In India, people know that and they are respectful to the cows. In the modern day, the bull's duties are replaced by tractors, cars and other machines, but in the small villages the people still use bulls to work in the fields. People would never think of mistreating such important animals.

Another reason that people respect cows is because Krishna Himself loves cows. Krishna could have come as a great king or a powerful ruler but He chose to appear as a simple cowherd boy in the village of Vrindavan and spend His time taking care of the cows and calves.





When Krishna was a young boy, His and Balaram's duty was to be in charge of the cows. They had to take care of the little calves. So along with the other boys, Krishna and Balaram went into the pasture and took charge of the calves and played with Their friends. Sometimes the boys played on Their flutes and sometimes They played with fruits like we play with balls. They would make Themselves look like cows and bulls by covering up with blankets. They also used to imitate the bulls and play at bullfighting. They would grab hold of one of the calves' tails and laugh as the calf pulled Them around in the dust.

Every day the cowherd boys would go to the bank of the River Yamuna to water the calves. The boys would also drink water there. Sometimes while They were tending the cows, great demons would come and attack, but Krishna and Balaram killed them all and protected the boys and calves. In the evening, Balaram and Krishna would return home, happy to again spend the days having fun with Their friends and the calves.

DID YOU KNOW?

Krishna's father owned 900,000 cows and each had a name. Krishna knew all their names by heart and would call each one by name as He counted them!

In the spiritual world there are special cows called *surabhi* cows. They are able to fulfill all desires. Their mooing is like beautiful poetry and they lift their ears to hear the sound of Krishna's flute. The *surabhi* cows are the Lord's pet animals. Krishna's beautiful cows come in many colors; some are even checkered! So even in spiritual world Krishna is surrounded by his favorite animals, the cows.

Check for Understanding

1. Match by drawing lines

cow

plows the field

surabhi cows

cowherd boy

bull

a product made from cow's milk

yogurt

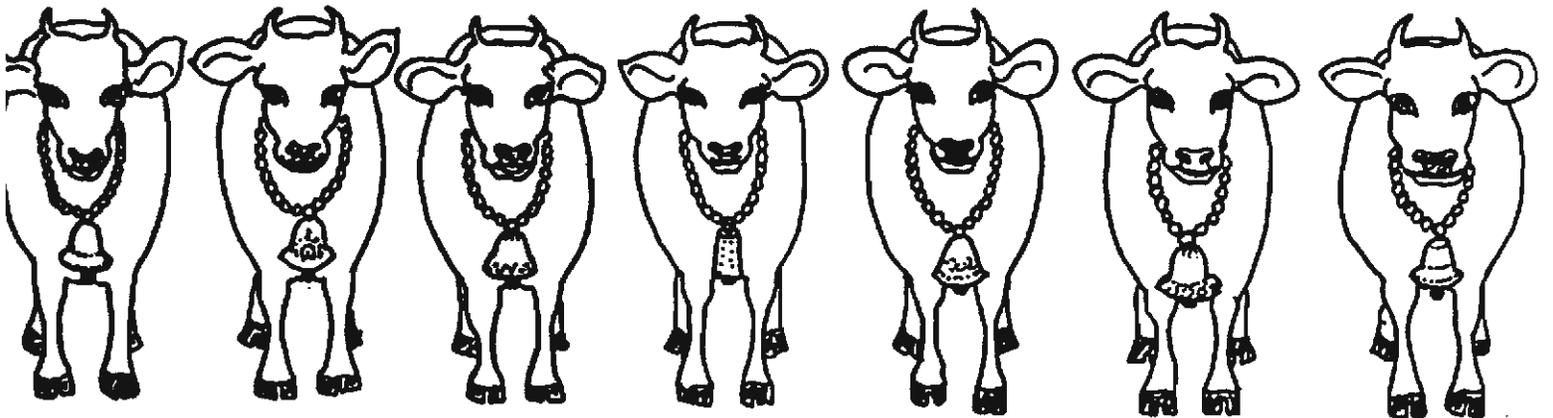
Krishna's favorite animal

Krishna

found in the spiritual world

2. What is your favorite food made from cow's milk?

3. What was Krishna's job when He was a boy?



From Marigold Cow's Cooking Corner...

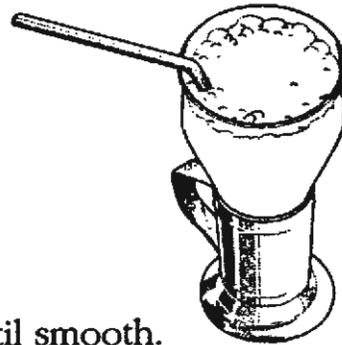


Something to try at home:

Banana Nectar

4 bananas, mashed
3 cups milk
4 tablespoons sugar
1 drop vanilla extract

To make: Blend all ingredients in a blender until smooth.



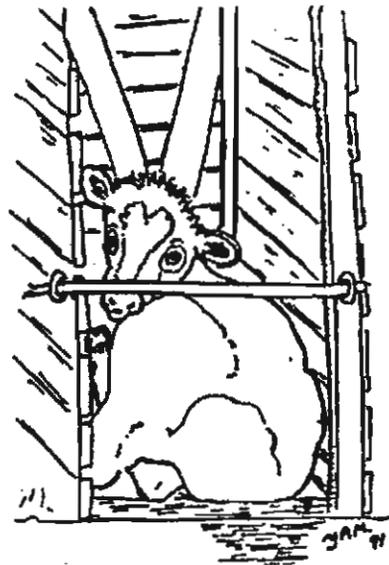
Lesson Two

Protecting Cows and Bulls

Last week we learned that the cows are dear to Krishna. The cowherd men and women spent their time taking care of the cows and bulls. They did this lovingly and the cows felt happy and protected. Because they were happy, the cows gave large amounts of milk and the bulls were happy to work hard for their masters.

Nowadays, we see much different treatment of cows and bulls. Most of the cows we see grazing in pastures are meant to be killed for people to eat. The bulls don't work the land but are fed well to get plump so they will provide *more* meat when they are slaughtered.

Even baby calves get mistreated. Some are put into pens and kept in the dark where they cannot move or stand up. They are fed a special diet that keeps them weak and doesn't allow their muscles to get strong. That is so they can be killed and eaten for their tender meat, called veal. No one in Krishna's time would have ever dared to treat the cows like this!



Is this right? Do cows need to be treated like this so people can eat? The scriptures say, "NO! The cows and bulls should be protected." We learned how important they are. They should be respected and treated with love.



We do not need to eat meat. In fact, now the doctors are telling us that a meat diet is not very healthy. Fruits, vegetables, grains, milk, butter and nuts are delicious and provide us with all the protein, vitamins and nutrients we need. And, best of all, we don't have to kill animals to eat this way.

Because Krishna loved the cows we choose not to eat cows. He taught us by His example that cows should be cared for nicely, so we should try to do the same.

Animals are my friends ... and I don't eat my friends.

George Bernard Shaw

There are ISKCON groups that educate people about cow protection. They teach people how to eat vegetarian foods so they don't have to hurt animals. They teach people about the proper ways to treat cows and bulls and what these animals are really meant for.

They even train the cows and bulls! The bulls are trained to plow fields and pull heavy loads. The cows are cared for with love and their milk is used to make many delicious foods.

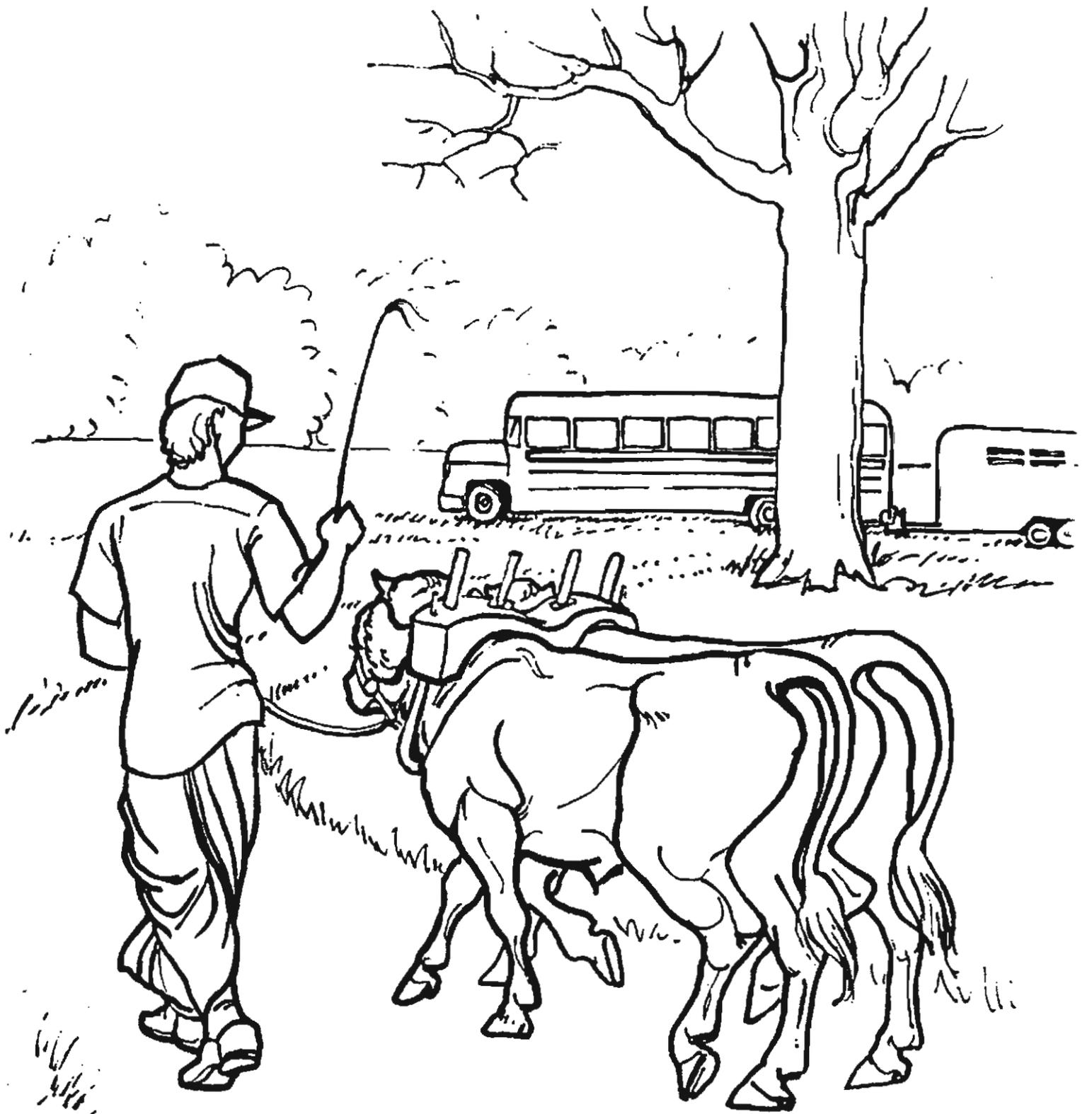
Some of these groups travel around the country showing everyone how wonderful the cows and bulls can be. The bulls pull carts and give children rides.



DID YOU KNOW?

A cow eats grass by curling her tongue around the grass, not by nibbling it like a horse. She will probably eat 100 pounds of grass a day.

We know that our life is meant for pleasing Krishna, so we try to do what pleases Him. Since the cow is His favorite animal, He is pleased when we protect her.



Puzzle Time!

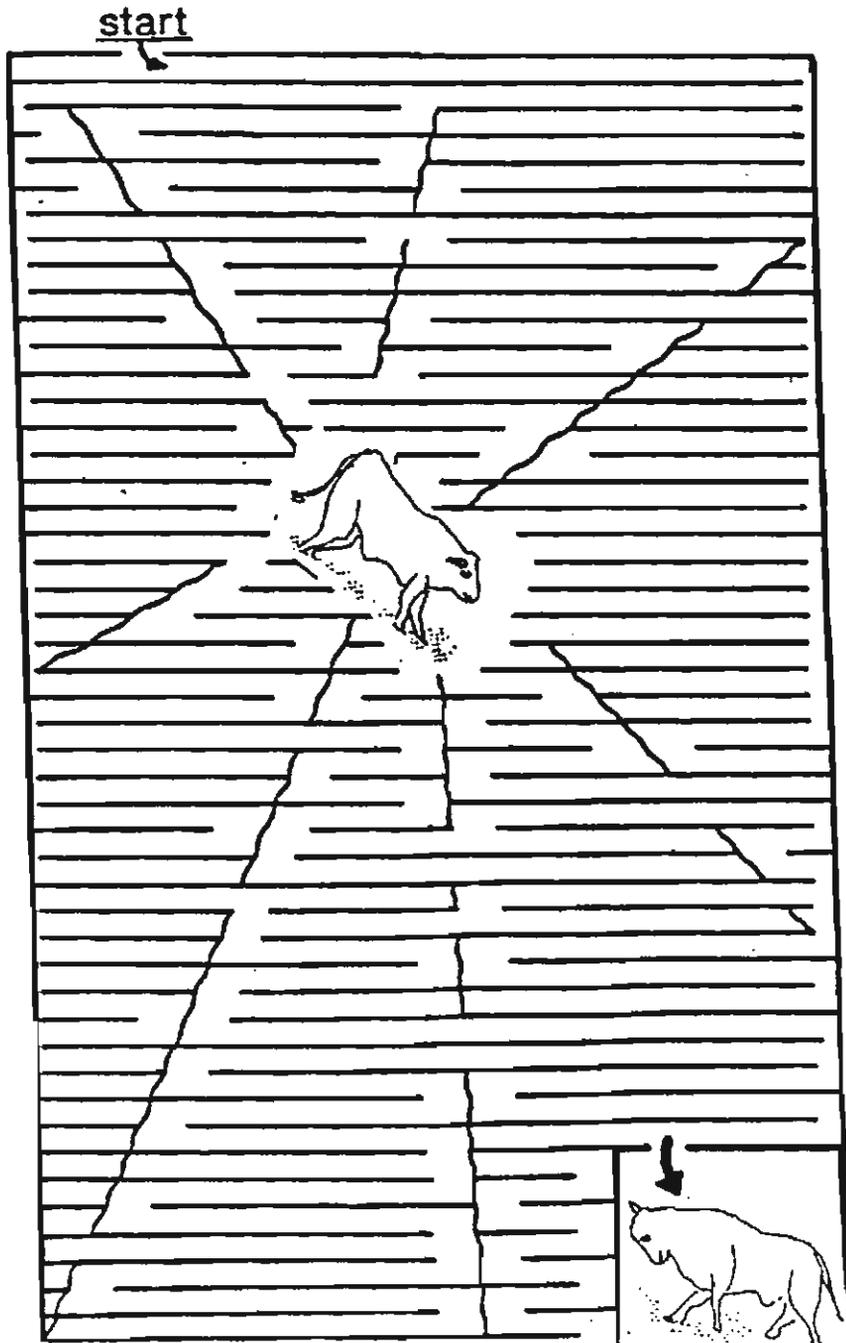
Unscramble the following words to find different things made from milk.

trbtue _____ r c e a m _____

hesece _____ tebtuilkmr _____

g o u y t r _____ hege _____

Help Vraja, the ox, find his friend Gita.



Lesson Three All Living Beings Have Souls

What is the difference between human beings and other living beings?
What are some of the things we have in common with other living beings?

Every living thing does 6 things. All living beings

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

If something can do all of these things, we say it has *life*. That really means that a soul is present in its body. The soul gives the body life and when the soul leaves the body, the body dies. There isn't much difference between a dead body and a living body. They both have a heart, eyes, ears, lips, blood in the veins, lungs and muscles. But because the soul has left, the body doesn't work any longer and we say it is "dead". The soul is almost like a battery, isn't it?



Our scriptures teach us that we should respect *all* living things. Not just people – *ALL* living things. A human may be smarter than an animal but an animal has feelings just like we do. We don't have many experiences of animals talking and relating but in the scriptures we find many examples of living beings who are great devotees even though they have the body of an animal. What sort of bodies did these great devotees have? If you know, write it on the lines next to their names.

Hanuman _____ Garuda _____

Jatayu _____ Gajendra _____

Jambavan _____



Even though Hanuman was a monkey, he was the greatest devotee of Lord Ramachandra. He performed many valuable services for the Lord.

We can see from these examples that these “animals” were Krishna conscious and could serve the Lord even in animal bodies. Even Krishna Himself appeared in different bodies. Do you remember what sort of a body Matsya Avatar had? Kurma Avatar? Narasimhadeva? Varaha? Was the Lord any less powerful because of having an animal’s body?



All souls are equal in different bodies. An insect’s soul is just as important as a human soul. A plant’s soul is the same as a human’s. Don’t forget that at one time we had the body of a plant, insect and animal. Our very same soul went through many different bodies.



So we must respect all living things just as we respect people. We should not cause them pain and should not kill them.

When we do something that is sinful we get a bad reaction. That is called *karma*. A sin is anything that is against the order of Krishna. The reaction for eating meat is serious. In the Srimad Bhagavatam, Narada Muni is speaking to Krishna’s father, Vasudeva. He tells him that those who commit violence against innocent animals will be eaten by those same creatures in their next lives. That is the karma for eating meat.

Check for Understanding

Choose a word from the box to complete the sentences.

karma	take birth	grow	die
reproduce	sleep	dwindle	soul
maintain	respect	dead	plants

1. Six things that all living being do are:

2. If something is alive, it means that it has a _____.

3. We should _____ all living things.

4. Animals, people and _____ have souls.

5. When the soul is gone, we say that the body is _____.

6. Hurting or killing animals will give us bad _____.

Do you think regular animals can serve Krishna? Why or why not?



From Marigold Cow's Cooking Corner...



Something to try at home:

Orange Buttermilk Smoothie

- 2 cups buttermilk**
- 2 cups orange juice**
- 2 tablespoons sugar**
- 2 cups crushed ice**

To make: Blend all ingredients in a blender for 2 minutes. Offer to Krishna and serve immediately.

Lesson Four Take Care of Krishna's Creation

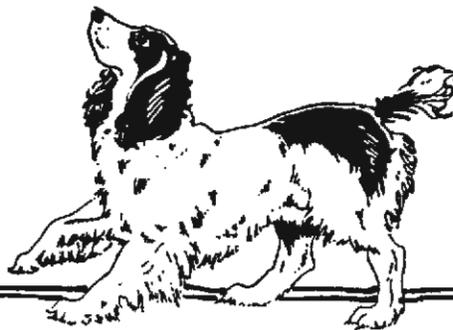
Since all living things have souls, they have a right to live also. But besides that, they should also be cared for nicely. Animals should never be mistreated. Many animals depend on human beings for their food and water. Their owners are almost like parents to them.

A verse in the Srimad Bhagavatam says, *“One should treat animals such as deer, camels, asses, monkeys, mice, snakes, birds and flies exactly like one's own son. How little difference there actually is between children and these innocent animals.”* So, just as a good mother and father will never be mean to their children, we should never be mean to animals.

Do you have a pet? If so, write his name and the kind of animal he is on the line. If you *don't* have a pet, think of a friend who does and write that pet's name below.

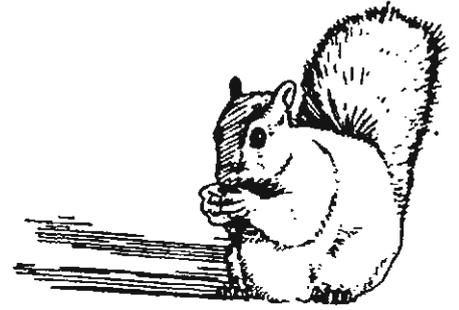
What must you (or your friend) do to take care of that pet?

What happens if you don't do those duties?



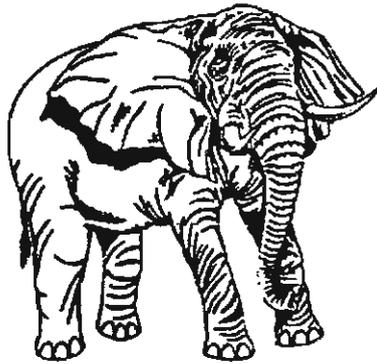


Sometimes we may even think that we have to be nice to our dogs and cats but that other animals don't matter. Who cares if you step on ants or swat flies? Does it really matter if you kick a stray cat or throw stones at a squirrel? Do spiders and beetle deserve to live, or is it OK to squash them?



We just learned that all animals have equal souls, just like us. Can we treat other humans cruelly like this? No, and it is *very* wrong to hurt any living beings.

Probably most of you try to be nice to living creatures and many of you might be vegetarians. But there are many ways that we cause animals suffering without even knowing it. Many people like to wear clothes made with animal fur, like fur coats. Where does leather come from?



It comes from cows and it is used to make shoes, purses, boots and belts. You can even buy alligator purses and shoes made from an alligator's hide. Beautiful ivory statues and ivory jewelry come from an elephant's tusks. Have you ever seen key chains made from a rabbit's foot?

Think about it for a minute. What has to happen for us to get these products? Can we use something else instead?

DID YOU KNOW?

To make a fur coat, depending on what kind of animal is used, it takes 60 minks, 42 foxes, 40 raccoons, or 15 beavers. That many animals die to make one coat!

Remember, all living beings have feelings. Treat all living things like you would want to be treated. Choose to wear cotton instead of fur; wear fake leather shoes; don't buy ivory or other things made from animals.



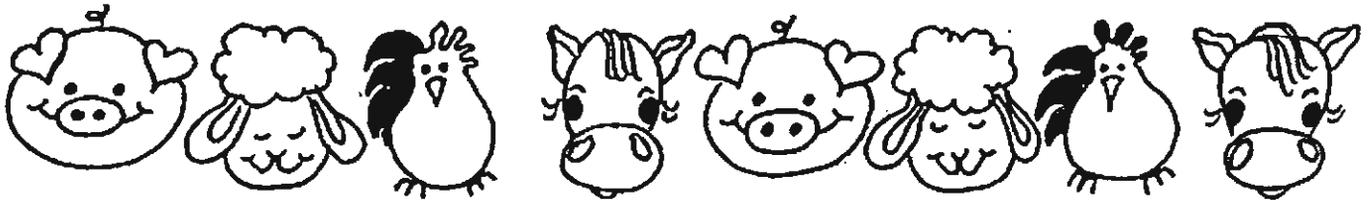
Check for Understanding

1. Can you think of three kinds of animals that depend upon people for food?

2. Can you think of three kinds of animals that people need to be protected from?

3. Name two things that people use (besides meat) that an animal must be killed for.

4. Can you give two reasons why animals should be treated nicely?

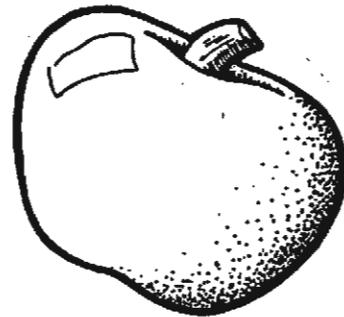


From Marigold Cow's Cooking Corner...



Apple Dip

- 1 8-ounce package of cream cheese**
- 1/4 cup brown sugar**
- 1 teaspoon vanilla**



To make:

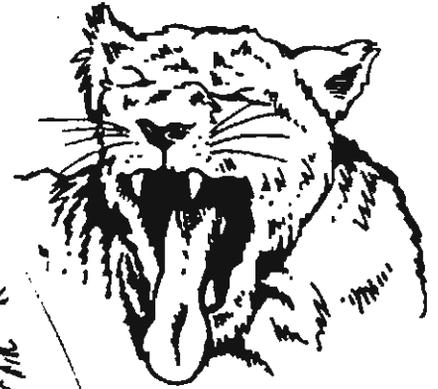
1. Let the cream cheese set out at room temperature about 1 hour to soften.
2. Put the cream cheese in a bowl and add the brown sugar and vanilla, beating it until it is slightly whipped.
3. Offer to Krishna with apple, pear or other fresh fruit slices.



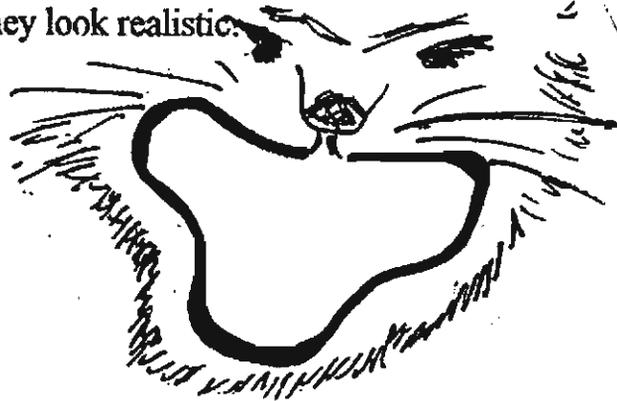
Lesson Five **Humans are Meant to be Vegetarians**

Sometimes people think that it is strange for people to be vegetarians. "What do you eat?" they ask. "Meat is good for you! It makes you strong!" they say. But is meat really good for us? Or is it good for other kinds of animals instead?

Tigers eat meat. They chase down antelope, deer and other animals and attack them. Some have even killed people. Look at a picture of a tiger.



In the open mouth shape below, draw in the tiger's teeth. Make sure they look realistic.



Now look at your own teeth in a mirror. Draw in your teeth in the open mouth shape below.



What is the difference between your teeth and the tiger's?

Other animals that are meat-eaters have teeth like the tiger's. Dogs, alligators, cats, lions, foxes and sharks all have sharp teeth meant for ripping and tearing flesh. And have you ever seen them eat their prey? They tear off and swallow big chunks without much chewing.

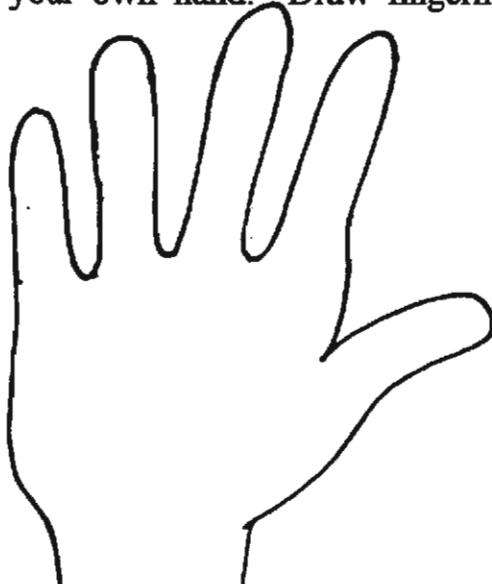


Our teeth are more like a cow's or horse's teeth. They are flat and wider and can grind things like vegetables and grains. A cow or horse will chew and chew, grinding the food down to a pulp that is easy to swallow. Don't your parents always tell you to chew your food well? Our teeth are meant for that.

Look at the picture of a tiger again. Draw his toenails on the paw below.



Now look at your own hand. Draw fingernails on the ends of the fingers below.



What's the difference between your nails and the tiger's nails? Its are much sharper and stronger and can be used to claw and tear its food. We might be able to scratch somebody but our fingernails aren't strong enough to tear someone to pieces. Besides, aren't your parents always telling you to cut your nails?

Our bodies are just not made like the meat-eaters' bodies. Doctors are discovering that people have less diseases and feel better if they don't eat meat. They are telling their patients that maybe they should cut down on meat-eating and eat more vegetables and fruits.

DID YOU KNOW?

In an average lifetime, a meat-eating American will consume 1 calf, 3 lambs, 11 cows, 23 hogs, 45 turkeys, 1097 chickens and 15,665 eggs.



Barley, Rye, Millet, Oats, Wheat

Much of the grain that is grown in the world is to feed animals, like cows, chicken and pigs so they can be killed for food. But if that grain was fed to the humans instead, it would feed many more people and there would not be so much starvation in the world.

Let's face it: ***VEGETARIANISM MAKES SENSE!!!***

Check for Understanding

1. Name two ways that show that we are not really meant to eat meat.

2. What is your favorite fruit?

3. Name two vegetables you like and two vegetables you hate.

I like _____ and _____.

I hate _____ and _____.

4. Write down a menu for a healthy vegetarian lunch or supper.

5. What is most of the grain that is grown used for (besides feeding people)?
Is that good or bad? Explain your answer.



From Marigold Cow's Cooking Corner...



Something to try at home:

Mango Ice Cream

- 1 1/2 cups heavy cream**
- 1 cup cold milk**
- 1 cup sweetened condensed milk**
- 1 1/2 cups mango pulp**



To make:

1. Pour the cream into a bowl and beat it until it is semi-whipped.
2. Beat the milk and condensed milk together in another bowl until well combined.
3. Pour the milk and condensed milk mixture into the semi-whipped cream and fold in the mango pulp. Mix well.
4. Pour into a metal freezer tray and freeze for about 10 to 12 hours or until solid. About an hour before serving, place the ice cream in the refrigerator to soften slightly.
5. Offer to Krishna before eating.

Essay paper notes

Use this page to write your ideas down for your story. You can just write short notes; they don't have to be complete sentences on this paper.

The kind of animal I choose to write about is a
_____.

His or her name will be _____.

Some ways that this animal gets mistreated are:

Some ways this animal would like to be treated:

From your ideas listed on this page, write a story about your animal. Tell how he is mistreated and how he would like to be treated. Use your imagination!!!



Lesson Six

Be a Krishna-tarian!

We've learned that being a vegetarian makes good sense. But monkeys are vegetarians, too. If we are *just* vegetarians, we're not really a lot better than the monkeys.

Humans *can* be smarter than animals (if they use their brain in the right way). Humans can also learn about Krishna and serve Him. Animals can't do that. They spend their time thinking of how to eat, drink, sleep and protect themselves. They don't have the brain power to ask questions like, "Who is God? What is my purpose in life? How can I live forever?" But we can and should think about these things.



Eating vegetarian food is not so special. Like we said, so many other animals do that, too. But we have the power to change our vegetarian food into spiritual food. We can cook our food and think of it as an offering to Krishna. Then our cooking and eating become spiritualized and bring us closer to the Lord.

DID YOU KNOW?

In the Bhagavad Gita, 9.26, Krishna says, "If one offers Me with love and devotion, a leaf, a flower, fruit or water, I will accept it." Krishna doesn't ask you to offer him meat.

We have talked about how sinful it is to kill animals. But what about plants? We kill them to make our vegetarian food. They have souls, too. Is that OK?

Well, we have to kill *something* to eat. But unless we offer that food to the Lord, we must suffer a reaction for killing. The Bhagavad Gita says, *“The devotees of the Lord are released from all kinds of sins because they eat food which is offered first for sacrifice. Others, who prepare food for personal sense enjoyment, verily eat only sin.”* So to be able to eat without getting bad karma, we must first offer the food to Krishna.



Better than being a vegetarian is being a “Krishnatarian”. A Krishnatarian will only eat food that has been offered to Krishna. Then he knows that the food is nourishing his soul and he will suffer no karma for the meal.

How to Offer Your Food

1. Don't taste the food while you are cooking or preparing it. Put whatever you want to offer on a special plate that you only use for Krishna.
2. Place the plate on your altar or in front of a picture of Krishna.
3. Say,
"Dear Lord Krishna, please accept this food."
4. Then chant the Hare Krishna mantra three times:
**Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare**
5. Leave the plate there for a few minutes. Then take off the *prasadam* (it's not regular food anymore, it's *prasadam*) and wash the plate.
6. Now you and your family can enjoy spiritual vegetarian food. Isn't it delicious?



Check for Understanding

Fill in the blank with the missing word.

1. A Krishna-tarian only eats food that is _____ to Krishna.
2. It is _____ to kill animals.
3. Even a vegetarian has to kill _____ to eat.
4. The Bhagavad Gita says, “The devotees of the Lord are released from all kinds of _____ because they eat _____ which is offered first for _____. Others, who prepare food for personal _____, verily eat only _____.”
5. At least one day this week, *you* offer one of your family’s meals to Krishna. Write down the different preparations you offered on the lines below.



From Marigold Cow's Cooking Corner...

Something to try at home:

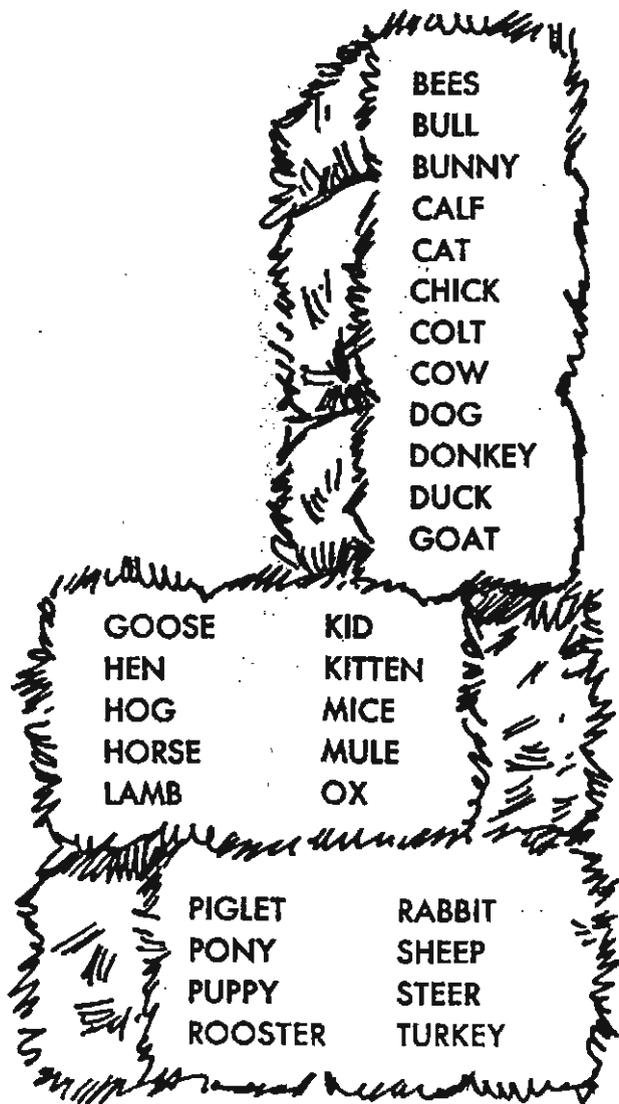
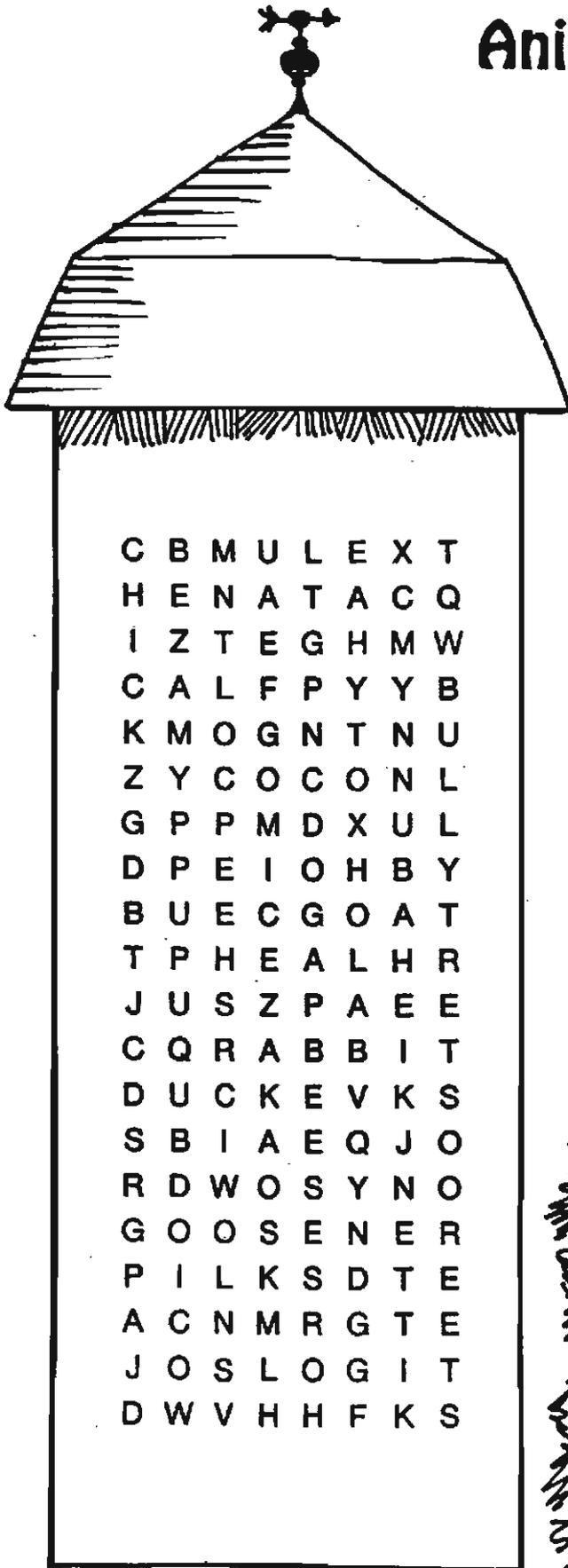
Vanilla Pudding

- 2 cups milk**
- 2 tablespoons cornstarch**
- 1/4 cup brown sugar**
- 1/8 teaspoon salt**
- 1 teaspoon vanilla**

To make:

1. (Don't try this without help from your mother or father!) Gently heat 1 1/2 cups of the milk.
2. Combine the cornstarch with the other 1/2 cup of milk.
3. When the milk in the pan is hot, add the cornstarch-milk and the rest of the ingredients to the pan.
4. Cook over very low heat until thick, stirring constantly.
5. Reduce the heat further and cook gently about 5 minutes more.
Don't forget to stir!
6. Let the pudding cool and then put it in the refrigerator until it is well chilled.
7. Make an offering to Krishna and enjoy your vanilla pudding!

Animals on the Farm



ANIMALS ARE MY FRIENDS.

I DON'T EAT MY FRIENDS.

