

**CLASS ACTIVITY**  
**UIS LANGUAGE INSTITUTE**

**B2.5**

**Warm Up:**

Talk about whether you could refrain from a) meat, b) fish, c) other animal products such as dairy produce, honey ... What would (do) you eat every day?

**Short 2-minute debate:**

1. Fish are friends, not food
  2. Fish are food and pets
- 
1. Fish are intelligent and sensitive creatures
  2. Fish are as intelligent and sensitive as cabbages
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1. We don't need to eat fish
  2. Fish is healthy and delicious

**PRE-READING ACTIVITY**

**TRUE/FALSE:** predict whether you think the following statements are true or false:

- a. The organization, PETA, helps only pets / T / F
- b. Fish have feelings. / T / F
- c. Crabs and shellfish should not be eaten / T / F
- d. People will stop eating fish. / T / F
- e. The American Heart Association recommends fish as part of a healthy and balanced diet. / T / F

- f. Doctors advise eating fish every day. / T / F
- g. Man can live on tofu alone. / T / F
- h. Eating fish can be dangerous. / T / F
- i. Fish spread bacteria like E-coli. / T / F

## WORD MATCH

match the following words taken from the text:

animal	life forms
aquatic	fire
increase our	hazard
come under	rights
food	poisoning
balanced	damage
poor	diet
health	awareness
kidney	diet

## While reading activity

### Fish are Friends, Not Food

New \_\_\_\_\_ from the animal rights group People for the Ethical Treatment of Animals (PETA) reveals that fish have feelings, and are sensitive, intelligent creatures. From this they argue that we should \_\_\_\_\_ fish the same as we do other animals, and not eat them. They started a new campaign yesterday called the Fish Empathy Project to increase our \_\_\_\_\_ of fish rights. They also deem other \_\_\_\_\_ life forms such as crabs and seashells to have the right not to be eaten. PETA spokesman, Bruce Friedrich, director of vegan outreach, said "No one would ever put a hook through a dog's or cat's

mouth ... Once people start to understand that fish are just as intelligent, they'll stop eating them."

awareness

aquatic

findings

treat

The campaign has come under \_\_\_\_\_ from major groups such as the American Heart Association, which recommends fish as part of a healthy and \_\_\_\_\_ diet. John Connelly of America's National Fisheries Institute said, "It's irresponsible to discourage people from eating fish at a time when doctors and dietitians advise eating it twice a week ... If \_\_\_\_\_, we should be eating more fish." The fears are that if fish welfare groups such as PETA encourage removing fish from our diets, the population will be left with too few nutritional choices and a whole \_\_\_\_\_ of health problems will emerge due to a poor diet. Man cannot live on tofu alone.

anything

fire

balanced

spate

PETA highlight the health \_\_\_\_\_ of eating fish, stating a "\_\_\_\_\_ brew-bacteria, contaminants, heavy metals" reach us through the food chain. Dangers include PCBs, dioxins, radioactive substances, and cadmium, mercury, lead, chromium, and arsenic, which can cause liver and kidney damage, nervous system \_\_\_\_\_, fetal damage, cancer, and impaired mental development. Seafood is also the number one cause of food poisoning in the USA as fish eat human and animal feces carrying dangerous bacteria like E. coli. The Food and Drug Administration fails to test fish for many of these chemical and bacterial health hazards, which are \_\_\_\_\_ in our body fat for decades.

hazards

disorders

stored

toxic

## POST READING ACTIVITY

### Let's discuss the following questions

- a) What is your favourite fish?
- b) Could you give up eating fish?
- c) Do fish have feelings, are they intelligent?
- d) Do you agree with the arguments of PETA or the NFI?
- e) Do you worry that the food we eat is becoming more contaminated?
- f) Could you kill, gut, and clean a fish to eat yourself?
- g) If we gave up eating fish, many industries (fishing, sushi restaurants...) would die. Is this acceptable?
- h) Is fish an essential part of our diet?
- i) All fish-eating 'vegetarians' should immediately give up eating fish for moral reasons.

### Group activity

Search the Internet and find more information on PETA or the NFI. Share your findings with your class by asking questions for them to answer.

