



**Advanced skills  
Set 13**

**The Write Tribe**

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# **PAPER 2 TECHNIQUES**

## **SECTION C**



**Text 3**

The text below is about veganism. Read it carefully and answer Questions 14 – 19.

- 1 Veganism is the practice of abstaining from the use of animal products, particularly in diet, as well as following an associated philosophy that rejects the commodity status of sentient animals. A follower of veganism is known as a vegan. Distinctions are sometimes made between different categories of veganism. Dietary vegans or strict vegetarians refrain from consuming animal products, not only meat but, in contrast to ovo-lacto vegetarians, also eggs, dairy products and other animal-derived substances. The term ethical vegan is often applied to those who not only follow a vegan diet but takes the vegan philosophy a step further into other areas of their lives, opposing the use of animals and animal products for any purpose. Another term used is environmental veganism, which refers to the avoidance of animal products on the premise that the harvesting or industrial farming of animals is environmentally damaging and unsustainable. 5
- 2 Interest in veganism increased in the 2000s; commercially processed vegan food became increasingly available in supermarkets and restaurants in many countries and several top athletes in endurance sports, such as the ultramarathon, began to practise veganism. Well-planned vegan diets appear to offer protection against certain degenerative conditions, including heart disease. Because uncontaminated plant foods do not provide vitamin B12 which is produced by microorganisms such as bacteria, researchers agree that vegans should eat B12-fortified foods or take a supplement. B12 is critical for life as it is involved in the function of every cell in the body and isn't found in any amount in plants – except in some types of algae, it is by far the most important nutrient that vegans must be concerned with. 10
- 3 An issue that divided the 19th- and early 20th-century vegetarians, namely whether to avoid animal products for reasons of ethics or health, persists. Dietary vegans avoid consuming animal product, but might use them in clothing and toiletries. Ethical vegans see veganism as a philosophy; they reject the commodification of animals and will not use them for food, clothing, entertainment or any other purpose. The main difference between a vegan and vegetarian diet is that vegans exclude eggs and dairy products; ethical vegans state that the production of eggs and dairy causes animal suffering and premature death. In both battery cage and free-range egg production, 20 most male chicks are culled because they will not lay eggs as there is no financial incentive for a producer to keep them. 25
- 4 No matter what the differences that may exist among vegans themselves, there is much to be said for a vegan diet. According to nutritionist Winston Craig, writing in *The American Journal of Clinical Nutrition* in 2009, a plant-based diet tended to be higher in fibre, magnesium, iron, vitamin C, vitamin E and phytochemicals, and lower in calories, saturated fat and cholesterol. Consequently, Craig wrote that vegans tend to be thinner with lower cholesterol and blood pressure. Factors associated with a vegan diet which are significantly protective against certain types of cancer 30

include increased intake of fruits and vegetables and absence of meat. There is a 40 "growing body of scientific evidence" that a plant-based diet offers benefits over one containing foods of animal origin, and that it might help to prevent and treat several other degenerative diseases, including heart disease, diabetes, osteoporosis, kidney disease and dementia.

5 Naysayers however argue that a vegan diet may not be every man's cup of tea. 45 Where young children, babies and pregnant women are concerned, a plant-based diet may lead to serious deficiencies which can be fatal if left unchecked. During the 2000s, newspapers in many parts of Europe reported cases of malnutrition in children whose parents said they were vegan. In 2000, a nine-month-old girl died in London after her vegan mother fed her a fruitarian diet of raw fruit and nuts. In 2004, a six- 50 week-old boy died in Atlanta, Georgia, after his vegan parents appear to have fed him mostly apple juice and soy milk; the prosecution argued that the case was not about veganism, but that the child had simply not been fed.

14. (i) At the beginning of paragraph 1 (line 2), what does the writer mean by the 'commodity status' of animals? [1]

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(ii) From paragraph 1 (line 3), what does the writer wish to convey when he used the word 'sentient' to describe animals? [1]

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15. (i) With reference to paragraph 1, what is the difference in philosophy between the dietary vegans and the ethical vegans? [2]

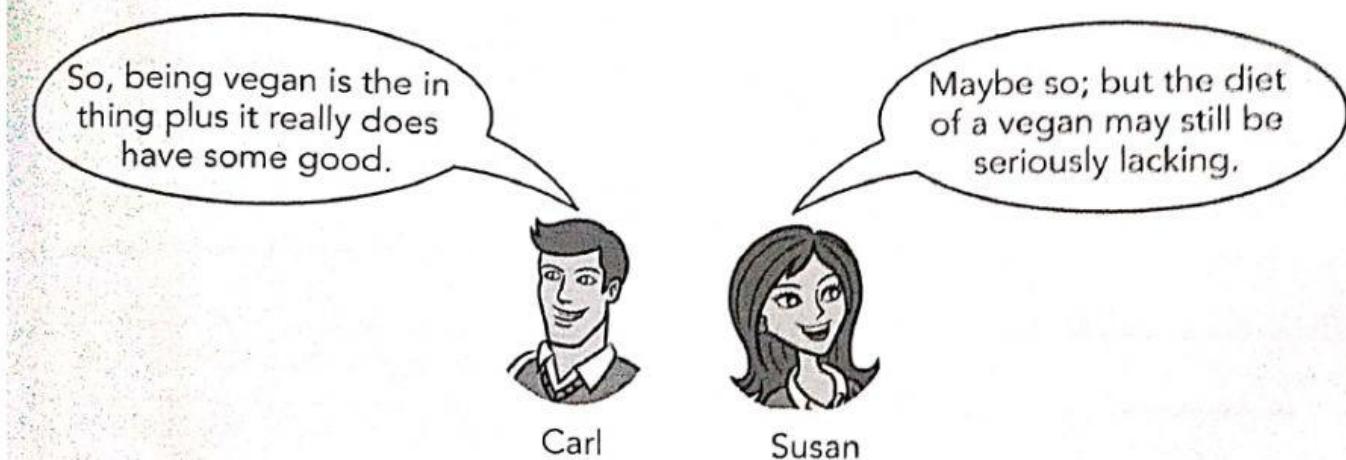
Dietary Vegans	
Ethical Vegans	

(ii) With reference to paragraph 1, why does the environmental vegan avoid animal products? Answer in your own words. [1]

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16. Here is a part of a conversation between two students, Carl and Susan, who have read the article.



(i) How would Carl explain his statement with reference to paragraph 2? [2]

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(ii) Explain, with reference to paragraph 2, Susan's standpoint. [1]

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17. (i) From paragraph 3, why do ethical vegans avoid eggs and dairy products? [1]

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(ii) At the end of paragraph 3 (line 31), what does the writer mean by 'financial incentive'? [1]

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18. From paragraph 5, why would a vegan diet not be 'every one's cup of tea'? [1]

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19. Using your own words as far as possible, summarise what veganism is about and the benefits as well as the reasons against, veganism.

Use only the material from paragraphs 3 – 5 of Text 3.

Your summary must be in continuous writing (not note form). It must not be longer than 80 words, not counting the words given to help you begin.

All vegans avoid eating meat....

No. of words

[15]