

### **Reading: Should we eat meat?**

Nowadays, more and more people follow a special diet. But is it a good idea?

Should we eat meat or should we be vegetarian?

Read the following text (girls read the text about Judith and boys the one about Adam) and complete the table. At the same time, write down the words you don't understand

Then share your information with someone who read the other text in order to complete the chart **in French**.

	<b>Judith</b>	<b>Adam</b>
Their diet		
Positive (+) and negative (-) sides of being a vegetarian	+  -	+  -
Reasons for (not) being a vegetarian?		
Do vegetarians have all they need in their special diet?		

# Should We Eat Meat?

## Are you a vegetarian?

I used to be a vegetarian but now I am a vegan.

## What's the difference between a vegetarian and a vegan?

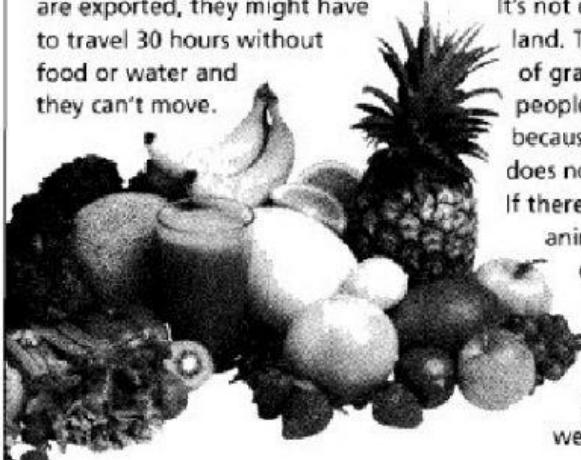
Vegetarians don't eat meat or fish. Vegans do not use any animal products. It means that I don't eat any meat, fish, dairy products or honey.

## Do you eat enough protein?

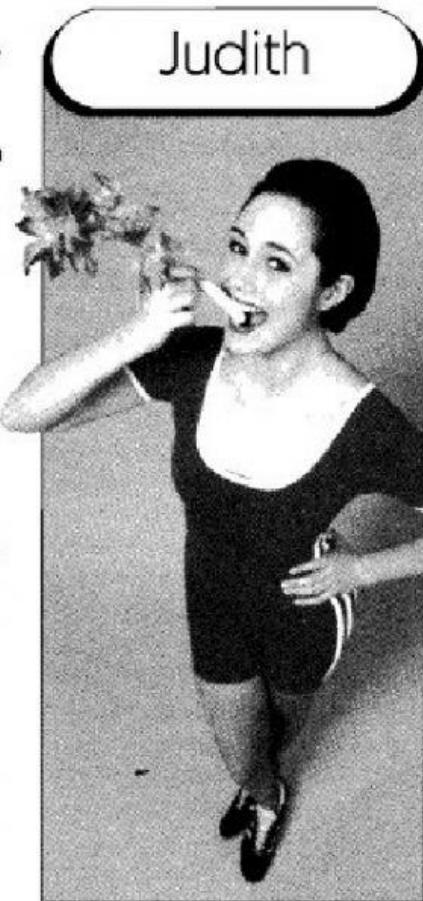
People always ask me this! The answer is definitely yes. My main source of protein are beans, soya and nuts. People often worry that vegetarians and vegans don't eat enough protein. However, a diet with too much protein can prove bad too. I eat a lot of fruit and vegetables so I'm quite healthy. There's no doubt about it that a vegetarian's diet is healthy.

## Why did you choose to be a vegetarian and then vegan?

For many reasons. When I was eight, I was not happy about eating animals. My older sister was already a vegetarian so I decided to be one too. When I was thirteen, I found more reasons for not eating animals or using animal products. I hate the way animals suffer before they are killed. If they are exported, they might have to travel 30 hours without food or water and they can't move.



Judith



## What are the advantages of being a vegetarian?

It's a lot healthier. The frequency of heart disease and cancer is less for vegetarians. I've also heard that food companies put a lot of chemicals in meat. I don't think these chemicals are good for people.

## Is it difficult to be a vegetarian?

No. Restaurants always have something for vegetarians. It's more difficult to be a vegan but I usually find something.

My main problem is finding good quality non-leather shoes!

## If you go to someone's house and they offer you food that contains meat, do you eat it?

No way. I very politely refuse and explain my reasons. People usually understand.

## Have you ever protested against cruelty to animals?

No, but I might go on a demonstration soon.

## How do people react when you tell them that you are a vegan?

At first they think that I'm stupid or strange. However, when I explain, they understand and often agree with me.

## What are you going to eat on Christmas Day?

Nut roast, soya sausages, vegetarian gravy, potatoes and vegetables. Then we might have a vegan Christmas pudding if there is room in our stomachs. Last Christmas all my family ate the same food as me and they enjoyed it so we are going to eat the same thing again this year.

# Should We Eat Meat?

## Are you a vegetarian?

No, I'm not.

## Do you agree with what vegetarians say?

Not really. Killing animals might be cruel but there are a lot of other problems in the world too. Vegetarians always worry about animals but what about the human suffering? Also, I don't think that being a vegetarian solves the problem.

## Why not?

If everyone stops eating meat, farmers will lose jobs. Farm animals will not be able to eat and might die from hunger. I believe that some farm animals have a nice life before they are killed.

## Have you ever thought about being a vegetarian?

No. People need to enjoy what they eat and I enjoy meat. I admit that I don't like eating meals that remind me of the animal. For example, when cooked fish still has the head on, I don't like it.

## What do you enjoy eating?

My favourite meal is roast chicken. I love it. I also like burgers with everything on them – ketchup, relish, lettuce, tomato... Being a vegetarian is definitely a bad idea!

## Why is being a vegetarian a bad idea?

I think it's difficult to substitute meat. It's nutritious and I like the taste, the smell and the texture. Humans have eaten meat for millions of years. Eating meat is natural. We have teeth that are specially designed for eating it.

Adam

## Do you think vegetarians are mad?

No, I don't think vegetarians are mad. Well, some are a bit mad but not all of them. I just think a vegetarian diet might suit a lot of people but not me. I don't like lentils or soya. I think some vegetarians look ill, people can choose what they want to eat. If they are healthy and happy that is good. However, I want to choose what I eat too and I want meat. I don't want vegetarians to tell me that I mustn't eat meat. It's my body! Also some vegetarians talk about cruelty to animals but they wear leather shoes. Another thing, many people stop eating meat but they start again after a year or two. This proves that they don't enjoy it and that vegetarians miss eating meat. I doubt it's fun being a vegetarian!

## Is anybody in your family a vegetarian?

No, and I doubt anybody will be one in the future. My brother thought about it but it might be a problem for my mother. She usually cooks for my brother, my sister and my dad. My dad adores eating things like steak therefore he will never be a vegetarian. If half the family is vegetarian, the person who cooks has to prepare two meals.

## What are you going to eat on Christmas Day?

Lot of things. The entire family including my grandparents are going to have a meal at our house. We are going to have all the traditional things, including turkey.

