Opinion essay

Topic: Every one of us should become a vegeterian because eating meat can cause serious health problems. To what extent do you agree or disagree?

Read 2 samples and choose which one is better.

Sample 1 Sample 2

SAMPLE 1

In this era, most people prefer to be non-vegetarian as they find it tasty. However, I agree with the statement that people should become vegetarian as medical issues are rising due to the consumption of meat but, I will mention some of the benefits of being non-vegetarian.

There are many health issues rising in our day-to-day life because of food. To begin with, in the past 2 ,decades many diseases are introduced to mankind due to the consumption of pork, chicken etc. For example, in the previous decade swine flu came into existence due to the meat of infected pigs. As the disease was airborne it didn't take much time to spread in the world even the death ratio went to 39% in just a few days of starting. Furthermore, there are more chances of getting food poisoning by the consumption of flesh if they are not well preserved. For ,instance if the meat is not stored in cold storage and is consumed it might get food poisoning.

On the other hand, it is useful to provide high proteins and vitamins to the body. The highest B12 is found in fish if someone has a problem with B12 doctors suggest eating fish in their dinners as they help to recover speedily from that problem. Even eggs have heavy protein in them so it’s advisable to consume eggs.

To conclude, as I mentioned the reasons why agree with the statement but also, I find it important to have non-veg food also.

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SAMPLE 2:

Vegetarianism is becoming more and more popular among many people, particularly because of the harm that some people believe meat can cause to the body. However, I strongly believe that it is not necessary for everybody to be a vegetarian.

Vegetarians believe that flesh is unhealthy because of the diseases it has been connected with. There has been much research to suggest that red meat is particularly bad, for example, and that consumption should be limited to eating it just a few times a week to avoid certain types of cancer. Meats can also be high in saturated fats so they have been linked to health problems such as cardiovascular disease and diabetes.

However, there are strong arguments for eating flesh. The first reason is that as humans we are designed to eat meat, which suggests it is not unhealthy, and we have been eating flesh for thousands of years. For instance, cavemen made hunting implements so that they could kill animals and eat their meat. Besides, the flesh is a rich source of protein which helps to build muscles and bones. Vegetarians often have to take supplements to get all the essential vitamins and minerals. On the other hand, it may be the case that too much meat is harmful, but we can easily limit the amount we have without having to cut it out of our diet completely.

To sum up, I do not agree that everyone should turn to a vegetarian diet. Although the overconsumption of flesh could possibly be unhealthy, a balanced diet of meat and vegetables should result in a healthy body.

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