

Read the three different points of view about eating meat and choose the correct answer.

'I choose to be vegetarian because I believe humans shouldn't eat animals. Animals have feelings and can experience pain and suffering, just like us. By not eating them, I am respecting their right to live. Additionally, raising animals for food requires a lot of resources and contributes to environmental problems like deforestation, water pollution, and climate change. Eating a plant-based diet is healthier for our bodies and kinder to the planet. It reduces the risk of chronic diseases such as heart disease and diabetes. Being vegetarian aligns with my values of compassion and sustainability, and I feel good knowing my choices make a positive impact on the world. Every meal is a chance to make a difference.'

Maja – 30 years old

'I believe eating animals is a natural part of human life. Humans have evolved as omnivores, and meat has been a crucial part of our diet for thousands of years. It provides essential nutrients like protein, iron, and vitamin B12, which are important for our health. Additionally, many cultures and traditions around the world include meat as a central part of their cuisine, reflecting deep-rooted practices and beliefs.

Sustainable and ethical farming practices can address concerns about animal welfare and environmental impact. By supporting local farmers who prioritize humane treatment of animals and environmentally friendly practices, we can enjoy meat responsibly. Moderation is key; consuming meat in

balanced amounts alongside a variety of plant-based foods can lead to a healthy diet.

In conclusion, eating animals, when done thoughtfully and responsibly, can be part of a balanced and nutritious diet, respecting both cultural traditions and ethical considerations'.

Andrew - 47 years old

'I chose veganism over vegetarianism because it involves a deeper commitment to animal welfare and environmental sustainability. While vegetarians avoid consuming meat, vegans also exclude all animal products, including dairy, eggs, and honey. This distinction is important because veganism seeks to eliminate all forms of animal exploitation and reduce environmental impact more comprehensively. Adopting a vegan lifestyle not only minimizes harm to animals but also promotes a healthier planet'.

Inti 23 years old

1. Why does Maia choose to be vegetarian?
 - a) To lose weight
 - b) Because animals have feelings and can experience pain
 - c) To save money
2. What environmental problem does raising animals for food contribute to?
 - a) Improved air quality
 - b) Deforestation and climate change
 - c) Increased biodiversity

3. According to Andrew, why is meat considered an essential part of the human diet?
 - a) It provides crucial nutrients like protein and vitamin B12.
 - b) It is more accessible than plant-based foods.
 - c) It tastes better than vegetables.
4. What does Andrew suggest to mitigate the concerns about animal welfare and environmental impact?
 - a) Avoiding meat entirely.
 - b) Supporting local farmers who use humane and environmentally friendly practices.
 - c) Eating only plant-based foods.
5. What is the author's view on the role of meat in cultural traditions?
 - a) It should be eliminated to encourage new traditions.
 - b) It is a central part of many global cuisines and reflects deep-rooted practices.
 - c) It has minimal impact on cultural identities and practices.
6. What is the main difference between veganism and vegetarianism according to Inti?
 - a) Vegans consume honey, while vegetarians do not.
 - b) Vegans avoid all animal products, while vegetarians only avoid meat.
 - c) Vegetarians avoid dairy products, while vegans do not.
7. What are the reasons given for choosing veganism?

- a) To improve cooking skills.
- b) To minimize animal cruelty and environmental impact.
- c) To enjoy a more varied diet.