

Level: B2: Upper Intermediate

Skill: Reading

T

Veganism? Old-fashioned!

Veganism is a way of life that has been gaining popularity in recent years. Many people choose to go vegan for various reasons, including ethical, environmental and health concerns. However, there are still some who argue that veganism is old-fashioned and unnecessary.

One argument against veganism is that it is unnatural. Humans have been eating meat and animal products for thousands of years, and our bodies have evolved to digest these foods. Some people believe that a vegan diet is deficient in important nutrients like protein, iron, and vitamin B12. However, studies have shown that a well-planned vegan diet can provide all the necessary nutrients for a healthy lifestyle.

Another argument against veganism is that it is expensive and inconvenient. Vegan products can be more expensive than their non-vegan counterparts, and finding vegan options when eating out can be challenging. However, with the rise of veganism, more and more restaurants and supermarkets are offering vegan options, making it easier and more affordable to follow a vegan lifestyle.

Some people also argue that veganism is extreme and unnecessary. They believe that it is possible to eat meat and animal products in moderation and still live a healthy and ethical life. However, many vegans would argue that consuming any animal products contributes to animal suffering and environmental damage, and that there is no ethical way to consume these products.

In conclusion, while some may view veganism as old-fashioned or unnecessary, it is a lifestyle that is becoming increasingly popular for ethical, environmental, and health reasons. While there may be challenges and criticisms of the vegan lifestyle, it is ultimately up to each individual to decide what is best for themselves and the world around them. Whether you choose to go vegan or not, it is important to consider the impact of our food choices on the planet and its inhabitants.



Write **TRUE** or **FALSE**

- Veganism is a lifestyle that has been gaining popularity in recent years.
- People choose to go vegan for ethical, environmental and health concerns.
- Veganism is a natural way of eating.
- A vegan diet is deficient in important nutrients like protein, iron, and vitamin B12.
- A well-planned vegan diet can provide all the necessary nutrients for a healthy lifestyle.
- Vegan products are cheaper than their non-vegan counterparts.
- Finding vegan options when eating out can be challenging.
- Veganism is an extreme and unnecessary lifestyle.
- Consuming any animal products contributes to animal suffering and environmental damage.
- It is important to consider the impact of our food choices on the planet and its inhabitants.