READING AND SPEAKING!

Read the following article and complete the short quiz below.

Simple Benefits of Being Vegetarian:



Are you wondering about the good things that come from being vegetarian?

First, think about your health. Studies say vegetarians have less chance of getting sick, like heart problems and elevated blood cholesterol levels. They also tend to weigh less and have more energy.

For the planet, being vegetarian helps too. Farms for animals make a lot of bad gas and use up lots of land and water. But when you eat plants instead, it's way better for the Earth. It's like using less fuel for your car.

When you look at money, being vegetarian can save you some. Meat can be expensive, but plants are usually cheaper. Plus, they need less land and water to grow, so they cost less to make.

And lastly, there's how it feels for animals. Being vegetarian means not eating them, so they don't have to suffer. It's like an act of kindness to nature.

So, being vegetarian has lots of good things to it: it's good for your health, for the planet, for your wallet, and for animals. Give it a try and see how it goes!

VEGETARIANISM BENEFITS QUIZ:

- What type of conditions may have a person that is not vegetarian? Can you mention other ones apart from the ones from the text?

- How is being vegetarian benefitial for the planet? Can you think more examples apart from the ones from the text?

- Is eating meat cheaper? Why? Why not?

- Do you think being vegetarian is like an act of kindness to nature? Why? Why not?

LIVEWORKSHEETS