

Vegetarianism

Do you ever wonder why some people choose not to eat meat or meat products? There are many different reasons to choose vegetarianism. In this lesson, you'll find a list of 10 of the most popular reasons why people become vegetarians.



Pre-Reading

A. Brainstorming

Brainstorm with your class. How many types of vegetables can you name in English? Use "thumbs up" to show ones that you like and "thumbs down" to show ones you don't like. Carrots, peas, broccoli...

B. Warm-Up Questions

1. What reasons do people have for becoming vegetarians?
2. Does it cost more to be a vegetarian or less?
3. Do you know any vegetarians? Why did he or she choose not to eat meat?
4. Why are some animal lovers vegetarians?
5. Do vegetarians eat seafood?

C. Vocabulary Preview

Match the words on the left with the correct meanings on the right.

- | | |
|-------------------------------|-------------------------------------------------------------------------|
| _____ 1. dietary restrictions | a) a measurement for how much energy a type of food provides |
| _____ 2. seafood | b) exposed to a harmful substance due to poor storage or handling |
| _____ 3. can't afford | c) animals that are raised for food |
| _____ 4. immense | d) to process food inside the body |
| _____ 5. digest | e) to not have enough money |
| _____ 6. high cholesterol | f) a large amount of a fatty substance in the blood |
| _____ 7. livestock | g) a very large amount |
| _____ 8. food poisoning | h) to inherit a way of life the moment one is born |
| _____ 9. contaminated | i) an illness caused by eating food containing harmful bacteria |
| _____ 10. vice versa | j) limitations to what one can eat, may relate to allergies or religion |
| _____ 11. born into | k) in the reverse order |
| _____ 12. calorie | l) fish and other marine life that is caught and eaten |

Reading

10 REASONS WHY PEOPLE CHOOSE VEGETARIANISM

1. *Religious Beliefs*

Some religions have **dietary restrictions**. Many religious texts promote vegetarianism.

2. *Personal Preference*

People who do not like the taste of meat may choose vegetarianism. Those who eat **seafood** are not true vegetarians.

3. *Cost*

In many countries, people **can't afford** to eat meat. You can save a lot of money on a vegetarian diet.

4. *Environmental Reasons*

The space needed to raise cows and other livestock is **immense**. Some vegetarians argue that this space should be used for crops that could feed more people.

5. *Health Problems*

Some people have trouble **digesting** meat. Red meat can be very difficult to digest. People with **high cholesterol** may turn to vegetarianism.

6. *Animal Rights*

Vegetarians are often animal lovers. They disagree with the use of animals for feed and complain about how **livestock** are treated.

7. *Contamination*

Have you ever had **food poisoning**? **Contaminated** food can turn you off meat forever.

8. *Peer Pressure*

Many people become vegetarians in their teen years. Peer pressure might cause a boyfriend to choose vegetarianism to please his girlfriend, or **vice versa**.

9. *Family*

Some people are **born into** vegetarian families.

10. *Weight Concerns*

Vegetarians are less likely to be overweight. Fruit and vegetables have fewer **calories** than meat.

Did You Know?

TYPES OF VEGETARIANS

- A **vegan** is a person who does not eat any animal products.
- A **lacto-ovo** vegetarian is a person who eats dairy products and eggs, but no meat.
- A **lacto** vegetarian is a person who eats dairy products, but no eggs or meat.

Comprehension

Read the statements below. If the statement is true based on the reading, write T beside the sentence. If it is false, write F and correct the information.

- _____ 1. Many people have problems digesting red vegetables.
- _____ 2. You can be born into a vegetarian family.
- _____ 3. Fruit has more calories than meat.
- _____ 4. Food poisoning causes some people to become vegetarians.
- _____ 5. It takes more space to feed cows than grow crops.

Vocabulary Review

A. Summarize

Work in pairs. Reread *10 Reasons Why People Choose Vegetarianism* and *Did You Know?* on page 2. Look up any words in bold that you do not know. Put the reading away and try to use the words from your section to the right. Retell the reasons. Don't look at the list as you speak. Cross off each word as you or your partner uses it.

Partner A

Reasons 1–4 & Did You Know?

- dietary restrictions
- seafood
- can't afford
- immense
- vegan
- lacto vegetarian
- lacto-ovo vegetarian

Partner B

Reasons 5–10

- digest
- high cholesterol
- livestock
- food poisoning
- contaminated
- vice versa
- born into
- calories

B. Matching

Match the examples on the left to the words on the right.

- | | |
|---------------------------------------------------------------------------------------------|-------------------------|
| _____ 1. Ricardo eats fruits, grains, vegetables, eggs, and dairy products. | a) lacto vegetarian |
| _____ 2. Sally can't afford to eat meat, so her diet doesn't include it. | b) vegetarian |
| _____ 3. Miguel can't digest meat or eggs, but he does eat dairy products. | c) non-vegetarian |
| _____ 4. Louisa follows strict dietary restrictions. She eats no meat and no meat products. | d) lacto-ovo vegetarian |
| _____ 5. Naresh got food poisoning from a burger once. He only eats white meat now. | e) vegan |

Writing

Make two-word combinations out of the 14 words in the word list below.
Then use the combination in a sentence or write a definition in your own words.

Word List

- dietary
- poisoning
- versa
- food
- into
- born
- afford
- can't
- lacto
- cholesterol
- vegetarian
- restrictions
- vice
- high

#	Two-Word Combination	Sentence / Definition
1		
2		
3		
4		
5		
6		
7		

Vegetarian Meals

Create a list of vegetarian meals or snacks.
Be sure to include a short description of each item.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Discussion

1. Is it difficult to be a vegetarian in your country?
2. How would the world be different if all humans were vegetarians?
3. Should vegetarians avoid leather products?
4. Can vegans have pets?
5. Why do people who turn to vegetarianism often go back to eating meat?

Role-Play

DOCTOR'S ORDERS

Student A (a teenager) tells Student B (a doctor) that he/she wants to become a vegetarian. How does the doctor react? What does the doctor suggest? Create a dialogue with a partner and perform the skit for your class.