

# Veggie Benefits

Our top reasons for not eating meat.



ANSWERS ON PAGE 41

## 1 Pre-reading

Read over the quotes about vegetarianism. What do you think of them? Discuss your ideas with a partner.

**Paul McCartney (former Beatle):** "If slaughterhouses had glass walls, everyone would be a vegetarian"

**Albert Einstein (genius):** "Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

**Jessica Alba (Sin City actress):** "I think that people who don't like animals tend to be selfish, but I'm biased."

**Ellen DeGeneres (TV presenter):** "You ask people why they have deer heads on the wall. They say, 'Because it's such a beautiful animal.' I think my mother's attractive, but I have photographs of her..."

## 2 Reading I

What are the benefits of vegetarianism? Think. Then, discuss your ideas with a partner. When you're ready, read the article once to compare your ideas.

## 3 Reading II

Complete the sentences with any words of your choice. Then, read the article again to check your answers.

- If 10% of the world's grain was given to poor countries, we could eradicate \_\_\_\_\_.
- Many animals spend their lives in \_\_\_\_\_.
- Chickens and pigs can complete tasks that are designed for \_\_\_\_\_.
- Producing meat causes more than 40% of greenhouse \_\_\_\_\_.
- Many forests are cut down to provide land for \_\_\_\_\_.
- In general, vegetarians are slimmer than \_\_\_\_\_.

## 4 Language focus

### Present Simple Passive

Look at the extract from the article on this page, "... animals are killed quickly and painlessly..." The writer has used the Present Simple Passive ("are killed"). Transform the following sentences into the Present Simple Passive. Do not include the agent (the person who does the action).

- They send the e-mails.
- They spend the money.
- They make the phone calls.
- They file the documents.

## 5 Discussion

- Have you ever thought of becoming a vegetarian? Why? Why not?
- Have you ever been to a vegetarian restaurant? What was the food like?
- Do you know any vegetarians? Why are they vegetarians? What do they eat?

Ever thought about becoming a vegetarian? Perhaps the idea of giving up meat doesn't **appeal**, but you may **think twice** after reading this.

Being vegetarian could help the poor. A huge percentage of the world's **grain** is **fed** to animals. Apparently, if just 10% of this was given to poor countries, it'd be enough to **eradicate** world **famine**.

Eating meat **supports** cruelty to animals. While it's nice to think that animals are killed quickly and painlessly, it isn't always true. Also, most **livestock animals** spend their lives in small, **cramped cages** with no sunlight. Some, such as **battery-farm** chickens, are **bred** specifically for meat, and are given chemicals so they grow more quickly.

Recent studies have shown that pigs, cows, sheep and chickens are actually **smarter** than cats and dogs – animals that most people **would never dream of** eating. Cows can make **lifelong** friends with other cows, and show genuine excitement when they learn something new; and chickens and pigs have successfully completed complex tasks designed for chimpanzees.

Going vegetarian can help the **environment**. Producing meat causes more than 40 percent of all **greenhouse gas** emissions. That's more than all the cars, trucks and planes in the world combined. The meat industry is also responsible for the destruction of forests (which are **cut down** to provide land for **cattle**), and it also creates pollution when transporting, manufacturing and packaging the meat. Cows also emit a lot of **methane gas**, which is 23 times more damaging to the environment than carbon dioxide. In fact, one Japanese study found that a kilogram of beef is responsible for more greenhouse gas than someone driving their car for three hours... as well as leaving all their lights on at home.

Finally, studies show that a meat-free diet is good for your health. The excessive consumption of meat can lead to high cholesterol levels, and is also thought to be a major cause of serious health problems such as cancer and heart disease. In general, vegetarians are **slimmer** and they're known to live six to 10 years longer than meat eaters. And it's a myth that vegetarians aren't as strong or healthy as meat-eaters – just ask Jackie Chan and Arnold Schwarzenegger, who both agree that eating a vegetarian diet is a healthy way to live. 🍃

### GLOSSÁRIO

**to appeal** *vb*  
atrair, ser atraente

**to think twice** *exp*  
pensar duas vezes, pensar com cuidado

**grain** *n*  
cereais

**to feed** *vb*  
alimentar

**to eradicate** *vb*  
erradicar

**famine** *n*  
fome

**to support** *vb*  
patrocinar, apoiar

**livestock animals** *exp*  
animais criados para corte

**cramped** *adj*  
apertado

**a cage** *n*  
uma jaula

**a battery-farm** *exp*  
uma fazenda de criação intensiva de animais

**to breed** *vb*  
criar (animais)

**smart** *adj*  
inteligente, esperto

**would never dream of** *exp*  
nunca imaginaria que

**lifelong** *adj*  
por toda a vida

**environment** *n*  
meio-ambiente

**greenhouse** *n*  
estufa

**greenhouse gas** *exp*  
gás que causam efeito estufa

**to cut down** *phr vb*  
abater, reduzir

**cattle** *n*  
gado

**methane gas** *n*  
gás metano

**slim** *adj*  
magro