



This House believes that everyone should choose to be vegetarian

Eating meat



- Do you eat meat?
- Do you like the taste?
- Is it in some of your favourite dishes and would you miss it if you had to give it up?



Being vegetarian



- Make a list of all the foods that vegetarians *can* eat.
- What is the difference between being a **vegan** and being a **vegetarian**?



Vocabulary

nutrition
 animal welfare
 deforestation
 cholesterol
 protein
 livestock
 agriculture
 methane
 omnivore
 tradition

Research tasks

- Is meat good or bad for your health?
- What **nutrients** do we get from meat? Can we get all of them from elsewhere?

Moral questions

- Is it immoral to eat animals?
- Do animals have the same rights as humans?
- Do animals think and feel the same way as us?

Religion and culture

- Food can be an important part of culture. Can you think of any meat dishes that are important to the culture of countries, or to religions?

Farming and farmers



- Do all farmers treat animals well (or badly)?
- Would animals be better off in the wild?
- If everyone was vegetarian, which animals would still need to be kept on farms?
- Are farmers important to the **economy**? What would they do if everyone became vegetarians?
- Mad cow disease was caused by what cows were fed in the 1980s. What foods or chemicals do we use today to feed animals or grow crops?

Environment



- What are the environmental costs of vegetarianism? Research crops like **palm oil** and **soya** that can't be grown in the UK.
- Transporting food of all kinds creates carbon dioxide emissions. Animals like cows also emit a lot of methane. Would **climate change** be made better or worse if we were all vegetarian?
- Some fish are nearly extinct because we've caught so many to eat.