

Step 1

- 1 Do you know any vegetarians or vegans? What is the definition of a vegan diet?
 - a when you don't eat any meat
 - b when you don't eat any meat or fish
 - c when you don't eat or use animal products
- 2 Match the definitions with the words in the box.

L	honey wool pig cow calf chick
1	a baby cow
2	a baby chicken
3	animal that beef comes from
4	animal that pork and sausage come from
5	hair from sheep used in clothing
6	sweet substance made by bees

Step 2

3 Check (✓) the issues that a vegan diet can help with, according to the text.

pollution	animal cruelty
transportation	global warming
endangered species	poverty

- 4 Choose the correct alternatives, according to the text.
 - 1 The article says that the number of vegans has been increasing / decreasing.
 - 2 People on a vegan diet often feel well / weak.
 - 3 Veganism has / hasn't existed for a long time.
 - 4 The meat industry causes a lot of pollution / waste.
 - 5 Some people think that too much land is used for feeding animals / people.
 - 6 In the milk and egg industry, young animals are killed because they are too small / not necessary.
 - Cows don't produce milk if / unless they have babies.
 - Some farm animals live in factories / bad conditions.
- 5 Find the highlighted words in the text and match them with the definitions.

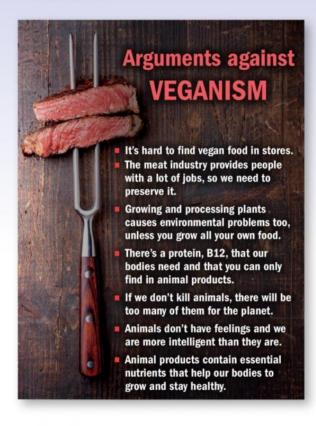
2	fad	5	cruel	
3	heart disease	6	milked	
a	cows and bulls that	t are kept	as farm	

- animals for their milk or meat
- b causing pain or suffering

1 give up

- something that people are interested in for only a short period of time
- d an illness often caused by lifestyle
- e to take milk from a cow, goat, etc.
- f to stop doing or having something

6 Think critically! Look at these arguments AGAINST having a vegan diet. Do you think they are good reasons? Give each argument a score out of 5.



7 Pairwork Think of some more reasons why people would or would not choose a vegan diet. Then say whether or not you would want to be vegan and why.

Step 3

- 8 Choose one of these statements that you either agree or disagree strongly with.
 - · Veganism is bad for your health.
 - · People should stop using cars.
 - People should stop using plastic.
 - · Recycling is a waste of time.
 - · There isn't much that ordinary people can do to reduce global warming.

Write a paragraph for an opinion section of a magazine. Explain how you feel about the topic and give reasons for your point of view. Write 125-150 words.