

A meat-free future

1 Read this extract from a sample exam answer. What question do you think it is answering?

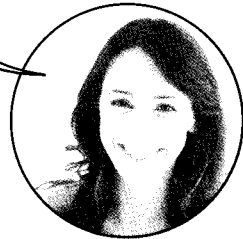
As the world population continues to increase and there are more and more mouths to feed, the issue of how we feed the world becomes ever more serious.

There are many who say that a meat-free diet is the only healthy diet. But I would have to disagree. Although there are many health risks associated with eating red meat, such as high blood pressure and heart disease, these are usually symptoms of eating too much meat. In moderation and as part of a balanced diet, red meat is not necessarily a health risk.

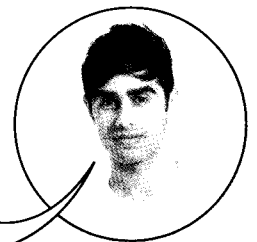
In my opinion, the main problem with eating meat is how it is produced. A large proportion of the food we grow today is feed for animals and this is likely to increase. There is not enough land available without cutting down precious habitats like tropical rainforests. Furthermore, there are also water shortages in many parts of the world, which means there is insufficient water to be used in food production.

2 Look at these people's opinions. Which opinions does the writer mention in the essay? Which opinions do you agree with?

a Look at the figures. 40% of the food farmed in the world today is for animals. By 2050 the world population will be 9 billion, so this can only increase. There is not enough land or water available to produce this food. Being a vegetarian is not a choice, it's the future.

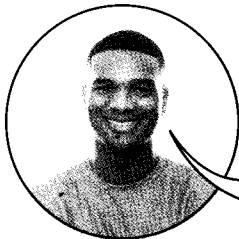
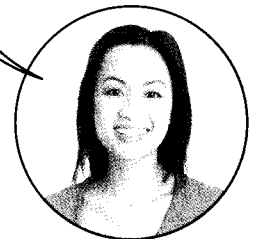


b Did you know that one of the most harmful of greenhouse gases is methane? It's produced by burning fossil fuels but also by intensive livestock farming. So meat production contributes to pollution.



c I don't know how people get by without eating meat. Vegetables just don't fill me up. Meat has lots of protein and that's what stops you from feeling hungry.

d Eating meat has been associated with lots of health risks such as heart attacks, diabetes and high blood pressure. People are not always aware of all the preservatives that are added to meat. As a vegetarian, I know what's in my food and most of that is vitamins.



e Some people eat less meat for ethical or health reasons, but I think it's about moderation. A little meat is part of a well-balanced diet. It contains iron and zinc that can be difficult to obtain from vegetarian diets.

3 Match the definitions with the words in the text.

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| a) not having too much of anything | d) farm animals |
| b) a serious illness caused by too much sugar in the blood | e) concerned with what is right or wrong |
| c) chemicals which make food stay fresh longer | f) a food group which includes meat, eggs, dairy products and nuts |