

Name: \_\_\_\_\_

Score: \_\_\_\_\_

## READING

### OPINION: THE CASE AGAINST VEGETARIANISM

MARCH 24, 2013 | BY TIM COOGAN

Extremes usually aren't good and many say that life is about balance. That's why I disagree with vegetarianism. Being a vegetarian has many admirable qualities, but it is an unnecessary restriction on life. Although people should limit their meat intake, no one should give it up completely.

We all know a vegetarian. In fact, about 3.2 percent of all Americans or 7.3 million people are vegetarian. Some people do not want to condone the inhumane treatment of animals; others believe that being a vegetarian promotes a healthy body, considering some of the adverse side effects of meat, such as heart disease.

No matter what the reason though, there's no need to quit meat cold turkey and there are other health and environmental problems that non-meat products may cause.

Many vegetarians fulfill their protein needs with soy products. Unfortunately soybean farming has many destructive environmental impacts. Now, as the demand for soy is increasing, many rainforests and diverse ecosystems across the world are being turned into soybean plantations. Biological diversity is necessary for an ecosystem to survive and these plantations are detrimentally creating monocultures.

Vegetarians are not the major consumer of soy products, so they cannot be exclusively blamed. However, there are as many ethical reasons to oppose soy products as there are to oppose animal products, yet vegetarians still eat them.

I'll admit that a vegetarian diet is much more eco-friendly than eating meat. A lot of energy is put into the raising of the crops used to feed animals, then to slaughter them, and finally to transport and preserve the meat. However, I believe that it is more realistic to ask people to eat less meat and thus do less damage to the environment, than to have the entire population switch to a vegetarian diet.

The vegetarian lifestyle doesn't just limit your diet; it also limits your life. Menu, grocery and recipe options are restricted, removing all meat related products. I don't believe that vegetarians are missing out on solely the meat though, I believe that they are missing out from truly exploring another culture. Food is a common definitive characteristic of many cultures and if a person refuses to eat meat then they will miss out on experiencing another society.

I was at a German restaurant over break and being a vegetarian there would have been very limiting. I'm of German descent, so when I eat German food I am not only experiencing a culture different

from my own American one, but I am also exploring my heritage. Personally, I try to limit my meat intake, especially beef and other red meats.

However, if I never ate meat, I would miss out on many of the foreign and exotic dishes that I've had the privilege of tasting. Even at the German restaurant I was able to try a wurst made with alligator meat. My point is that were I a vegetarian, I would have had to order something much more run of the mill. (I also wouldn't have a cool dish to Instagram.)

I completely agree with vegetarian's protest against the cruel and despicable conditions that many farm animals are subjected to. The majority of the chickens sold today have been bred and drugged in crowded warehouse type places, only to be slaughtered in industrial-type factory line.

However, today there is an increasing amount of free-range chicken and hormone free cows that are treated humanely. We've been eating animals for thousands of years, we aren't going to stop anytime soon, but we should do what we can and avoid non free-range products.

While being a vegetarian does have many health benefits, a vegetarian does not necessarily eat healthy foods. I know plenty of vegetarians who do not solely eat fruit vegetables and high protein nuts and grains. Instead, they turn to processed bags of chips, french fries and ice cream due to the lack of options that most vegetarians encounter daily.

Often, these foods lack any form of protein, which helps people feel full. Instead they are filled with carbohydrates; eating too many carbs can make a person feel slow and tired, and leads to weight gain. So, while being a vegetarian may encourage someone to eat a healthier, greener diet it may also push them towards a diet of candy and junk food.

Vegetarians also lack the nutritional benefits that omnivorous humans receive from meat. Meat provides a major source of iron and B12 for our bodies. Unfortunately, many become anemic due to an iron deficiency and lack natural energy due to an absence of B12.

A person may purchase nutritional supplements; however, B12 supplements must be derived from some form of animal products, so a person may not completely avoid the killing of an animal. If these people ate meat occasionally, they would receive the nutritional benefits and not have to rely on supplements.

I really do commend vegetarians for their commitment to a healthier body and a more humane world. In the end, though, to never eat meat seems unnecessary and counterproductive. Meat should be enjoyed in moderation. Just make sure that you are conscious about the type of farm your poultry and beef come from and consider the ecological footprint of the foods you eat.

**Read the text and explain TWO of the following statements. Each answer should be between 100 and 120 words.**

- 1) Why does the author claim that vegetarianism is not the solution to our environmental problems?
- 2) Choose one section of the text you disagree with and explain why.
- 3) The author states that "While being a vegetarian does have many health benefits, a vegetarian does not necessarily eat healthy foods." What does he mean by this?





## USE OF ENGLISH

Complete the second sentence so that it has a similar meaning to the first sentence. Use the word given and do not change it.

1. He last spoke to me about his plans three months ago. **FOR**

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2. The police recaptured the escaped prisoner two days later. **WAS**

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3. “The company’s expansion will create around 2000 jobs,” the manager told us. **SAID**

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4. The workers commute from Oxford to London every weekday. **USED TO**

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5. It has been impossible for me to get to the meeting. **ABLE**

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6. You didn’t explain your problem to me, so I wasn’t able to help you. **IF**

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7. Although the employees have demanded higher wages, nothing has been decided yet. **DESPITE**

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8. My colleague finished his presentation before I arrived at the meeting. **WHEN**

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9. The artistic director wrote the texts and also selected the illustrations. **NOT ONLY**

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10. Do you ever regret not going to college? **WISH**

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Name: \_\_\_\_\_

## LISTENING

Listen to the recording and choose the correct answer for each question. There is only ONE correct option.

1. By 2050 around \_\_\_\_\_ more food could be needed to feed everyone.

- a) 50 percent
- b) 60 percent
- c) 70 percent

2. The food system uses about \_\_\_\_\_ of all fresh water resources.

- a) 60 percent
- b) 70 percent
- c) 80 percent

3. The study that the speaker refers to analyses

- a) the environmental impacts of the food system.
- b) the effects of reducing food-related greenhouse gas emissions.
- c) a potential scenario in which the world goes vegan.

4. According to the speaker, the two of the gases that warm the planet are

- a) methane and nitrous oxide.
- b) carbon dioxide and nitrous oxide.
- c) methane and carbon dioxide.

5. The vegetarian butcher interviewed, Jaap Korteweg, says that his goal is

- a) to be the biggest butcher in the world.
- b) to transform all meat factories into plant-based factories.
- c) to catch meat lovers' attention.

6. According to the speaker, a well-balanced vegan diet will be useful

- a) to prevent cardiovascular diseases.
- b) to prevent some diseases associated with diets.

- c) to prevent the main types of cancer.

7. Global meat consumption

- a) has decreased since 1960.
- b) has been stable since 1960.
- c) has increased since 1960.

8. To stay below dangerous levels of climate change,

- a) the world's population should make large-scale dietary changes.
- b) the world's population should eliminate all animal products from their diets.
- c) the world's population should move towards a plant-based diet.

9. The speaker says that governments can help

- a) by imposing dietary policies.
- b) by making lists of standard plant-based food.
- c) by setting dietary guidelines.

10. The vegetarian butcher believes that in the future

- a) most butchers will use machines to produce their plant-based meat.
- b) most butchers will combine ingredients to produce the products they want to copy.
- c) most butchers will switch to plant-based meat products.



Name: \_\_\_\_\_

**WRITING**

Choose ONE of the following prompts and write an essay. Your writing must be at least 350 words in length.

- 1) Are you a vegetarian? If so, explain when, why, and how you adopted this lifestyle.
- 2) “A climate activist who is not a vegetarian is a hypocrite.” Do you agree or disagree with this statement?
- 3) “Vegetarianism and veganism are the only way to save the environment.” Do you agree or disagree with this statement?

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