

# Veganism and vegetarianism: pros and cons

## Pre-task:

Find out: What does it mean to be a vegan and to eat vegetarian food? What are the differences?

Some answers are given e.g. in the video [Vegan vs. Vegetarian](#).

## Task 1:

What are the reasons for veganism? Talk about your eating habits: Can you imagine living a vegan or vegetarian life?

## Task 2:

Now read some articles about the pros and cons of veganism and then debate these advantages and disadvantages of a vegan lifestyle. Each partner takes on one side – either advantages or disadvantages. These articles can help you:

Sources for advantages are e.g.:

[9 ways veganism is helping the planet](#)

[10 reasons to go vegan that have nothing to do with animal rights](#)

[Why go vegan](#)

Sources for disadvantages are e.g.:

[Death by veganism](#)

[Veganism is not the key to sustainable development – natural resources are vital](#)

[Is a vegan diet healthy?](#)

## Follow-up activity:

Talk about and discuss similarities and differences between your families and countries: What do you personally regard as a healthy diet? What do you watch out for regarding your diet? Have you ever thought of changing your eating habits?

## Sources

- Video 1 <https://www.youtube.com/watch?v=GGJqml9YCAc&t=1s>
- Text 1 <https://www.globalcitizen.org/en/content/9-reasons-why-veganism-can-save-the-world/>
- Text 2 <https://www.theguardian.com/commentisfree/2014/may/23/10-reasons-to-go-vegan-that-have-nothing-to-do-with-animal-rights>
- Text 3 <https://nutriciously.com/why-go-vegan/>
- Text 4 <http://www.nytimes.com/2007/05/21/opinion/21planck.html>
- Text 5 <https://www.theguardian.com/global-development/2016/aug/16/veganism-not-key-sustainable-development-natural-resources-jimmy-smith>
- Text 6 <http://www.jamieoliver.com/news-and-features/features/vegan-diet-healthy/>