

VInt Follow-Up Activities

Text Type: Reading

Week: 3

Title: Nearly vegetarian? Go flexitarian

Author/Speaker: Sarah Rainey

Follow-Up Writing:

Paraphrase the following excerpts from the text, as you would if you were going to use the information in a summary. Remember to use your own words.

1. My passion for meat has always been a barrier to vegetarianism - until now. According to a recent study, commissioned by Linda McCartney Foods (the meat-free company founded by Sir Paul's late wife), we're about to see a surge in "flexitarianism" - vegetarians who sometimes eat meat.

2. Strict vegetarians can be critical of part-timers, accusing them of sitting on the fence. But Ben Martin, a campaigner at Animal Aid, says: "Anything people can do to reduce their consumption of animal products is a good thing."

Follow-Up Discussion:

1. Do you think it is easy to eat out in restaurants as a vegetarian? What about other functions where eating is involved, such as weddings and banquets?
2. If you are a vegetarian and you are invited to someone's home for dinner, should you let them know in advance about your dietary needs? Is it fair to expect them to accommodate you, or should you offer to bring something that you can eat, such as bringing some veggie burgers to a BBQ?
3. What do you think are the main reasons that people become vegetarians? Do you think having an option such as being flexitarian would encourage more people to choose this type of eating?
4. Do you think that many people in North America don't eat meat for economic reasons (ie. they can't afford it)? What about in other parts of the world?
5. Other than meat, what can vegetarians eat to get protein and minerals such as iron? (feel free to use Google or another search utility if you need help).