

In Focus 2 - Speed Reading Unit 11

Exploring Vegetarianism

Vegetarianism is a way of eating that does not include meat. People who follow this way of eating are called vegetarians. There are many reasons why someone might choose to be a vegetarian. Some people do it for their health. Others do it to save animals. And some may do it because they think it is better for the Earth.

There are different ways of being a vegetarian. Some people do not eat meat, fish, or other animals. They eat plants or food that comes from milk or eggs. This kind of vegetarian is called a lacto-ovo vegetarian. Other vegetarians do not eat any animal products at all. These vegetarians are called vegans.

Health is a big reason why some choose to be vegetarians. Eating a lot of vegetables and fruits can be very good for the body. These foods have a lot of good things in them. They can help keep the heart in good health and lower the chance of getting some diseases. Vegetarian foods can also be good for keeping the right weight.

Some people become vegetarians because they love animals. They do not want animals to be killed for food. They choose to eat foods that do not come from animals. This way, they can save many animals' lives. People who love animals and do not eat them are often vegans.

The Earth is another reason for vegetarianism. Growing plants for food uses less water and land than growing animals for food. It also makes less gas which causes global warming. Eating plant-based foods can help take care of the Earth. It can use less energy.

Being a vegetarian can create good health and be good for the Earth. But it is important to eat different kinds of foods to get all the things the body needs. Some people think being a vegetarian is hard. But there are many vegetarian foods that we can enjoy, and many books teach us how to make vegetarian food. Eating at restaurants can be easy too. Many places have vegetarian options on their menus.

Becoming a vegetarian can be a big change. But it can be done little by little. One can start by eating one vegetarian meal a week. Then, one can try two or three. Over time, eating vegetarian can become easier. It can become a normal way of eating. Many famous people are vegetarians. They choose this way of eating for their health, for animals, and for the Earth. Some have written books about it.

In the world, many places have vegetarians. Some countries have many vegetarians, while others have few. But in all places, vegetarianism is growing. More and more people are learning about it. They are trying it and making it part of their lives. Being a vegetarian is a personal choice. It can be a way to be healthier, to save animals, and to help the Earth. It can also be a way to try new foods and learn a new way of life.

When you have finished, write your time in the box.

Now, go to the next page and answer the questions. **Do NOT look back at the text.**

Now, let's test your understanding of the text with some questions.

1. Why do some people choose vegetarianism?
 - A) To eat more meat
 - B) For health reasons
 - C) Because they don't like vegetables
 - D) They have no other choice.

2. What is a person who does not eat meat, but eats milk and eggs called?
 - A) Vegan
 - B) Lacto-ovo vegetarian
 - C) Meat-eater
 - D) Pescatarian

3. What is a vegan?
 - A) Someone who eats meat sometimes
 - B) Someone who eats milk and eggs
 - C) Someone who does not eat any animal products
 - D) Someone who only eats fish

4. Why do some people become vegetarians for the sake of animals?
 - A) They want more animals to be used for food.
 - B) They don't care about animals.
 - C) They think animals are not important.
 - D) They want to prevent animals from being killed for food.

5. What is NOT a reason why vegetarianism is good for the Earth?
 - A) It uses less land.
 - B) It creates less gas.
 - C) It uses less water.
 - D) It uses green energy.

6. What is a challenge for vegetarians?
 - A) Finding foods that taste really good.
 - B) Eating enough meat, eggs, and milk.
 - C) Getting all the right things in food.
 - D) Cooking vegetables is hard.

7. What do many restaurants offer now?
 - A) Non-meat options
 - B) Lacto-ovo meals
 - C) Vegetarian meals once a week
 - D) Vegan meals

8. How can someone start becoming a vegetarian?
 - A) By never eating again
 - B) By eating meat every day
 - C) By having one vegetarian meal a week
 - D) By only drinking water

9. How do famous vegetarians influence others?
 - A) By eating meat
 - B) By writing books
 - C) By being healthy
 - D) By speaking

10. Where is vegetarianism growing?
 - A) In many places
 - B) In one place
 - C) Nowhere
 - D) Only in cities