



Lesson 71: Vegetarianism

Exercise 01

Vocabulary

survive	(V)	to continue to live	Fortunately, everyone in the family survived the fire.
nutrient	(N)	a substance that people, animals and plants need in order to live and grow	We get so many nutrients from nuts.
based on	(Phrase)	to use particular ideas or facts to make a decision, do a calculation, or develop an idea	The doctor's decision was based on the test results.
research	(N)	careful study that is done to discover new information about something	I have to do some research .
encounter	(V)	to experience something unpleasant or difficult	The soldiers encountered hostile fire.
(be) up for	(Phrase)	to be willing to do something	We're going to the cinema. Are you up for it?
for a change	(Phrase)	instead of what you usually do or what usually happens	Let's do Chinese food tonight for a change .

Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

Zach and Nathan go out to eat.



Nathan

Do you want to share a pizza?



Zach

Sure, but just to let you know, I am a vegetarian.





Nathan

A vegetarian? Wow! How many years have you been a vegetarian?



Zach

For about two years.



Nathan

What is your choice based on?



Zach

Well, I truly believe that we can survive without killing other creatures.



Nathan

I get it, but doctors say it is difficult to get some important nutrients if you don't eat meat, fish or eggs. What do you think about that?



Zach

I disagree. You can get many nutrients from nuts and soybeans.



Nathan

Interesting. I should do some more research, just in case I ever encounter this discussion again.



Zach

So how about that pizza? Are you still up for it?





Nathan

Sure. I'd be happy to eat vegetarian pizza for a change.

Check your understanding:

- Why did Zach tell Nathan that he is a vegetarian?
- Why is Zach a vegetarian?
- According to Zach, what can you get lots of nutrients from?

Exercise 03

Role Play

Role-play the following situation with your teacher.

Situation:

- You are a vegetarian, and your friend likes to eat meat.
- Explain why you decided to become a vegetarian to your friend.

Exercise 04

Discussion

- 1) What are your food preferences? Why?
- 2) What is your opinion about vegetarians?
- 3) Is it okay to eat meat in front of a vegetarian?
- 4) Do you think it is possible to maintain good health being a vegetarian?
- 5) What are the main reasons why people decide to become vegetarians?

