

## Is being vegan more environmentally friendly?

Can eating less meat help the environment? Watch the video to find out.

### Tasks

Do the preparation task first. Then watch the video and do the exercises. Remember you can read the transcript at any time.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. .... resources
2. .... to rule something out
3. .... carbon emissions
4. .... welfare
5. .... to clear a forest
6. .... livestock
7. .... to swap
8. .... permanent damage

#### Definition

- a. to stop considering something as a possibility
- b. health and happiness
- c. natural substances, e.g. water, that are used in human activity
- d. farm animals and birds, e.g. cows and chickens
- e. carbon dioxide produced by cars, factories, etc. that harms the environment
- f. to cut down all the trees
- g. harm that will last for a long time or forever
- h. to exchange one thing for another thing

### Tasks

#### Task 1

Are the sentences true or false?

	<b>Answer</b>	
1. Vegans and vegetarians don't eat meat.	True	False
2. Vegans eat eggs and drink milk.	True	False
3. Some people choose to be vegan as a way to be healthier.	True	False
4. The study says it's important that we eat more meat to help the planet.	True	False
5. A lot of the earth's water is used for producing meat.	True	False
6. Cows produce six per cent of the world's carbon emissions.	True	False

**Task 2**

Complete the sentences with words from the box.

forests	eggs	animal products	animal welfare
beans	resources	beef	pork

1. Vegans rule out meat and other ....., like milk or eggs.
2. Some people choose to be vegan because they are concerned about .....
3. A lot of the earth's ..... are used to produce meat.
4. Sometimes ..... are cleared to make space for animals to live.
5. The study says we should eat 75 per cent less ....., 90 per cent less ..... and 50 per cent fewer .....
6. Swapping beef for ..... sometimes may be a good idea.

**Discussion**

Do you eat meat and animal products? Would you consider eating less meat to help the environment?

## Transcript

**Johnno:** Ruby, Happy World Vegan Day! I made you this cake.

**Ruby:** Thanks, Johnno. It's, um, definitely vegan.

Vegans can be hard to cook for. Like vegetarians, they don't eat meat. But they also rule out other animal products, like eggs, milk and sometimes even honey.

There are different reasons people choose to be vegan, like animal welfare or as a way to eat healthier.

But there's another reason that's been getting a lot of attention recently. Last month, a big study came out looking into the effect our food has on the environment. And it found that eating less meat is one of the most important things we can do to help the planet.

You see, a huge amount of the earth's resources go into raising livestock for meat. In some places, forests are cleared to make space for animals and to grow their food. They also use a lot of water. And these ones in particular create a lot of carbon emissions. Cow burps and farts account for about 16 per cent of global greenhouse gas emissions. The study says, to prevent permanent damage to our planet, the average world citizen needs to eat 75 per cent less beef, 90 per cent less pork and 50 per cent fewer eggs.

Of course, not everyone's going to go vegan or give up eating meat completely. But swapping your beef for beans or your chicken for chickpeas every so often might not be such a bad idea.

**Ruby:** All right, Johnno, try this.

**Johnno:** Mmm. This is vegan?

**Ruby:** Yeah. It's not all rabbit food.

## Answers

### Preparation task

1. c
2. a
3. e
4. b
5. f
6. d
7. h
8. g

### Task 1

1. True
2. False
3. True
4. False
5. True
6. False

### Task 2

1. animal products
2. animal welfare
3. resources
4. forests
5. beef, pork, eggs
6. beans