

# Vegetarianism

*geschrieben von Carina*

In my presentation I want to inform you about vegetarianism. I would like to divide my talk into following parts: the history of vegetarianism, the definition and the different forms of vegetarians, the reasons for vegetarianism and some other facts and figures.

Vegetarianism came into being in India and Greece.

One of the first famous vegetarians was the greek mathematician Pythagoras. He thought that slaughtering of animals damages the human spirit.

An important advocate of the meatless diet in the modern times was Leonardo da Vinci. Many discoverers brought a large number of unknown vegetables from their expeditions, for example potatoes.

The first vegetarian association was founded in 1801. (eighteen-hundred-one) In the middle of the 70s the animal rights movement came into being, the reason was Peter Singers book „Animal Liberation“.

Now I want to talk about the definition and the different forms of vegetarians. The origin of the word vegetarianism is vegetable. A vegetarian eats nothing from the dead animal, which includes meat, fish and gelatine. There are three different forms of vegetarians:

- The ovo-lacto-vegetarian eats vegetable food, milk and milk products and also eggs.
- The lacto-vegetarian eats vegetable food, milk and milk products but no eggs.
- The vegan eats only vegetable food.

Now I want to give you an insight into the reasons of vegetarianism.

The most common motivation are ethical aspects. Animals are creatures who also feel pain, that's why we are not allowed to put them their hole life into small cages or on slatted floor. They are no production machines or throw away products.

The meat consumption is also in charge for hunger in the third world. In fact there are enough resources for all people of the world, but about 47 % of the corn crop is wasted for animals food.

There are also religious reasons for vegetarianism: For example some parts of hinduism and buddhism have a bid for non-violence, which forbids killing animals.

Another aspect is the destruction of the environment as a result of meat consumption. The animals in the factory farms produce a lot of liquid menure, what brings a lot of consequences with it, such as fish kill, acid rain or dying of the woods. The rainforest is being cleared for cattle ranching or producing feeding stuff. This exterminates animal species and pushes on the greenhouse effect. For one burger are five square metre rainforest destroyed.

You probably know that eating too much meat is unhealthy and can cause many diseases, for example fatness, diabetes, heart attack, rheumatism, alzheimer disease, overweight or cancer. There are also many animal epidemics such as BSE, bird flu or swine fever which are all dangerous for humans, too. Because of the preventive giving of antibiotics to animals are also rests of antibiotics in the meat.

Let's now move to some other facts and figures.

In Germany there are about 6 million vegetarians, of these are circa 60 % ovo-lacto-vegetarians, 30 % lacto-vegetarians and only 10 % vegans.

The most vegetarians live in India namely about 200 million people.

The number of vegetarians in the whole world is unknown.

Vegetarian products are sometimes marked with the Veggie-Label, but not often because it's very expensive for the companys.

There are two special days for vegetarians, namely the world vegetarian day at the 1st October and the world vegan day at the 1st november. At these days are many actions like information stands or demonstrations to bring the vegetarian lifestyle nearer to people.

Many famous people are vegetarians e.g. Paul McCartney, Madonna, Pamela Anderson, Orlando Bloom, Nena or Brian Adams.

Let me close by quoting Albert Einstein who said: „Nothing will increase the chance on surviving on the earth like the step to a vegetarian diet.“