

Vegetarianism II

geschrieben von Evelyn

Hello Ladies and Gentleman

Today I'll show and tell you something about the vegetarian lifestyle.

But first of all:

Who of you is vegetarian? *asking public...*

Okay, could I know why you are vegetarian and for how long? *asking public...*

Thanks.

I think you all know what "vegetarian" means. But beside Vegeterians there are Pesceterians and Vegans.

Pescetarian

eat: fish, gelatine, milk, honey, eggs

don't eat: meat

'Pescetarians' are people who eat fish, but no meat.

Vegetarians

eat: milk, honey eggs

don't eat: meat, fish, gelatine

'Vegetarians don't eat any meat.'

Vegans

eat: herbal only

don't eat: no animal products at all like fish, meat, gelatine, honey, milk, eggs, etc., vegans also use no leather

So, I am Vegetarian as well. There are many reasons why.

In the first place are the animals. Nobody in the world has the right to breed animals just for eating them.

They are living creatures like humans and can feel pain, too.

PETA, an animal protection organization started a very discussed campaign about this theme. They compared the Holocaust in the 19th Century with the violent killing of animals today.

The next reason is the environment:

Global warming. Overexploited natural ressources. Wasted land. Water and air pollution. The most serious environmental problems of our time are all directly linked to eating meat. For breeding animals are massive costs of the food, land, the energy and thousand litres of water necessary. Think of all the poor people in other countrys. A piece of land can feed 10 vegetarians or only 1 meat-eating person. The world would have enough space to feed all humans, if they were all vegeterians.

Eating no meat is also the best for your health. Vegetarians and vegans live, indifferent 6 to 10 years longer than meat-eaters. Plus they are 50 percent less likely to develop heart disease and nine times less likely to fatness.

And, of course, they've got the best diet of all. The biggest advantage of being vegeterian is, that you look automatic after your diet. You eat more fruits and vegetables. In place of meat you can eat soja products.

Let's go to the last point of my presentation.

You won't believe me, but a lot of famous persons are vegetarians. Pamela Anderson, Paul McCartney or Michael Jackson. Albert Einstein and Pythagoras were vegetarians, too