

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?

	Answer	
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?