

Writing a two-sided argument essay

Topic: Vegetarian diet [example]

Argument: *Is a vegetarian diet healthier and better for the environment?*

Type: Academic [10 sources]

Level: *****[B2/C1]

Lesson Aim

To develop the students' ability to generate main ideas with support and write a two-sided argument essay.

3 types of lesson (writing x2 / reading x1).

1. Writing

- Ask Students to discuss question: *Is a vegetarian diet healthier and better for the environment?*
- Write down the arguments in favour and in opposition.
- Feed in / check key vocabulary (see next page).

Free Writing #1:

1. Distribute **outline #1** (blank).
2. Students complete outline using ideas discussed previously.
3. Students write the essay using the completed outline.
4. Students compare their essay with the model essay.
5. Extra: Reading Exercise.

Guided Writing #2:

1. Distribute **outline#2** (completed with points).
2. Students write the essay using outline.
3. Students compare their essay with the model essay.

Marking student's work:

Use marking code: www.academic-englishuk.com/error-correction

2. Reading

1. Distribute text and **outline #3** (blank).
2. Students read the essay and complete outline with key points and support.
3. Students check answers with **outline #4**.

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Is a vegetarian diet healthier and better for the environment?

C. Wilson (2017)

Eating habits have changed over the past two decades and with it [redacted] rise in [redacted], the Vegsoc.org (2016) claims that 17% of the population in the U.K are vegetarian and this is evidenced in the increase [redacted] in most restaurants. There are many reasons for the growth, but recent research suggests that people believe [redacted], and growing food [redacted] is less polluting to the environment. Proponents for the meat industry argue that eating meat has been a natural human evolution, [redacted] way to feed the ever-growing [redacted] will discuss the arguments for and [redacted] that a vegetarian diet is healthier and [redacted].

There are three main reasons why a vegetarian diet is healthier and better for the environment. The most significant point is that eating [redacted]. Animals are [redacted] of fear, stress and pain. It could be argued that animals have equal rights to live and be free and farming practice [redacted] (HSUS, 2011). The veal meat industry is a convincing example of extreme cruelty, whereby a calf is held in a crate, [redacted] weeks before [redacted] is to keep the meat tender. The second argument is that there is significant scientific and medical evidence that [redacted] support a primarily vegetarian diet. Humans are considerably different to carnivores in that their teeth are not similar and the [redacted] carnivore allows [redacted]. Millward's (1999) research has highlighted that a vegetarian diet improves health, can meet all the protein needs and [redacted] Dietetic Association (2009) state that meat is not essential for a healthy diet. A final argument [redacted] is that a vegetarian diet leads to lower Greenhouse gases (GHGs). The meat industry produces 54% more [redacted] responsible for [redacted], which causes climate change. According to the United Nations Environment Programme (2014), a "worldwide [redacted]" is necessary to stop the worst effects of global climate change. Overall, a vegetarian diet would [redacted] the planet and its people.

In balance, proponents for the meat industry have three opposing views to the arguments of vegetarianism. The most significant is that eating meat is [redacted] of the cycle of [redacted]. Human beings have been eating meat for 2.3 million years and according to Wyness et al., (2011) this [redacted] have not only ensured our survival but also the development of the brain and intelligence. A further point is that [redacted] elevate the value of [redacted]. Research by Simmons (2009), shows that plants respond electrochemically to threats and may feel fear, [redacted]. The second strongest argument is that meat is the best source of iron and vitamin B12. Peer reviewed [redacted] (1995) has shown [redacted] iron through meat but only 20% through plants. In addition, the same research highlighted that [redacted] as opposed to 1:20 [redacted] argument is that raising beef is the most efficient way to produce food for humans. Simmons (2009) states [redacted] not suitable

for growing crops. [redacted] to be based primarily on cereals and beef, and changes in methods would take years, if not centuries (ibid). In sum, there are [redacted] industry.

In conclusion, both sides of the argument have merit. A vegetarian diet seems to be more humane, [redacted], and a meat diet is part of [redacted], more nutrient absorbing and an efficient way of using land. However, the evidence that a [redacted] is relatively conclusive and [redacted] towards a greener lifestyle and planet. Growing crops are much less polluting, and reducing [redacted] for all nations, [redacted] r changes that need to take place. Overall, this essay supports the views of the UN Environmental programme, which [redacted] will help prevent climate change.

[750 words]

Reference list

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Simmons, A. (2009). Until the Cows come Home. *Agriculture & Farming Journal* 9 (1), pp.1-10.

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Wyness, L., Weichselbaum, E., O'Connor, A., Williams, E., Benelam, B., Riley, H. and Stanner, S. (2011). Red Meat in the Diet: an update. *Nutrition Bulletin*, 36(1), pp.34-77.

Outline #1

Make notes using this outline to plan an essay on: *Is a Vegetarian diet healthier and better for the environment?*

Introduction	
General	
Specific	
Outline & Thesis	

No - write your ideas and support

1.Point / idea:

Support:

2.Point:

Support:

3.Point

Support:

Yes - write your ideas and support

1.Point / idea:

Support:

2.Point:

Support:

3.Point:

Support:

Conclusion	
Summary	
Thesis	
Prediction	

Outline #2

Use these ideas to write a two-sided argument on: *Is a vegetarian diet healthier and better for the environment?*

Introduction	
General	Eating habits = changed last 10 years > in vegetarianism.
Specific	██████████ U.K vegetarian, > veg. dishes restaurants. Vegsoc.org. (2016) For a vegetarian diet = healthier /growing food < polluting. Against= ██████████ natural human evolution & ██████████ human population.
Outline & Thesis	This essay will discuss the arguments for and against. A vegetarian diet is healthier and greener for the planet.

YES

1. Cruel & unethical.

- Animals are sentient beings = fear, stress and pain.
- Animals = equal rights to live and be free & farming takes this away (HSUS, 2011).
- Example of cruelty = The veal meat industry = calf held in a crate, unable to move (to keep meat tender), for 20 weeks before slaughtering.

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

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Outline #3

Read the essay on: *Is a vegetarian diet healthier and better for the environment?*

Fill in the outline (*basic notes only*)

Introduction	
General	
Specific	
Outline & Thesis	

Yes – find the main points and support

1. _____

-
-
-

2. _____

-
-
-
-

3. _____

-
-
-

No— find the main points and support

1. _____

-
-
-
-

2. _____

-
-

3. _____

-
-

Conclusion	
Summary	
Thesis	
Prediction	

Outline #4: ANSWERS

Introduction	
General	Eating habits have changed over the past two decades and with it has been the rise in vegetarianism.
Specific	Vegsoc.org. (2016) [redacted] vegetarian, increase in veg. dishes restaurants. For = vegetarian diet is healthier & [redacted] the environment. Against = eating meat is natural human [redacted] feed human population.
Outline & Thesis	This essay will discuss the arguments for and against. A vegetarian diet is healthier and greener for the planet.

YES

1. Cruel & unethical.

- Animals are sentient beings that have the emotions of fear, stress and pain.
- Animals have equal rights to live and be free and farming practice takes away this privilege (HSUS, 2011).
- The veal meat industry - example of cruelty, calf held in a crate, unable to move for up to 20 weeks before slaughtering.

ALL ANSWERS ARE INCLUDED IN PAID VERSION...

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