

Everybody should become a vegetarian because they do not need to eat meat to have a healthy diet. Do you agree or disagree?

*Include any relevant examples from your own experiences or understanding and your arguments for the opinion you have regarding the topic.*

*Write at least **250** words.*

## Everybody should become a vegetarian - Band 8 IELTS model essay

Everyone ought to make the move to a vegetarian diet because including meat in one's diet in any form is not required for maintaining a healthy diet. I think that this opinion has been derived from a little polarized thinking. The upcoming passages will outline the various views and benefits.

There are a few reasons why certain people are more likely to switch to vegetarian diets. First of all, this sort of diet may put an end to animal cruelty. Unfortunately, a large number of animals are killed every year throughout the majority of the globe to generate meat items for human use. Additionally, certain endangered species may be at risk of going extinct due to illicit poaching and poaching for everyday meat intake. Furthermore, since raising cattle can result in significant Emissions of carbon dioxide, the mass manufacturing of various meat products may increase our carbon footprint. As a result, the widespread meat industry may contribute to environmental deterioration.

However, there are several obvious drawbacks to a vegetarian diet. To stay in good health, our bodies require a vast range of vitamins, proteins, and other dietary components. Fruits and vegetables alone cannot provide a person's need for sufficient proteins and vitamins. A balanced diet that includes a variety of meats and vegetables can thereby reduce health concerns. Additionally, individuals should find alternative ways to fulfill their own food needs because some dangers, like famine and the greenhouse effect, may result in a shortage of herbal goods. As a result, individuals should cut back on relying just on one product for their meals.

In conclusion, it is important for individuals to obtain the nutrients they need from the food they eat on a daily basis; hence, it is preferable for them to consume a diet that is balanced and includes a variety of foods, ranging from vegetables to different kinds of meat.

## Everybody should become a vegetarian - Band 7.5 IELTS model essay

A person's life depends heavily on their diet. Some people believe that everyone should adopt a vegetarian diet and stop eating meat. Few people think that eating vegetarian cuisine might be dissatisfying to their bodies, compared to eating meat. Despite this, I do not totally concur with the notion that everyone has to give up meat in order to be healthy.

To begin, following a vegetarian diet exclusively does not constitute a balanced diet, and there is no data to back up this assertion. To put it another way, in some activities like wrestling and boxing, where daily caloric demands are much greater than those of other persons, the only way to get this quantity of energy is to consume a diet that is heavy on meat. As a direct consequence of this, not everyone can acquire all of their nutrition from the plants around them.

On the other hand, a vegetarian diet that is healthful is often low in calories and rich in protein. According to a number of studies, eating meat, particularly red meat, is associated with an increased likelihood of developing cardiovascular disease, dementia, and some forms of cancer. In addition, the intake of meat is one factor that has led to an increase in levels of obesity all around the world.

Finally, I want to stress that although a vegetarian diet has many advantages, I still think that vegetarians may need to take a lot of supplements and work hard to have a varied diet that is rich in important macro- and nutrients. While keeping healthy, non-vegetarians may readily combine vegetarian and non-vegetarian diets.

## Everybody should become a vegetarian - Band 7 IELTS model essay

Undoubtedly, a balanced diet is essential for maintaining good health throughout life. However, since they are vegetarians, individuals like eating green vegetables as part of their feast and do not require a non-vegetarian meal to maintain good health. I completely concur with the aforementioned statement, which I will clarify with concrete instances in the sections that follow.

To begin, every living thing, whether it a fish, a chick, or a goat, have the same fundamental right that people do to take pleasure in every moment of their lives. Therefore, a living being does not have the ability to die because they are not getting enough of the nutrients that their body needs since they have access to a wide variety of foods that may satisfy those needs, such as fruits, vegetables, milk, and beverages, and among various other things.

In addition, it is unarguable that eggs are a valuable source of protein; however, if humans attempt to kill chickens and ducks, and chicks for their own gain, this will, in the long run, have an effect on the food web. This is because the environment has its own food chain that works to maintain the equilibrium of the ecological system.

Combining all of the information presented in the previous paragraphs, people should make an effort to consume the foods that are suggested to them by the food chain. These foods include plants and vegetables as well as dairy products. These foods are adequate to supply us with the necessary vitamins, carbohydrates, proteins, and minerals that are required by our bodies in order to stay fit and healthy. As a result, adopting a herbivorous diet rather than an omnivorous one is highly recommended.

## Everybody should become a vegetarian - Band 6.5 IELTS model essay

While some individuals consider meat consumption a necessary component of a balanced diet, others argue it is not necessary for people to do so. I firmly believe that people do not require the consumption of meat in order to have wonderful lives, and I will explain why below.

To begin, it should be common knowledge that a diet that is intended to promote good health must have a number of main and smaller ingredients. These elements include macronutrients, such as fat and carbohydrates; vitamins; and minerals. There are a number of alternatives to the consumption of animal protein that are also high in protein but do not involve the consumption of animals. These alternatives have the potential to safeguard the existence of a significant number of animals. The human species is able to obtain the necessary macronutrients from sources that are more advantageous.

In addition, eating meat is not a necessary component of a healthy diet, and success is not directly correlated to the amount of meat consumed. Additionally, an individual has to take in additional components in a well-balanced manner. In addition, a healthy body condition requires eating fruits and vegetables since these foods provide essential supplements like magnesium and vitamin C. Fruits and vegetables are essential for a healthy body condition. There are other ways to achieve nutritional parity outside the consumption of animals during one's meal.

In conclusion, the most critical aspect of a diet that is nutritious is consuming its contents in a way that is appropriate. There are several foods that supply it, and choosing such meals rather than consuming meat is an option to consider. As a result, individuals are able to consume nutritious food. In addition, no harmless creatures would be hurt in the process.