

**Higher Level Reading Skills**  
Look for the “how” in these two texts: which is more ...  
formal – impersonal – accessible – serious – specialised?

## **DON'T EAT MEAT ...**

People ask me why I am a vegetarian. I almost invariably say, "Because I am!" That normally cuts the conversation short.

There were times when I would start explaining why ... but the enquirers were almost always meat eaters. Within seconds, they would attempt to put me on the defensive.

Some felt guilty - "I really wish I could do what you do! It would be very hard to survive! It must be so hard for you."  
Others remarked, "But you eat vegetables ... what's the difference?"

Sometimes people start conversations but they don't wish to hear what you really have to say. I sense that and I tell them that we don't need to justify our respective beliefs to each other.

I am not a preacher. I don't seek to convert anyone. I have a choice and so do you. If you are sensitive and not open minded, exercise your choice and stop reading right now!

I choose not to eat anything with eyes, limbs, ears, and noses – anything that moves or that will be born with such features.

Anything with five senses.

By eating animals, I would be eating someone's mum, dad, son, daughter, brother, sister or partner. On an evolutionary scale, I would have progressed just one step ahead from being a cannibal.

I would be deluding myself by thinking that an animal can be killed humanely so that it doesn't suffer. You can't kill humanely. Humane killing is an argument advanced by morons for morons - not by or for enlightened spiritual beings. You may kid yourself about humane killing to lighten your guilt.

However, killing remains the ultimate sin.

<http://hinduism.about.com/cs/vegetarianism/a/aa010703a.htm>

## **DO EAT MEAT ...**

There are innumerable health benefits of eating meat; for example, it serves as a fabulous source of high quality proteins, which a single vegetarian food is not able to provide. It contains all the essential amino acids that the body requires.

Red meat contains very high quantities of iron, when compared with plant origin foods. 100 grams of Liver contains 6000 mcgm of iron as against 325 mcgm in 100-gram carrots.

The phosphorus content present in meat gets much more easily absorbed than that present in cereals and vegetables. This is owing to the fact that cereals and vegetables contain phosphorus, usually in the form of phytic acid that must be hydrolyzed before absorption. Meat also serves as the main source for the intake of vitamin B12.

Though meat is rich in nutrients, there are certain things that meat lacks. It doesn't contain any kind of fibre, which helps to keep your digestive system in order. Also it is very high in saturated fats, thus it is recommended to eat meat, but in moderate quantities.

Preserved meats like ham, bacon, salami etc should be avoided, as they are very high in terms of fats, salts, nitrites and nitrates that are often held responsible for causing cancer.

It is recommended to eat not more than 60-75 grams of meat per day and not more than thrice a week.

<http://www.iloveindia.com/nutrition/recipes/non-veg-dishes/goodness-of-meat.html>

### **Comment on:**

- Structure/layout
- Sentences
- Vocabulary

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