

4 June 2018

Monday

# Goodies



## Meat-free people



Veggie  
food can be  
delicious!

### Editor's Note

Hi! Recently, I have had to cut down on eating meat. Because I have high cholesterol levels, too much meat harms my health. But another problem is that gaps are starting to grow between my teeth and meat can easily get trapped in my mouth. My dentist told me to floss my teeth every night. It is amazing how much food gets stuck in those gaps because I thought I brushed my teeth really clean. I do this every night because I really dislike visiting the dentist. She really scares me with her drill and syringe needles! Turn to P5 to read a story about a boy's scary visit to the dentist.



Simon

**H**AVE you noticed that there are some people who choose not to eat meat? They are called 'vegetarians', and their practice is called 'vegetarianism'. So what exactly is vegetarianism? Did you know that there are several types? And why exactly do people choose to become vegetarians?





Siu fung

# What is vegetarianism?

**T**HE simplest way to explain the word 'vegetarian' is 'no meat'. In other words, vegetarians do not eat animal meat like beef, pork, chicken, or fish, shrimp either.

They only eat plants, which include fruit, vegetables, grains, nuts, seeds, etc.

## Vegetarian: many types

THERE are more than one type of **vegetarians**. According to the food that they choose to eat and not eat, there are in fact several types:

1. **Milk-egg vegetarians**: as the name says, these people drink milk and eat eggs, mainly because they believe that it is the way to make sure they can get enough **nutrients**. The two Adventist Hospitals ( 港安醫院 ) in Hong Kong support this kind of vegetarian **diet**.
2. **Vegans**: these people can be said to be 'pure vegetarians' as they do not even drink milk or eat eggs. More than that, vegans refuse to use any animals products on top of food. For example, they may make sure that they do not use animal leather in their shoes, and they may even refuse to go to zoos or watch **performances** that use animals, as all these are harming the animals.
3. **Half-vegetarians**: many people fall into this group. They are between vegans and animal eaters. For example, they may choose to eat fish but not other kinds of meat, or they may choose to be a one-day vegetarian every now and then.



## Why?

PEOPLE choose to be a vegetarian mainly for the following reasons:

1. **moral**: because eating meat will cause pain, suffering and death to animals, and we should be kind to animals;
2. **health**: much evidence proves that being vegetarian could lower the risks of many diseases;
3. **religious**: some religions do not allow killing, like Buddhism (佛教) and the Indian religion of Jainism (耆那教); and
4. **environmental**: for the same pound of food, producing one pound of beef uses many more **resources** (like food, water, land, etc) than producing one pound of plant, so being vegetarian is good for our Earth.