

B2

Some people say we should not eat meat, do you agree?

In Serbia there are not many vegetarians. People generally have a habit of eating meat because lots of Serbian traditional dishes contain it.

There are two main reasons for eating meat. Firstly, meat provides proteins, which are necessary in human diet. Secondly, people usually cannot be full after a meal without meat so it is often a main ingredient of a dish.

On the other hand, the ones who do not eat meat claim that they feel much better and fitter and that their abilities improve. Also, it is much easier to keep slim if you do not eat meat.

In my opinion, every kind of food should be eaten if you want to stay healthy and have a proper diet.

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