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

Opinions on whether we should eat meat or not vary within different circles of people. Everyone has their own beliefs, or perhaps, their religion doesn't allow them to eat it. However, some people think that meat is essential for our diet.

Animal-derived proteins are necessary for our bodies. However, they aren't produced by the body and must be eaten. Proteins found in some vegetables lack in some amino acids and that's why they aren't as effective as animal-derived ones. Also, throughout the history we have eaten other animals and used their fur and skin, so it's something that has been done for a very long time and is considered natural and normal.

On the other hand, people decide to become vegetarians in order to have a healthier diet or because they are against animal cruelty, which is unfortunately quite widespread on the animal farms. We can omit meat from our diet and still be healthy if we take care that we are eating enough proteins and if we balance everything out.

I believe that if you have strong reasons not to eat meat, so shall it be, but meat is something that is essential for our bodies and health and I think it should be eaten.

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