

IELTS Writing Task 2

Agree or Disagree 2

You should spend about 40 minutes on this task.

Write about the following topic

Opinions on food are changing rapidly and there are many who believe that everyone should follow a vegetarian diet because it would have a positive impact on our health and the environment.

Do you agree or disagree?

Give reasons for your answers and include any relevant examples from your own knowledge or experience.

Write at least 250 words.

An increased awareness of how a meat free diet can benefit our health and the environment has resulted in the widely held belief that everyone should become vegetarian. I equally agree and disagree with this proposal and this essay will outline the reasons why.

On the one hand, there are several benefits to becoming a vegetarian. Specifically, medical research has proved conclusively that vegetarians are less likely to develop health-related issues such as obesity or cardio-vascular diseases. High cholesterol levels, moreover, can be reduced and controlled by eliminating meat from our diet. Additionally, sourcing food from alternatives to meat can reduce the negative environmental impact of industrial meat farming where huge swathes of natural habitat are lost every year to deforestation.

Meat consumption, however, is considered to be a reliable and essential source of vitamins and minerals that are crucial in maintaining physical health. A vegetarian diet lacks the important nutrients which are vital, for example, when it comes to the healthy development of children. As a result, these deficiencies need to be addressed by a high intake of supplements. One more consideration is that meat production is a billion-dollar industry on which millions of people rely upon for employment and switching to a vegetarian culture would result in the loss of their livelihood.

To conclude, I believe a balance of meat and vegetables in one's diet is the healthiest option that would have the advantage of safeguarding peoples' jobs. However, consumption of meat ought to be reduced for health and environmental reasons and alternatives should be considered.

258 words