

**Some people choose to eat no meat or fish. They believe that this is not only better for their own health but also benefits the world as a whole.**

**Discuss this view and give your own opinion.**

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In today's world the number of people considering a serious change in their diet are increasing rapidly and one can say this steep rise is due to the findings that states the vegetables are a great source of nutrition just as animals' meat are. What researchers have figured out is that there could be some micro living bacteria which still continue to live even after the meat is cooked and this can lead to some diseases in human being while vegetables on the other hand, carry their nutrition both before and after it is cooked.

Initially what caused these researches to take place was the affection that some people had towards other living creatures such as animals and fishes. They believe that it is utter cruelty to kill other creatures just to end a momentary hunger when the feeling can end by just consuming vegetables. It is fair to say that these animal lovers were at first philanthropists who caused the law to forbid people from doing any kind of harm against one another which was the correct path to step on and now the same thing will happen just by this fondness to animals and this can make the world a better place for every soul. Converting to a vegetarian can put an end to this cruel behavior and as mentioned, even be beneficial for us either.

I could not agree more with the idea that for the sake of progress in this course, changing to a vegetarian is one of the best ways possible for everyone to do. It is a sad fact that they should forget all those tasty meals consisting of meats and get along with their new routine but surely a greater reward arises from this satisfaction.