

Human beings do not have to eat meat to maintain good health because they can get all their nutritional needs from meatless products and meatless substances. Do you agree or disagree?

Sample 1

Vegetarianism and veganism are a widely discussed topic today. As a result, an increasing number of people turn away from the consumption of meat. Yet ignoring the fact that meat is a necessary item of our diet can lead to health problems because we cannot get all our nutritional needs from vegetarian or vegan meals. Since we are meat-eating beings, our diet should contain animal flesh.

Being a vegetarian or a vegan is a recent fashion. People can be easily influenced and made to think that they live healthier lives when they do not eat meat. This can lead to a fascination with vegetables, fruits and seeds. It can also result in situations when meat eaters are harshly criticized for their eating habits. All of a sudden, there is something wrong with them.

What vegetarians and vegans tend to ignore is that their diet fails to provide the nutrition their bodies need. They feel that they are doing the right thing for their health, but the condition of our bones and muscles hinges on ingredients which can be obtained only from meat. Consuming meatless food every single day will eventually bring health problems.

The simple truth is that people are meant to eat vegetables and meat. We should not forget that the evolution has made us meat-eating beings. This long process has influenced our digesting system and we simply cannot teach our stomach to function differently overnight. Therefore, our diet should include meat.

Simply put, the idea of a life without meat is a dangerous one. Of course, eating meat without any vegetables and fruits is not a solution, either. We should thus follow our natural instinct and eat both meat and vegetables in order to maintain good health.

288 words

Sample 2 (with some discussion of arguments that go against the writer's position)

Vegetarianism and veganism are a widely discussed topic today. As a result, an increasing number of people turn away from the consumption of meat. Yet ignoring the fact that meat is a necessary item of our diet can lead to health problems because we cannot get all our nutritional needs from vegetarian or vegan meals. Since we are meat-eating beings, our diet should contain animal flesh.

It would be short-sighted to claim that vegetarians and vegans are completely misguided. It is a well known fact that excessive consumption of meat causes obesity and leads to serious diseases. The probability of getting heart disease or stroke increases if we consume fried pork and beef on a daily basis. The situation can become even more serious if we frequently eat at fast food places.

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The simple truth is that people are meant to eat vegetables and meat. We should not forget that the evolution has made us meat-eating beings. This long process has influenced our digesting system and we simply cannot teach our stomach to function differently overnight. Therefore, our diet should include meat.

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