



## *Can changing what you eat* **SAVE THE PLANET?**

adapted from an article by **Kitty Corrigan**

- 1 **MOST OF THE FIVE MILLION** people in the UK who are wholly vegetarian or eschew red meat choose their diet on the grounds of ethics (intensive farming, animal welfare) or health (high blood pressure, cholesterol). Those in the ethical camp are often passionate about green issues, but a non-meat diet as a way to combat climate change has only recently been suggested. A UN report, *Livestock's Long Shadow*, argued that beef and dairy farming globally create more climate-changing gases (18 per cent) than the world's transport system (13 per cent). Although some have questioned the details of this report, there is no doubt that the carbon footprint of livestock production is hugely significant – and growing.
- 2 The Vegetarian Society (VS) claims cattle rearing causes the most environmental damage of any non-human species, through overgrazing, soil erosion, deforestation and emissions of methane – a greenhouse gas 33 times more damaging than carbon dioxide – but also through the manufacture of fertilizers needed to grow the crops to feed the livestock.
- 3 Soy is a mainstay of animal feed, its cultivation entailing rainforest destruction in South America, which releases carbon when trees are chopped down. But while 90 per cent of soy is for animal consumption, it is also a staple of the vegetarian diet, used in meat substitutes such as tofu. A study commissioned by World Wide Fund for Nature (WWF) concluded controversially that this and other vegetarian favourites such as chickpeas and lentils were more harmful to the environment, because of

the food miles incurred, than British-reared beef and lamb. 18, vegetarians who only eat local produce but continue to eat dairy products are still contributing to the rise in greenhouse gases; only a vegan diet (no animal products) could make a difference in this respect.

4 The National Farmers' Union (NFU) warns that if there was a shift to a vegetarian diet, our beleaguered farmers would go out of business and the industry would move overseas where the ethical and animal health standards could be questionable. This would be a threat to our food security – we currently produce only 60 per cent of our food, a figure that has decreased substantially in the past two decades.

5 So is there a middle way? Research by Compassion in World Farming (CIWF) found that reducing meat consumption to three times a week would allow animals to be reared in free-range conditions and greener farming methods to be adopted. "Provided land is not overgrazed, long-term pasture traps carbon and therefore livestock farming can be a benefit. The true cost of eating too much meat is animal suffering, environmental damage and obesity," says a CIWF spokesperson. "We have the power to save our planet and be kind to animals. All we need to do is change our diets to a healthier, fairer option."

*Country Living, 2010*

## Tekst 5 Can changing what you eat save the planet?

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- 1p 17 What conclusion about vegetarianism does paragraph 1 lead up to?
- A It has harmful side-effects people tend to overlook.
  - B It is the lifestyle chosen by a growing group of people.
  - C It may well contribute to improving our environment.
  - D It will lead to a substantial increase in traffic worldwide.
- 1p 18 Which of the following fits the gap in paragraph 3?
- A Besides
  - B For example
  - C Therefore
- 2p 19 Aan welke organisatie kan elke van de volgende uitspraken gekoppeld worden?
- Kies uit: *UN* (alinea 1), *The Vegetarian Society (VS)* (alinea 2), *World Wide Fund for Nature (WWF)* (alinea 3), *The National Farmers' Union (NFU)* (alinea 4), *Compassion in World Farming (CIWF)* (alinea 5).
- 1 If more and more people adopt a vegetarian lifestyle, Britain will increasingly have to rely on imported food.
  - 2 One of the harmful consequences of meat production is that forests are cut down.
  - 3 The production of meat and milk is more harmful to the environment than traffic.
  - 4 The transport of vegetarian foodcrops damages the environment considerably.
- Noteer achter elk nummer op het antwoordblad de juiste organisatie.  
*Let op: er blijft één organisatie over.*
- 1p 20 How does the author round off the article in paragraph 5?
- A by arguing that vegetarianism is the only solution to the problem
  - B by presenting a compromise between two different approaches
  - C by promoting a revolutionary new fix for the matter discussed
  - D by quoting an expert who opposes the author's view on the matter

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### Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.