## Vegetarianism Essay

This is a model **vegetarianism essay**.

As I always stress, you should **read the question very carefully** before you answer it to make sure you are writing about the right thing.

Take a look at the question:

**Every one of us should become a vegetarian because eating meat can cause serious health problems.**

***To what extent do you agree or disagree?***

### Staying on topic

If you rush to start writing and don't analyse the question and brainstorm some ideas you may include the wrong information.

There are religious or moral arguments for not eating meat, but if you discuss those you will be **going off topic**.

This question is specifically about the **health problems connected to eating meat.**

So you must discuss in your answer what some of these problems are and if you think there are real health risks or not.

### Knowing about the topic

And don't get worried that you do not know much about diet and health.

As part of your IELTS study it will help if you **know the basics of most topics** such as some health vocabulary in this case, but you are not expected to be an expert on nutrition.

Remember, you are being judged on your **English ability** and your ability to **construct an argument in a coherent way**, not to be an expert in the subject matter. So relax and work with what you know.

### Organisation

In this vegetarianism essay, the candidate disagrees with the statement, and is thus arguing that everyone does not need to be a vegetarian.

The essay has been organised in the following way:

**Body 1:** Health issues connected with eating meat (i.e. arguments in support of being a vegetarian

**Body 2:** Advantages of eating meat

Now take a look at the model answer.

### Model Essay

You should spend about 40 minutes on this task.

Write about the following topic:

**Every one of us should become a vegetarian because eating meat can cause serious health problems.**

***To what extent do you agree or disagree?***

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

Write at least 250 words.

**IELTS Vegetarianism Essay - Sample Answer**

Vegetarianism is becoming more and more popular for many people, particularly because of the harm that some people believe meat can cause to the body. However, I strongly believe that it is not necessary for everybody to be a vegetarian.

Vegetarians believe that meat is unhealthy because of the diseases it has been connected with. There has been much research to suggest that red meat is particularly bad, for example, and that consumption should be limited to eating it just a few times a week to avoid such things as cancer. Meats can also be high in saturated fats so they have been linked to health problems such as cardiovascular disease and diabetes.

However, there are strong arguments for eating meat. The first reason is that as humans we are designed to eat meat, which suggests it is not unhealthy, and we have been eating meat for thousands of years. For example, cavemen made hunting implements so that they could kill animals and eat their meat. Secondly, meat is a rich source of protein which helps to build muscles and bones. Vegetarians often have to take supplements to get all the essential vitamins and minerals. Finally, it may be the case that too much meat is harmful, but we can easily limit the amount we have without having to cut it out of our diet completely.

To sum up, I do not agree that everyone should turn to a vegetarian diet. Although the overconsumption of meat could possibly be unhealthy, a balanced diet of meat and vegetables should result in a healthy body.

(264 words)

### Comments

You should begin by **intoducing the topi**c. The introduction in this vegetarianism essay begins by mentioning vegetarians and the possible harm of eating meat.

It then goes on to the **thesis statement**, which makes it clear what the candidate's opinion is.

The first body paragraph has a **topic sentence** which makes it clear that the paragraph is going to address the possible health issues of eating meat.

Some reasons and examples are then given to support this.

The second body paragraph then has a **topic sentence** which makes it clear that the main idea is now about the arguments for eating meat.

The conclusion in this vegetarianism essay then repeats the opinion and gives the candidates final thoughts.