

Writing Practice:

الحمية النباتية

Vegetarian diet is one of the most controversial diets nowadays. In 12 sentences write a persuasive essay persuading the reader to go on a vegetarian diet and eat less meat.

🔴 Introduction: In this essay, I will write about the advantages of the vegetarian diet and why we should eat less meat.

The body:

🔴 Body 1: Advantages of the vegetarian diet

- Vitamins and fibres
- Maintaining and losing weight

🔴 Body 2: Why eat less meat

- High calories in meats
- Prevents heart diseases

🔴 The Conclusion: The vegetarian diet is a healthy diet

People nowadays have different opinions about the vegetarian diet. However, it has been medically proven that eating more vegetables and less meat can be healthier. In this essay, I will write about the advantages of the vegetarian diet and why we should eat less meat.

There are many advantages of going on a vegetarian diet. The first advantage is that it has many vitamins and fibres. The fruits and vegetables that are included in the diet are very rich in vitamins that nourish the body and skin. The second advantage is that it helps in maintaining and losing weight. This is because the vegetarian diet is usually low in calories.

There are, also, many reasons to eat less meat. The first reason is that meats usually are high in calories. This means that eating too much meat could result in weight gain. Another reason is that eating less meat will help in preventing heart diseases. This has been medically proven and so many doctors around the world advised people to eat less meat to protect themselves from heart diseases.

All in all, the vegetarian diet is a healthy diet. People are advised to go on a vegetarian diet at least for some time throughout the year to maintain a better health.



“Vegetarian lifestyle” أسلوب الحياة النباتي

Outline المخطط

I- Introduction: Today, vegetarian lifestyle has become very popular.

II-Body:

P1: Pros:

- rich in vitamins
- a source of antioxidants
- lose weight
- no heart diseases

P2: Cons:

- lacks RDA
- causes malnutrition
- expensive
- not good for kids or athletes

III- Conclusion: Finally, following a bad vegetarian lifestyle may make your health worse.

Vegetarian lifestyle

Today, vegetarian lifestyle has become very popular. A lot of eateries are including some vegetarian dishes on their menus. This essay will discuss the pros and cons of following such a lifestyle.

On the one hand, a vegetarian diet has some advantages as it is rich in vitamins and fibre. Moreover, it is a rich source of antioxidants. Also, it helps lose weight. In addition, it protects us against heart diseases.

On the other hand, it has many disadvantages as it lacks RDA of proteins. Moreover, it may cause malnutrition. In addition, it can be more expensive. Finally, it may hurt the growth of kids and is not good for athletes.

To sum up, a vegetarian lifestyle can have both pros and cons. So, we have to ask a dietician before we follow any special diet.

Unit 1 Following a vegetarian lifestyle, advantages and disadvantages.

Introduction :

Hook : Following a vegetarian diet, a blessing, or a curse!

Thesis: In my essay, I am going to write about the vegetarian menu, advantages and disadvantages.

Body 1 : Why do some people depend greatly on vegetables as their main food?

- Types of food they eat
- The benefits of vegetarian diets
- Types of food they avoid

Body 2 : The demerits of vegetarian menu

- lack of certain nutrients
- leads to malnutrition
- health problems

Conclusion: A vegetarian needs to make careful choices about his diet.

The topic

Following a vegetarian diet, a blessing, or a curse! Some people follow a vegetarian diet to live a healthy lifestyle. In my essay, I am going to write about the vegetarian menu, advantages and disadvantages.

Some people depend greatly on vegetables as their main food. They don't eat meat, chickens or fish. A person who chooses not to eat meat may enjoy better health, because they will eat more plant- based foods. A vegetarian diet reduces the risk of heart disease, obesity and some types of cancer, leading to a longer life. Moreover, it may lead to weight loss.

On the other hand, people who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy products. In addition, it leads to malnutrition. Becoming a vegetarian will not guarantee good health or a healthy diet. Anyone is at risk of poor health if they follow a vegetarian lifestyle without planning.

Finally, a vegetarian needs to make careful choices about their diet, and to eat a wide variety of foods to ensure that they meet their nutritional needs. Some vegans may need to take supplements.

Following a vegetarian lifestyle, advantages and disadvantages.

Introduction : Some people follow a vegetarian diet so as to live a healthy lifestyle.


Body 1 : Why do some people depend greatly on vegetables as their main food?

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|--|--|
| <ul style="list-style-type: none"> • Types of food they eat | <ul style="list-style-type: none"> • The benefits of vegetarian diets |
| <ul style="list-style-type: none"> • Types of food they avoid | |

Body 2 : The demerits of vegetarian menu

| | |
|---|---|
| <ul style="list-style-type: none"> • lack of certain nutrients | <ul style="list-style-type: none"> • leads to malnutrition |
| <ul style="list-style-type: none"> • health problems | |

Conclusion: A vegetarian needs to make careful choices about his diet.



Some people follow a vegetarian diet so as to live a healthy lifestyle. Actually, a well-planned vegetarian diet can meet the needs of people of all ages. On the other hand, following a vegetarian menu irresponsibly can lead to health problems.

Some people depend greatly on vegetables as their main food. They don't eat meat, chickens or fish. A person who chooses not to eat meat may enjoy better health, because they will eat more plant-based foods, and because they may be more active. A vegetarian diet reduces the risk of heart disease, obesity and some types of cancer, leading to a longer life. It may lead to weight loss.

On the other hand, people who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy products. Moreover, it leads to malnutrition. Becoming a vegetarian will not guarantee good health or a healthy diet. Anyone is at risk of poor health if they follow a vegetarian lifestyle without planning.

Finally, a vegetarian needs to make careful choices about their diet, and to eat a wide variety of foods to ensure that they meet their nutritional needs. Some vegans may need to take supplements.

