



Nyeri Robison

Sophia Pathways

English Composition II

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### Eat More Greens!: Why Everyone Should Adopt More of a Plant-based Diet

For many people around the globe, meat is the highlight of the dinner plate. From gyros to hamburgers, chicken shawarma to veal pie, people love their meat-based diets, and for good reasons, too. It tastes good, it is versatile in many dishes, and it provides complete amino acids, the building blocks of protein. However, there are also many people who choose to omit meat from their diet completely and choose a plant-based diet instead. Vegetarians, for example, do not eat meat, and vegans do not eat any animal products. People have a variety of reasons for avoiding meat: religious, moral, or health-related. However, there are other reasons in recent decades that have led more people to see the value of a meat-free, plant-based diet. As the effects of climate change and the threats of overpopulation loom, more and more people are considering vegetarianism as a simple, positive way to help reduce their carbon footprints and to encourage stores, restaurants, and food suppliers to do the same. Although meat has been a longstanding and important part of many balanced diets, cultures, and food industries around the world, I want

**Comment [1]:** Great summary of the pro-meat argument. It gives many reasons why people like it and find it an important part of their daily lives.

**Comment [2]:** This is another great summary of the reasons why people do not eat meat. It gives a good list of different reasons why a person wouldn't want meat as part of their diet.

to argue that everyone practices an informed and balanced diet of less meat and more greens for the good not only of their health but for the well-being of the entire planet.

**Comment [3]:** Excellent Thesis! You do a great job of showing the merit of both sides, and presenting an argument that advocates for a compromise in each.

Everyone on both sides seem to agree that meat should not lightly be cut out of the human diet or the economy. For example, everyone knows protein is an important part of human health. Meat has historically played an important role both as a major source of complete proteins (Bailey, 2018, para. 1). There are many amino acids that the body cannot produce on its own, and meat provides all of them in readily available forms in a way that many other food groups cannot, especially since the vegetarian diet requires a fair amount of knowledge and planning to ensure one gets all nutritional needs met (para. 2). Additionally, meat is the reason underlying many jobs, from farmers and ranchers to meat packers, butchers, and chefs (Abbot, 2018, para. 5). What would happen to those jobs if people suddenly stopped eating meat? Finally, one does not need to do careful research to know that meat can be delicious, and almost everyone around the world involves meat in some form as part of cultural or ethnic traditions.

**Comment [4]:** Great use of the source to help strengthen your essay.

Proponents of meat-based diets believe that animal proteins should continue to play a crucial role in the health of our bodies and our economy. Roger Abbot (2018), for example, has noted that aside from protein, meat is an important source of iron and many B-vitamins, particularly B12 which is crucial for energy production (para. 7). He also argues that the meat and poultry industries are pillars of U.S. agriculture, producing together nearly 100 billion pounds of product and generating hundreds of thousands of jobs in 2017 (para. 5). Obviously, these are important points, not to mention there are also many people who raise livestock for consumption in sustainable ways, and many people also hunt for their food, which is also a valuable way of culling otherwise-uncontrollable animal populations (para. 6). In other words, many economies and food chains are very much dependent on people who seek out meat.

**Comment [5]:** This is a good point!

Nevertheless, advocates for plant-based diets argue that cutting out the majority of meat one of the many steps we need to ensure good health for our bodies and the earth. First, it is possible to get all of the required nutrients and sufficient protein without meat. As Jane Bailey (2018) has pointed out, “You cannot just eat pizza and chips and call it vegetarian... You need to educate yourself and do it right” (para. 2). According to Bailey, “A diverse, well-balanced diet of beans, legumes, grains, fruits, and vegetables is more than enough to provide all of a typical human’s dietary needs, and supplements exist to fill in any leftover gaps” (para. 2). Additionally, a well-informed plant-based diet contains less saturated fat, cholesterol, and fewer carcinogens, as well as more fiber and antioxidants (para. 3). As for taste, there are now more delicious meat substitutes than ever, including the popular Impossible Burger and Beyond Meat (para. 4). Individual health and taste aside, however, are the pressing problems of climate change. Bailey catalogs the toll that meat production takes on our planet, naming everything from deforestation of the Amazon and other regions (para. 9) to the massive amounts of water and energy it takes to raise, transport, and prepare livestock for consumption (para. 10). Alternatively, most edible plant products do not require the fraction of a fraction as much land, water, or energy per pound, in addition to actively absorbing carbon dioxide from the atmosphere (para. 11). Finally, there is tons of economic, job-creating potential in green farming and green initiatives, including new research looking into growing entirely new crops underwater (para. 13). We can begin to make vegetables and veggie proteins more accessible and find new ways to fit them into our diets, our cultures, and our lives.

There are so many good individual, national, and global reasons for everyone to begin making the shift to a more plant-based diet, without having to completely omit meat. Although it has been a longstanding part of our life and many people would be sad to see less of it, it is

**Comment [6]:** This is something that many people don't know about the meat industry. I'm glad you called attention to it!

nothing compared to the losses and damages we will continue to witness as a part of climate change. I admit that not all animal products need to disappear for this to happen. Also, hunting certain animals such as deer probably has to continue unless we are willing to increase the number of their natural predators. However, even small changes can have a big impact. For the sake of our planet, the world's population, and our health, I encourage everyone to eat meat a little less, and eat green a little more!

**Comment [7]:** Wonderful concluding sentence. I like that you're taking both sides of the argument into account, satisfying both sides.

#### References

Abbot, Roger (2018). "Why Meat Matters." *The Economist*. June 17, 2018. Retrieved 29 October 2019 from <http://www.theeconomist.com/articles/2018/june/195782.html>.

Bailey, Jane (2018). "Why the World Needs a Meatless Diet." *The Atlantic*. June 11, 2018. Retrieved 29 October 2019 from <http://www.theatlantic.com/articles/economy/2019/846362.html>.

**Reflection Questions:**

- 1. How does the Rogerian model of argument help you better understand the topic that's being discussed? Why is it a good practice to acknowledge both sides of the argument?**

The Rogerian model helps me put both sides of an argument into perspective. If I can put myself in the shoes of anyone who is for and against a topic, I can better form my argument to address their views and come up with a solution that can satisfy either side. It helps me to be more objective instead of jumping to one conclusion right away.

- 2. Will you use the Rogerian approach in your own argumentative essay? Why or why not?**

I believe I'll use the practice of putting each side into perspective, but I think in order to be truly argumentative, I will want to take one side of the issue. I think it can be difficult to stay in middle-ground for certain arguments, and I have a bit more passion for that argument when it comes to my stance.

<b><u>Rogerian Argument Essay Rubric and Feedback</u></b>		
<b>Rubric Category</b>	<b>Feedback</b>	<b>Score</b> <i>(acceptable, needs improvement etc.)</i>
<b>Summary of Positions</b>	<i>You have included a complete summary of each argument. Don't forget to introduce the authors!</i>	8/10
<b>Claim</b>	<i>Your claim is a great one. Instead of cutting out meat completely, and in order to help satisfy the movement against meat, you propose a reduction in the amount of daily meat consumption instead. You've used many of the supports from both sides to enhance your argument. Well done!</i>	19/20
<b>Organization</b>	<i>You have a well-organized essay here. Everything flows together nicely.</i>	5/5
<b>Style</b>	<i>There are few, if any, major sentence-level errors.</i>	5/5
<b>Conventions</b>	<i>You adhere to the conventions of standard written English throughout your paper.</i>	5/5
<b>Reflection</b>	<i>You have complete and well thought out responses to the questions provided.</i>	5/5

***Overall Score and Feedback: 47/50***

I think you've done a great job in creating a Rogerian response to this argument. You've got great supporting claims from each of the sources to help strengthen your argument, and you have proposed a response that could help create a workable solution to the issues. Excellent work!